

You have just been tested for COVID-19

If you have been contacted by Public Health Sudbury & Districts, follow their recommendations, otherwise continue to self-isolate until you receive your results.

If your results are positive you should continue to self-isolate and you will receive a phone call from us and Public Health Sudbury and District with further instructions.

If your results are negative, continue to self-isolate until you are fever-free (temperature less than 37.8°C) for 24 hours, your symptoms are improving, and you are feeling well. To protect yourself and others please wear a face covering in all enclosed public spaces, wash your hands frequently and maintain 2-meter distance from others.

If your results are negative and you are a healthcare worker, your symptoms must be resolved for 24 hours before return to work.

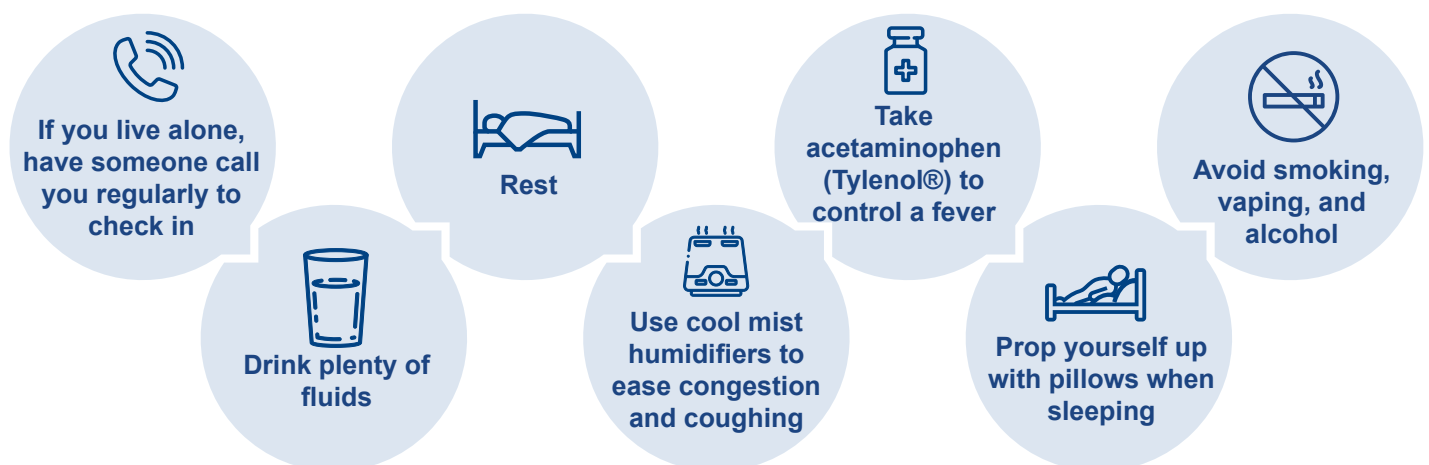
For questions about COVID-19 go to <https://www.phsd.ca> or call Public Health Sudbury & Districts at 705-522-9200.

Regardless of the results of your COVID-19 test, if you develop any of these emergency warning signs, especially trouble breathing, get medical attention immediately. Call 911 or go to the Emergency Department.

- Trouble taking a full breath or shortness of breath when sitting
- Persistent pain or pressure in the chest
- New confusion or difficulty waking
- Bluish lips or face
- Feeling faint
- Passing little or no urine

*This list is not all inclusive. Remember: Other illnesses still occur. Please consult your medical provider for any symptoms that are worsening, severe or concerning.

Here are some tips to help you manage your symptoms at home:



ACCESS YOUR RESULTS ONLINE: <https://covid-19.ontario.ca/>

If you're unable to access your results online, follow up with your Primary Care Provider or call the assessment centre that completed your test (no earlier than 72hrs after your test was completed).

Request an appointment at the COVID-19 Assessment Centre by filling out the online form at <https://www.hsnsudbury.ca>.