



Guidance for Persons with Symptoms Who Have Been Tested for COVID 19

- 1) **Self Isolate:** Refer to the “How to Self Isolate” handout. This is most important to reduce the risk of spreading COVID-19 or any other contagious disease.
 - You must self-isolate at least until you have received a negative COVID-19 swab result AND your symptoms have been gone for at least 24 hours. Please contact your family doctor or your Public Health Unit if you are unsure if you can end self-isolation.
 - **If you have been in contact with, or are concerned about possible contact with someone that has had COVID-19 you should continue to self isolate even if your test is negative.** You should be given direction by Public Health. If you have not been called by Public Health, please call. Haliburton, Kawartha, Pine Ridge Public Health Unit: 1-866-888-4577 ext. 5020
 - **If you have travelled internationally within 14 days you must continue your mandatory quarantine even if your test is negative.** Since you have developed symptoms during your quarantine period it is recommended that you self-isolate for 14 days from the day that your symptoms started. This is due to your increased risk for having COVID-19 and the possibility of a falsely negative test. If your symptoms are persisting or worsening, you may consider having another COVID-19 swab done.
 - If you need support while self isolating (such as getting groceries) please call the Community Support Services Response Team: 705-457-2941 (see handout)

- 2) **Self Monitor:** Refer to the “How to Self Monitor” handout. If you feel your symptoms are getting worse or not getting better, and that you need to be assessed by a medical provider:
 - **If your condition becomes much worse or worsens suddenly: Call 911 or go the Emergency Department**
 - If you are still doing OK at home but want more advice or non-urgent assistance:
 - Contact your own family doctor or nurse practitioner- they should be able to provide a visit over the phone if you cannot attend in person
 - Call Telehealth: 1-866-797-0000
 - If you have no family doctor, you can call the Haliburton Family Medical Centre: 705-457-1212

- 3) **Check the online portal for your results at www.ontario.ca/covid19.**
 - Please allow up to four (4) full days for your test results to arrive. If you have not received them after this time call us at 705-457-1212, press 6.
 - ****IF YOU DO NOT HAVE OHIP WE WILL CALL YOU WITH YOUR TEST RESULTS****
 - If your result is positive, you will receive a call from the Haliburton Family Medical Centre and your Health Unit (based on your address registered on your health card)