PATIENT INFORMATION SHEET

WHAT TO DO AFTER BEING TESTED FOR COVID-19

GET YOUR RESULTS:

https://covid19results.ehealthontario.ca:4443/agree

WHAT DO I DO IF I TEST NEGATIVE?

A negative test result does not rule out infection beyond the day you are tested.

- Continue to self-isolate and self-monitor for symptoms (see right)
- If new or worsening symptoms, call your local public health centre
- After hours, you can call Telehealth Ontario

Tested in Hospital or Assessment Centre Walk-in?

Your local health centre will be notified that you were tested so they may follow-up with you.

Public Health Numbers

Moose Factory:
Moose Factory Health Centre
705-658-4220

Moosonee:
Porcupine Health Unit Moosonee
1-705-336-2294 x 326

Fort Albany:
Peetabeck Health Services
1-705-278-1131

Attawapiskat:
Attawapiskat Health Centre
1-705-997-2192/2149

After hours, Telehealth Ontario:
1 866-797-0000

IMMEDIATELY AFTER A VISIT OR TEST

- **Self isolate**
  - Stay at home; no visitors unless essential (e.g. care providers)
  - Avoid contact with others as much as possible.
  - Stay in a separate room from others in your home if you can.
  - Keep your distance – at least 6 feet/2 metres apart
  - Wear a mask that covers your mouth and nose
  - Wash your hands often for at least 20 seconds
  - Cover your coughs and sneezes; use tissue, cough in your sleeve
- **Self monitor for symptoms**
  - If you develop new or worsening fever, cough, difficulty breathing, shortness of breath, or any other symptom of COVID-19, contact your local public health centre or call Telehealth (See "Public Health Numbers", left).

WHAT DO I DO IF I TEST POSITIVE?

- **Self isolate and self monitor**
- **If you have questions or concerns,**
  - Consider calling your local public health centre for help/advice
  - After hours, call Telehealth Ontario
  - See "Public Health Numbers", left
- **Consider going to hospital when:**
  - Difficulty breathing
  - New/worsening shortness of breath, or
  - Concerns of an urgent nature
- **When you arrive to the hospital or approached by paramedics, disclose that you have been tested for COVID-19**

MORE INFORMATION ON COVID-19, VISIT OR CALL:

- Waha.ca/covid-19
- Facebook.com/WAHA.ON.CA
- Porcupine Health Unit, Timmins: 1-800-461-1818
- Your local Public Health Centre (left)
- Publichealthontario.ca

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