

Follow up Instructions for School Students, Staff and Visitors Tested for COVID-19

If you have symptoms or are a close contact of someone with COVID-19:

- While waiting for your test result, stay home and [self-isolate](#).
- Do not go to school or work. Results can take a few days.
- Visit our website for information on [how to get your test results](#).
- If the person being tested is a student and has symptoms, siblings and adults who attend a school in the household are required to stay home until COVID-19 can be ruled out. Children/teens in school should complete the [COVID-19 student school screening](#) daily. Adults who attend a school should complete [COVID-19 School Staff/Visitor screening](#) daily.
- If your test is negative and you are cleared to return to school, complete a [Confirmation Form](#) and provide it to your school.

I have tested positive for COVID-19	Household members without symptoms
<p>If you test POSITIVE:</p> <ul style="list-style-type: none">• If you have symptoms, you must stay home and self-isolate for 10 days* after your symptoms started.• If you do not have symptoms, stay at home for 10 days* from the date you were tested.• Young children may have ongoing mild symptoms, such as a runny nose. If it is not new or worse, they may go back to school after the 10 days* if they do not have other symptoms.• Notify your school that you tested positive for COVID-19.• Toronto Public Health will contact you with further instructions.	<ul style="list-style-type: none">• All household members will have to self-isolate for at least 14 days from last time they were with the person who tested positive. Seek testing at an Assessment Centre as soon as possible.

I have tested negative but have symptoms	Household members without symptoms
<p>If you tested NEGATIVE, have symptoms but are not a close contact:</p> <ul style="list-style-type: none">• You may go back to school once your symptoms have been improving* for 24 hours. Young children may have ongoing mild symptoms, such as a runny nose. If it is not new or worse, they may go back to school if they don't have other symptoms.	<ul style="list-style-type: none">• Children and adults in the same household who attend a school setting can return to school.•
<p>If you tested NEGATIVE, have symptoms and are a close contact of someone with COVID-19:</p> <ul style="list-style-type: none">• You must stay home and self-isolate for 14 days from last exposure to the case.• If you had a negative test that was done before day 7 of your self-isolation, repeat the test on or after day 10 of your self-isolation period.• If the initial test was collected on or after day 7 of self-isolation, repeat testing on or after day 10 is not recommended.• After 14 days self-isolation you may return to school or work as long as you do not have symptoms.	<ul style="list-style-type: none">• Children in the same household who attend a school setting will also need to stay home until you complete your self-isolation period• Adults in the home, including parents, who attend a school setting, need to self-monitor for symptoms, but may go to work as long as they do not have symptoms.
<p>If you tested NEGATIVE, have symptoms and have travelled outside of Canada:</p> <ul style="list-style-type: none">• You must stay home and self-isolate for 14 days from your return to Canada.• After 14 days of self-isolation you may return to school or work as long as you do not have symptoms.	<ul style="list-style-type: none">• Children and adults in the same household who attend a school setting will also need to stay home until you complete your 14 day travel self-isolation period.• Adults in the home, including parents, who do not attend a school setting, need to self-monitor for symptoms, but may go to work as long as they do not have symptoms.

I have tested negative but do not have symptoms	Household members without symptoms
<p>If you test NEGATIVE, do not have symptoms, but were exposed to someone with COVID-19:</p> <ul style="list-style-type: none"> • You must stay home and <u>self-isolate</u> for 14 days from the last day of exposure to the case. • If you had a negative test that was done before day 7 of your self-isolation, repeat the test on or after day 10 of your self-isolation period. • If the initial test was collected on or after day 7 of self-isolation repeat testing on or after day 10 is not recommended. • If you only received an exposure notification through the COVID Alert App, you are not required to self-isolate if your test is negative. 	<ul style="list-style-type: none"> • Children in the household who attend a school setting must also stay home while you complete the full 14 day self-isolation. • School staff may attend school. • Adults in the home, including parents, may go to work as long as they do not have symptoms.
<p>If you test NEGATIVE, do not have symptoms and have travelled outside of Canada:</p> <ul style="list-style-type: none"> • You must stay home and <u>self-isolate</u> for 14 days from your return to Canada. • After 14 days of self-isolation you may return to school or work as long as you do not have symptoms. 	<ul style="list-style-type: none"> • Children and adults in the same household who attend a school setting will also need to stay home until you complete your 14 day travel self-isolation period. • Adults in the home, including parents, who do not attend a school setting, need to self-monitor for symptoms, but may go to work as long as they do not have symptoms.

* Self-isolate for 20 days if you were hospitalized and required ICU level care or have a severely weakened immune system (e.g. you are undergoing cancer chemotherapy).