

I have just been tested for COVID-19, what happens now?



Self-isolation

If you are being tested for COVID-19 **because you have symptoms**, then you must self-isolate until your test results are received, **regardless of your vaccination status.**

Individuals in your household who are not fully vaccinated are also required to isolate until you receive a negative test result.

Individuals in your household who are fully vaccinated, are not required to isolate as long as they are not experiencing symptoms.

Positive Test Result

If you receive a positive test result, continue to self-isolate and a public health professional will call you to provide further directions.

Negative Test Result

Tested because you have symptoms:

- ▶ You can leave self-isolation with a negative COVID-19 test result when you have been free of fever for 24 hours (without the use of fever-reducing medications), free of vomiting or diarrhea for 48 hours AND your other symptoms have been improving for at least 24 hours.

Day Seven Testing because you are a high-risk contact:

- ▶ It's recommended that you get tested on day seven from your last interaction with the positive case of COVID-19, even if you are fully vaccinated.
- ▶ If you develop symptoms, get tested immediately.

Fully vaccinated

For the next 10 days, you should self-monitor for symptoms. If you begin to develop symptoms, self-isolate and get tested immediately.

Unless directed by public health, you do not need to self isolate if you're a vaccinated high-risk contact that has no symptoms.

Not fully vaccinated

You're required to self-isolate for **10 days** following your last interaction with that person, even if your test result is negative.

If you are co-isolating with a positive case, your ten day isolation starts the last day of your interaction from the positive individual while they are isolating.

You're considered fully vaccinated when you have received:

- The full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines, OR
- One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, OR
- Three doses of a COVID-19 vaccine not authorized by Health Canada.

You must also have received your final dose of the COVID-19 vaccine at least 14 days ago.

It is important to remember that a COVID-19 test is only a snapshot of your health on the specific date and time the swab was taken. No testing is perfect and a negative result does not mean you have not been exposed to COVID-19. **You can still develop symptoms after your test.**

For more information on self-isolation and self-monitoring please visit niagararegion.ca/COVID19

How to get your COVID-19 test results

Provincial Portal

To easily access your COVID-19 test results go to **covid19results.ehealthontario.ca:4443/agree**.

(You must use Microsoft Edge, Google Chrome or Mozilla Firefox)

If results state, "Unable to post positive / negative results on this website or results unavailable on this site," your results may be available in another location. To find the other location, scroll to the bottom of the page and click on "Previous results". Verify the results in this section and match the date you had your COVID-19 test.

No Ontario Health Card?

If you were tested at a Niagara Health COVID-19 assessment centre, you may contact your health care provider (doctor's office) or the Release of Information Office at the site where you were tested. To contact the Release of Information Office, call 905-378-4647, St. Catharines ext. 44470; Welland ext. 33220; Niagara Falls ext. 52451.

Niagara Region Public Health doesn't have access to your COVID-19 test results.

Prevent the Spread of Disease

To prevent the spread of infectious diseases and to keep healthy, follow these simple steps:

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|  Stay home if you're sick |  Cover your cough or sneeze |
|  Keep your distance |  Avoid sharing personal items |
|  Wear a mask / face covering |  Wash your hands often |

COVID-19 Info-Line

905-688-8248 press 7 Toll-free: 1-888-505-6074
niagararegion.ca/COVID19

Niagara  Region

Updated November 2021, Version 3. Information regarding COVID-19 is fluid and rapidly changing. Guidance from the Federal and Provincial governments change often. Please call the Niagara Region Public Health Novel Coronavirus (COVID-19) Info-Line at 905-688-8248 or visit our website niagararegion.ca/COVID19 to receive up-to-date recommendations regarding COVID-19.