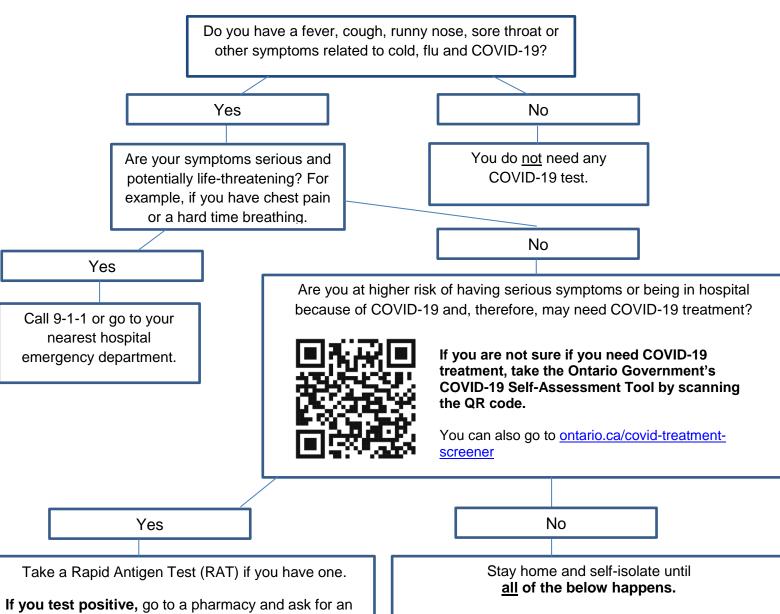




COVID-19 Testing Guide

This guide helps you know what type of COVID-19 test you should get if you feel sick. At this stage of the pandemic, testing is most valuable for people who may benefit from COVID-19 treatment with medications like Paxlovid.



If you test positive, go to a pharmacy and ask for an assessment for COVID-19 treatment. Tell them you are at higher risk. The pharmacist may prescribe you COVID-19 treatment like the Paxlovid pill.

If you test negative, consider getting a PCR test at a testing site near you (ontario.ca/assessment-centre-locations). You may need to call or email the testing site to book a PCR test appointment. You can do a RAT daily while waiting for the PCR test result. If you test positive on a RAT at any time, go to a pharmacy for an assessment for COVID-19 treatment.

- Your symptoms have been getting <u>better</u> for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
- You do not have a fever
- You have <u>not</u> developed additional symptoms

You can take a Rapid Antigen Test (RAT) if you have one at home or are able to find a RAT pick-up location near you (<u>ontario.ca/rapid-test-locator</u>). However, even if you test negative on the RAT, you should stay home and self-isolate until all of the above happens.





How to protect yourself and loved ones from cold, flu and COVID-19



Stay up-to-date on vaccines, including booster doses



If you are sick, stay home and follow the instructions on the other side of this handout so you know if you need a PCR test or treatment



Wash your hands often



Wear a mask in crowded places

Go to Ontario.ca/COVID19 to learn more.

Have questions about COVID-19 tests, assessment and treatment?

- Talk to your family doctor, nurse practitioner or pharmacist.
- If they are not available, you can call 8-1-1 or go to Ontario.ca/Health811 to talk to a registered nurse.
- If you live in or around Taylor-Massey, you can also get health advice at Health Access Taylor-Massey. Learn more at ethp.ca/HATM.