I Was Tested for COVID-19 Today. What Are My Next Steps?

For patients who were tested for COVID-19 at the Emergency Department or Assessment Centre

Read this brochure to learn more about:

- What to do when you get home
- How to check your test results
- What your test results mean and what you need to do
- Where to go for more information

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If you develop shortness of breath, chest pain, drowsiness, or become confused, call 911 or go to your nearest Emergency Department.

If you call an ambulance or go to the Emergency Department, wear a mask and tell the 911 operator or the triage nurse at the hospital that you have been tested for COVID-19.

Patient Education

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What do I do when I get home?

The most important thing to do is to **self-isolate**. Self-isolating stops the spread of germs and prevents others from getting sick. Stay at home and avoid non-essential contact with others until you get the result of your COVID-19 test.

For more information about self-isolation, go to [Toronto Public Health's COVID-19 Health Advice website](https://www.toronto.ca/home/covid-19/covid-19-health-advice/) (https://www.toronto.ca/home/covid-19/covid-19-health-advice/).

How do I check my test result?

You can check your COVID-19 test result on the myUHN Patient Portal, a secure website for UHN patients. The website lets you safely see your appointments and results from all UHN sites as soon as they are ready.

You need a unique registration code to sign up for myUHN Patient Portal. If you did not receive your code before you left, contact myUHN Support:

- Phone: 416 340 3777

- Email [myUHN Patient Portal](mailto:myUHN@uhn.ca) (myUHN@uhn.ca)

Note: myUHN office hours are Monday to Friday, 8:30 am to 5:00 pm.

What do my test results mean? What do I need to do?

My test results say "detected".

This means you have tested **positive** for COVID-19.

If you…	What to do…
Have symptoms:	You **must** self-isolate for 14 days from the first day your symptoms started.
Don't have symptoms:	You **must** self-isolate for 14 days from the day you were tested.

My test results say "indeterminate".

This means your results were **not confirmed as positive or negative**. Your test will be treated as a positive or negative test depending on the following factors:

If you…	What to do…
Have symptoms:	Your test will be treated as a positive test. You **must** self-isolate for 14 days from the first day your symptoms started.
Had close contact with someone who has COVID-19:	Your test will be treated as a positive test. You **must** self-isolate for 14 days from the day you were tested.
Don't have symptoms and were not in close contact with someone who has COVID-19:	Continue to self-isolate for at least 24 hours to make sure you do not develop symptoms. For more information about how to prevent the spread of COVID-19, visit the Toronto Public Health Reduce Virus Spread (https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/) webpage.

My test results say "not detected".

This means you have tested **negative** for COVID-19. Even though your test says the virus was "not detected", it is possible that you were tested early in your infection and could test positive later.

If you...	What to do...
Have symptoms:	Continue to self-isolate until you are symptom-free for 24 hours. It is important to still stay at home and avoid non-essential contact with others. The Connected COVID Care Clinic may book an appointment with you to follow up.
Had close contact with someone who has COVID-19:	You **must** self-isolate for 14 days from the last time you had contact with the person who has tested positive, and monitor for symptoms.
Don't have symptoms and were not in close contact with someone who has COVID-19:	Continue to monitor for symptoms and follow physical distancing guidelines. For more information about how to prevent the spread of COVID-19, visit the Toronto Public Health Reduce Virus Spread (https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-reduce-virus-spread/) webpage.

What are COVID-19 symptoms?

Symptoms can include fever, cough, difficulty breathing, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea and difficulty swallowing.

For more information, visit the Toronto Public Health Have Symptoms or Been Exposed (https://www.toronto.ca/home/covid-19/covid-19-what-you-should-do/covid-19-have-symptoms-or-been-exposed/) webpage.

When will I get my test result?

You will receive your results as soon as they are ready. This could be between 1 to 2 days.

If the test shows that you have COVID-19, we will call you. You can also get your results online through the [myUHN Patient Portal](http://www.myuhn.ca) (http://www.myuhn.ca) or by:

- checking the [Ontario COVID-19 Portal](https://covid-19.ontario.ca/) website (https://covid-19.ontario.ca/)

- calling the Toronto Public Health COVID-19 Hotline at 416 338 7600

Do **not** call the Emergency Department or the Assessment Centre for your test results. We cannot release this information over the phone if you call.

If I have tested negative for COVID-19, why do I have an appointment with the Connected COVID Care Clinic?

Based on your symptoms when you were tested, the Connected COVID Care Clinic may call you to book a follow up appointment. This is so that a health care provider can check how you are doing and provide you with information on what to do next. A team member from the Clinic might also call you the day before your appointment to remind you of your appointment time.

When your appointment is booked, you will be able to see it in your myUHN Patient Portal account.

What is considered close contact?

Close contact is when you have been in close physical contact with someone who has tested positive for or has symptoms of COVID-19 within the last 14 days. This includes living in the same home, or being less than 2 metres or 6 feet away from someone in the same room, workspace or area for more than 15 minutes.

What is considered essential contact?

Essential contact only includes going to see your health care provider. Anything else is considered non-essential and you should not leave your house at this time.

What if I have COVID-19 symptoms and I live with other people?

If you have symptoms of COVID-19, the people you live with and your close contacts will also need to self-isolate for **14 days** from **the last day they had contact with you**.

This includes people you had close contact with two days before your symptoms started, and while you are sick. For example, if your symptoms started on Monday, August 3, anyone you were in close contact with since Saturday, August 1, will also need to self-isolate for 14 days from the last day they had contact with you.

For more information, please read the Public Health Ontario's fact sheet called Self-isolation: Guide for caregivers, household members and close contacts (https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf).

When can I return to work?

You can return to work once you have followed the appropriate self-isolation guidelines based on your test results. These guidelines can be found in the What do my test results mean? What do I need to do? section of this brochure.

Where can I get more information?

Information about COVID-19 is changing quickly. For the most up-to-date information:

- visit the UHN COVID-19 webpage (https://www.uhn.ca/covid19)
- visit the Toronto Public Health COVID-19 website (https://www.toronto.ca/home/covid-19/covid-19-health-advice/)

Created and approved by UHN IPAC, Emergency Departments, Connected COVID Care, and Patient Education & Engagement; Reviewed by Patient Partners | Last updated: September 25, 2020

6