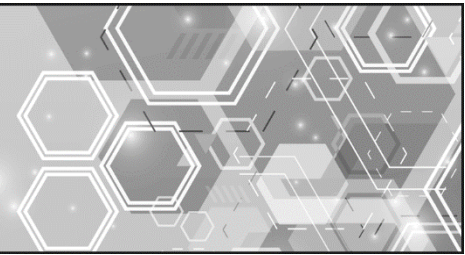




Durham Region Health Department  
**Facts about...**



# Novel Coronavirus (COVID-19)

## Instructions for individuals tested for COVID-19

### Instructions while waiting for results:

Reason for Testing:	While waiting for your test result:	If your test is negative:
<p><b>Symptoms, <u>no known exposure</u>:</b> You have at least one symptom and have <b>not</b> been identified by DRHD as a contact of a case (e.g. an ill student who is dismissed from class due to symptoms).</p>	<p>You must self-isolate from others while waiting for your test result.</p> <p>Household members should monitor for signs and symptoms of COVID-19 (but can go to work and school).</p>	<p>You may stop self-isolating after you are symptom-free for 24-hours.</p> <p>Household members may stop self-monitoring.</p>
<p><b>Symptoms, <u>known exposure</u>:</b> You have been identified by DRHD as a close contact of a confirmed case and you have at least one symptom (e.g. a member of your school cohort was reported to have COVID-19 and you develop symptoms while at home isolating).</p>	<p>You must self-isolate from others while waiting for your test result.</p> <p>Household members should monitor for signs and symptoms of COVID-19 (but can go to work and school).</p>	<p>You and your household must follow the advice provided by DRHD at the time you were notified you were a contact.</p>
<p><b>No symptoms, <u>known exposure</u>:</b> You do not have symptoms but have been contacted by DRHD as a close contact of a confirmed case (e.g. you attended school at the time when a COVID-19 exposure occurred).</p>	<p>You must self-isolate from others while waiting for your test result.</p> <p>Household members should monitor for signs and symptoms of COVID-19 (but can go to work and school).</p>	<p>You and your household must follow the advice provided by DRHD at the time you were notified you were a contact.</p>

Reason for Testing:	While waiting for your test result:	If your test is negative:
<b>No symptoms, at risk of exposure through your employment:</b> You have no symptoms but are at risk of exposure through your employment (e.g. health care or essential worker, teacher).	You are <b>not</b> required to self-isolate from others while waiting for your test result.  Household members do not need to self-isolate.	Continue to physically distance, wear a mask when physical distancing is not possible and wash your hands often.  Continue to self-monitor and get re-tested if you develop symptoms.
<b>Surveillance testing:</b> You were tested as a strategy to provide a point-in-time picture of COVID-19. Results are used to detect outbreaks and monitor spread in priority populations and settings such as hospitals and long-term care homes.	You are <b>not</b> required to self-isolate while waiting for your test result.  Household members do not need to self-isolate.	Continue to physically distance, wear a mask when physical distancing is not possible and wash your hands often.  Continue to self-monitor and get re-tested if you develop symptoms.
<b>No symptoms, <u>no known exposure or risk</u>:</b> You have no symptoms and have <b>not</b> been identified by DRHD as a contact of a confirmed case.	You are <b>not</b> required to self-isolate from others while waiting for your test result.	Continue to physically distance, wear a mask when physical distancing is not possible and wash your hands often.

## What are the symptoms?

Symptoms of COVID-19 may include fever (temperature of 37.8 degrees Celsius or greater), new or worsening cough and shortness of breath. Other symptoms can include sore throat, changes to sense of taste and/or smell, nausea/vomiting, diarrhea, abdominal pain and runny nose, or nasal congestion (not caused by seasonal allergies).

Atypical symptoms can include unexplained fatigue, body aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, multisystem inflammatory vasculitis in children and unexplained feeding difficulties in infants. Symptoms of multisystem inflammatory vasculitis in children may include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

## What should I do if my symptoms get worse?

You should monitor your symptoms closely as symptoms may change throughout the progression of COVID-19. If your symptoms persist or worsen, and an initial swab is negative, you should complete the online assessment form ([covidswab.lh.ca](https://covidswab.lh.ca)) for another assessment to determine the need for another test. If you have worsening symptoms (such as difficulty breathing, chest pain) please call 911 or go to your local emergency department.

# How do I get my test result?

Your results can take up to 5 days to be available on the Ontario.ca website

- If you **test positive** for COVID-19 you **will** be contacted by Durham Region Health Department (DRHD), **typically within 48 hours**. The health department will provide you with information about the requirements to self-isolate and to identify potential contacts.
- **If you have a green photo health card:** please go online to the Ontario government COVID-19 test results website (<https://covid-19.ontario.ca/index.html>). It may take up to **5 days** for results to be posted on the website.
- **If you do not have a health card, and/or have a red and white health card, and/or do not have internet access,** please call the COVID Assessment results line or contact your Primary Care Provider at least 5 days after you have been tested. When contacting the COVID Assessment results line at 905-721-4842 follow the automated instructions to leave a voice mail.

**Please provide the following in your voice mail:**

- Full Name
- Health Card Number
- Date of Test
- Phone Number

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.

