

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 should self-isolate from your household until your test results are received. To determine the next steps for household members, please refer to: <https://covid-19.ontario.ca/exposed>

Regardless of why you are being tested, you are required to self-isolate for 10 days if you:

- Are a close contact of a positive case with COVID-19 and are not fully vaccinated or are immunocompromised
- Have been directed by your health-care provider or by Public Health

Regardless of why you are being tested, you are required to self-isolate for 14 days if you:

- Are required to do so under the Quarantine Act due to travel outside of Canada

Test Results

- **If you receive a positive test result, continue to self-isolate and a public health professional will call you within 24 hours.**
- If you receive a **negative test result and you have no other reason to self-isolate** (outlined in the section above) then you may end your self-isolation period 24 hours after symptoms are improving (48 hours if gastrointestinal symptoms), provided that you do not have a fever without the use of fever-reducing medications. Absence of cough is not required for those known to have chronic cough or who are experiencing reactive airways post-infection.
- If you receive negative test results and you do have another reason to self-isolate (outlined in the section above) then you must complete the required self-isolation. Guidance will be provided by your health-care provider or by a public health professional monitoring your case.

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
www.lambtonpublichealth.ca/2019-novel-coronavirus/



**Lambton
Public Health**

Learn more at:
LambtonPublicHealth.ca

How to get your COVID-19 test results

Provincial Portal

To access your COVID-19 test results, go to covid19results.ehealthontario.ca:4443/agree
(Compatible web browsers: Microsoft Edge, Google Chrome or Mozilla Firefox).

Test results are typically available in 2-10 days and depends on testing volume at the time. Lambton Public Health does not receive test results sooner than what is available on the provincial website.

If results state, "Unable to post positive / negative results on this website or results unavailable on this site," **contact the testing location, your doctor or health-care provider.**

Additional tips for locating your result in the portal: If your test results are unavailable (as per above), try scrolling 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.

If you moved in the last 5 years and haven't updated your address, try using a postal code associated with your old address to get your results. Afterwards, you can [change your address online](#) with ServiceOntario.

No Ontario Health Card?

If you were tested at a Lambton County COVID-19 assessment centre, please contact the assessment centre or pharmacy where you were tested at for help if you cannot access your results on the provincial portal.

If no answer, please leave a message and your call will be returned as soon as possible. **Do not** return to the assessment centre or pharmacy for results.

- **Twin Bridges Assessment Centre** (Sarnia) 226-776-9030 ext. 2
- **Rural Assessment Centre** (Wyoming) covidclinic@clfht.com
- **Grand Bend Assessment Centre** 519-238-2362 ext.111
- **The Rapids Family Health Team** 519-491-5395



Lambton
Public Health

Learn more at:
LambtonPublicHealth.ca