When to return to work after testing

**Your results are positive**

*Peel Public Health will directly contact all Peel residents who test positive for:*

- next steps
- when to seek medical attention
- how to prevent others from getting the infection (contact tracing)

**Everyone who tests positive for COVID-19, needs to self-isolate for at least 14 days:**

From the time your symptoms started OR If you never had symptoms, from the date of your test

Peel Public Health will check for symptom improvement and no fever before clearing you out of isolation.

**Clearance testing (repeat swabs) are not needed to return to work.**

Learn more about the province of Ontario’s testing and return to work guidance. Visit [health.gov.on.ca](http://health.gov.on.ca)

Under a class order issued under Section 22 of the Health Protection and Promotion Act residents or visitors to Peel are required to self-isolate for 14 days if they have tested positive for COVID-19, have symptoms, or are a close contact of a positive case.

Learn more: [peelregion.ca/coronavirus/prevention/#act](http://peelregion.ca/coronavirus/prevention/#act)

**Need a copy of your COVID-19 test results?**

Follow the direction of the individual who tested you. The Ontario government has an online portal for you to access your COVID-19 test results [covid-19.ontario.ca](http://covid-19.ontario.ca)

If you do not have internet access, call your primary care provider (family doctor, nurse practitioner) to get the result.
Your results are negative

If you have symptoms that do not get better or worsen at anytime:

- You should speak with your family doctor or call Telehealth for further direction
- You may have other medical reasons for your symptoms
- You may also need to be re-tested for COVID-19

<table>
<thead>
<tr>
<th>Did you have symptoms when you were tested?</th>
<th>What to Do</th>
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| **YES**                                    | If you know you have been exposed to a confirmed or suspected case of COVID-19:  
  • you can come out of isolation and/or return to work 14 days after your last exposure to the case  
  • if your symptoms change or worsen you should be tested again  
  If you have NO known exposure to a confirmed or probable case of COVID-19:  
  • you can come out of isolation and return to work 24 hours after your symptoms are gone |
| **NO**                                     | If you know you have been exposed to a confirmed or suspected case of COVID-19:  
  • you can come out of isolation and/or return to work 14 days after your last exposure to the case.  
  • **self-monitor** for symptoms of COVID-19 and get tested if you develop symptoms  
  If you have NO known exposure to a confirmed or probable case of COVID-19:  
  • **self-monitor** for symptoms of COVID-19 and get tested if you develop symptoms |

If you recently travelled outside of Canada

- You must stay in self-isolation for 14 days from the date you returned to Canada, even if you test negative.
- If you test positive after your return, Peel Public Health will contact you to provide guidance.

The information in this document is current as of June 26, 2020

For more information visit peelregion.ca/coronavirus

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