

Can I get a test?

The following individuals and groups qualify for COVID-19 PCR testing:

- People who are 70+
- People who are 60+ and fewer than 3 doses of COVID-19 vaccine
- Adults aged 18+ who have had less than three doses of COVID-19 vaccine and have risk conditions
- People who are immunocompromised
- Other people at higher risk of severe disease who may be eligible for COVID-19 treatment if they tested positive
- Pregnant people
- Patient-facing healthcare workers
- Staff, volunteers, residents/inpatients, essential care providers, and visitors in highest risk settings
- Household members of staff in highest risk settings and patient-facing health care workers
- Home and community care workers
- Staff and students in Provincial and Demonstration Schools
- International Agriculture Workers in congregate living settings

I don't qualify for a test. Now what?

1+ Major symptom or 2+ Minor symptoms? Assume COVID-19.

Complete Ontario's [COVID Self Assessment](#)

MAJOR: Fever/chills, cough, shortness of breath, decrease/loss of taste or smell

MINOR: Runny/stuffy nose, headache, fatigue, sore throat, muscle/joint pain, vomiting or diarrhea

If you have any of the above symptoms (COVID positive or not) you are recommended to self-isolate and stay at home until fever is resolved and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms). *

If you have NO symptoms and a positive test result, you do NOT need to self-isolate unless symptoms develop. If symptoms develop, self-isolate immediately.

When in self-isolation, leave only for medical attention. If you are very sick, or your symptoms are getting worse, call your family health care provider. If it is hard to breathe, call 911 or go to your local emergency room.

What do I do after self-isolation?

For a total of 10 days after your test or first symptom (whichever is first), you should:

- Wear a well-fitted mask in all public settings and avoid non-essential activities where mask removal is necessary (e.g., dining out)
- Avoid visiting anyone who is immunocompromised, at a higher risk of illness, or living in a highest risk setting.

Even if negative for COVID-19, these precautions will help prevent the spread of respiratory viruses in the community.

What do my close contacts (household and non household) do?

It is your responsibility to identify and notify your close contacts. For 10 days after their last exposure to you, your close contacts should:

- Self-monitor for symptoms (Self-isolate immediately if symptoms develop.)
- Wear a well-fitted mask in all public settings.
- Avoid visiting anyone who is immunocompromised or at higher risk of illness as well as avoid visits to highest risk settings.