

You've been tested for COVID-19. Now what?

Self-isolate if:

- You have at least 1 symptom of COVID-19; or
- You have been outside of the country in the last 14 days; or
- You are a contact of someone with COVID-19.

If you answered **NO** to **ALL** of the above, and do **NOT** have symptoms, you do not need to self-isolate.

How to self-isolate:

- Stay home. Do not go to work or other public places.
- Avoid contact with others. Do not have visitors unless they are essential (care-givers).
- Stay in a separate room from others in your home, and use a separate bathroom if you can.
- If you must go near others in your home, stay 2 metres from them and wear a mask that covers your nose and mouth.
- Wash your hands often with soap and water
- Cover your mouth and nose with a tissue or your sleeve when you cough or sneeze. Throw the tissue in the garbage and wash your hands afterward.

Getting your test results:

- **Your test results will be online at <https://covid19results.ehealthontario.ca:4443/agree>** in 4-10 days; keep checking.
- If you do not have an Ontario health card (you need information from the front and back for the online account), or cannot go online, contact your health care provider or the centre you were tested at for your results.
- The NWHU will only call you if your result is positive for COVID-19.

For up to date information and resources on COVID-19, visit:

<https://covid-19.ontario.ca/>

www.nwhu.on.ca/covid19



**Northwestern
Health Unit**

www.nwhu.on.ca