

If you test positive for COVID-19 or if you think you have been exposed to someone with COVID-19, you are required to self-isolate.



Self-isolating means staying home and avoiding contact with other people to help prevent the spread of the disease.

You should only leave your home or see other people if there is an emergency. While self-isolating, you should:

- STAY HOME (do not go to work, school or other public places)
- LIMIT THE NUMBER OF VISITORS IN YOUR HOME (do not invite people over to socialize; only have visitors who you must see, like those delivering groceries)
- AVOID CONTACT WITH OTHERS (stay in a separate room, away from others in your home; use a separate bathroom)
- WEAR A MASK
- KEEP DISTANCE (stay 2 metres from others at all times)
- COVER YOUR COUGHS & SNEEZES
- WASH YOUR HANDS

How long will I have to self-isolate for?

When Public Health calls you, they will tell you how long you will have to self-isolate for. It is usually 14 days.

What if I have questions about COVID-19?

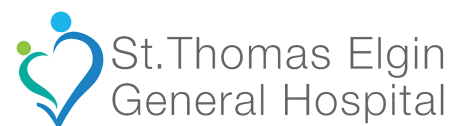
Southwestern Public Health is your best local resource for COVID-19. Contact them by phone: 1-800-922-0096 ext. 9.

Call Centre Hours:

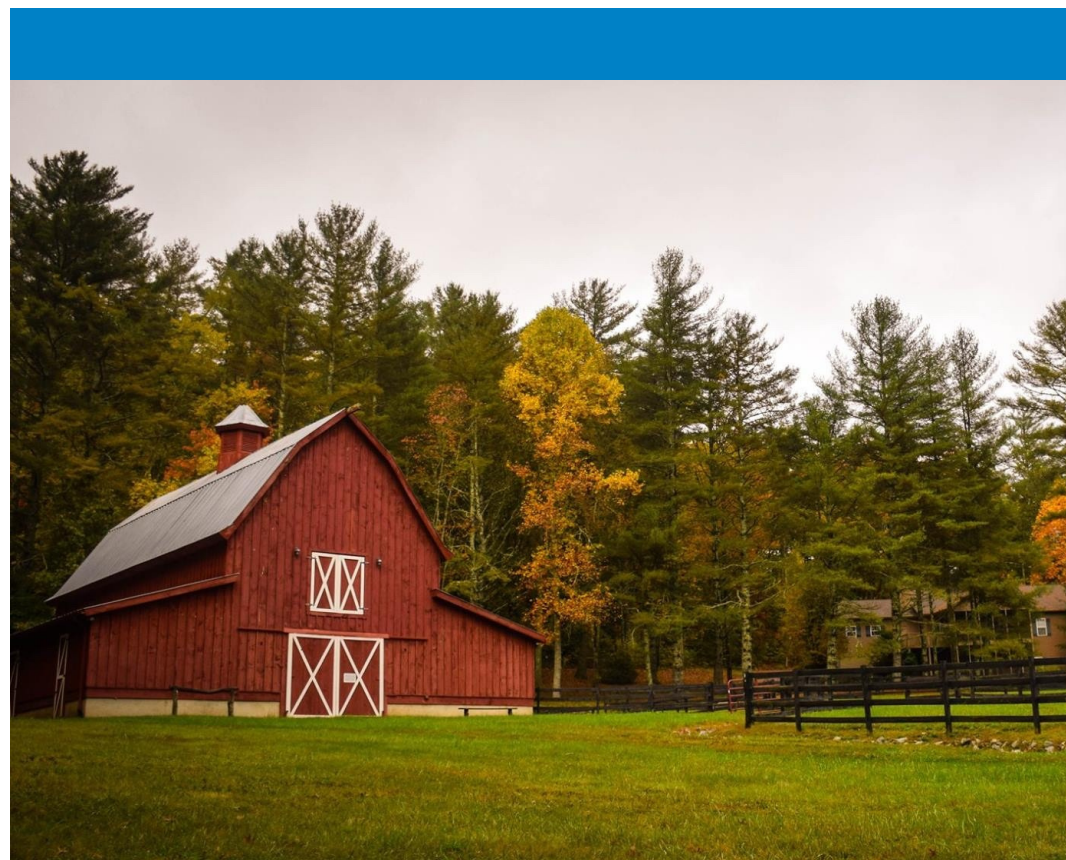
Monday - Friday 8:00am - 5:00pm

Saturday - Sunday 8:30am - 4:30pm

<https://www.swpublichealth.ca>



A Guide to Understanding COVID-19



What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.



Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

The COVID-19 virus spreads through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.



How do we test for COVID-19?

Testing for COVID-19 helps protect our elders and communities. It is the only way to confirm if someone has COVID-19.

A doctor or other health care professional will tilt your head back and insert a thin, flexible stick with cotton at the tip into your nose to get a sample from the back of your nose. The test is uncomfortable, but not painful. It feels like jumping into a pool and getting water up your nose. The test only takes a few seconds. The sample gets sealed in a tube and sent to a lab for analysis.



Why should I get tested for COVID-19?

Testing is the only way we can confirm if you have COVID-19. Knowing you're infected is important to protect your family and those around you.

You should get tested if you:

- think you may have COVID-19
- have been in contact with someone who has COVID-19

You may also need to be tested before having a baby. For example, if you are having a c-section or if your labour will be induced. COVID-19 testing protects patients as well as health care providers. Patients who have the virus, even if they do not have symptoms, may spread it to others. We want to keep you and your baby safe and healthy.



How do I get my test result?

After your test, the doctor or nurse will give you a card with information on it. There will be a website where you can go to find your test result online. You need to have your OHIP number ready to check your result through the website.

A health care worker will contact you directly if your result is positive, so it is not necessary to check your result yourself.

How long does it take to get the result?

Due to extremely high volumes, test results can take up to 7 days, but usually are available as soon as 48 hours.

What if my test result is positive?

Most people who have COVID-19 recover completely at home within a few weeks.

If your test result is positive, someone from Southwestern Public Health will contact you. You will be asked for information to help determine who you were in contact with while you may have been contagious or where you may have acquired COVID-19.

