

You have been tested for COVID-19

Step 1	<ul style="list-style-type: none">• It is important for you to go directly home and isolate.• Other people living in your house should isolate too.• Information about isolation can be found online at https://www.gov.nl.ca/covid-19/public-health-guidance/self-isolation/
Step 2	<ul style="list-style-type: none">• Check for your results online at https://healthnl.ca/concerto/covidresults/• It may take 3 to 5 days to see your result.• Continue to isolate.
Step 3	<ul style="list-style-type: none">• If your result is positive, please tell your close contacts to isolate. They may also need a test. More information about isolation and testing can be found online at https://www.gov.nl.ca/covid-19/public-health-guidance/testing/if-you-test-positive/• Use the chart on the back of this sheet to find out how long you must isolate.• Submit your contact list to public health online at https://www.lghealth.ca/covid-19-tracing within 24 hours. <p>If you do not have access to the internet, please tell the public health worker when they call you with your result.</p>

Who is a Close Contact?

**Swab clinic affix
patient label here**

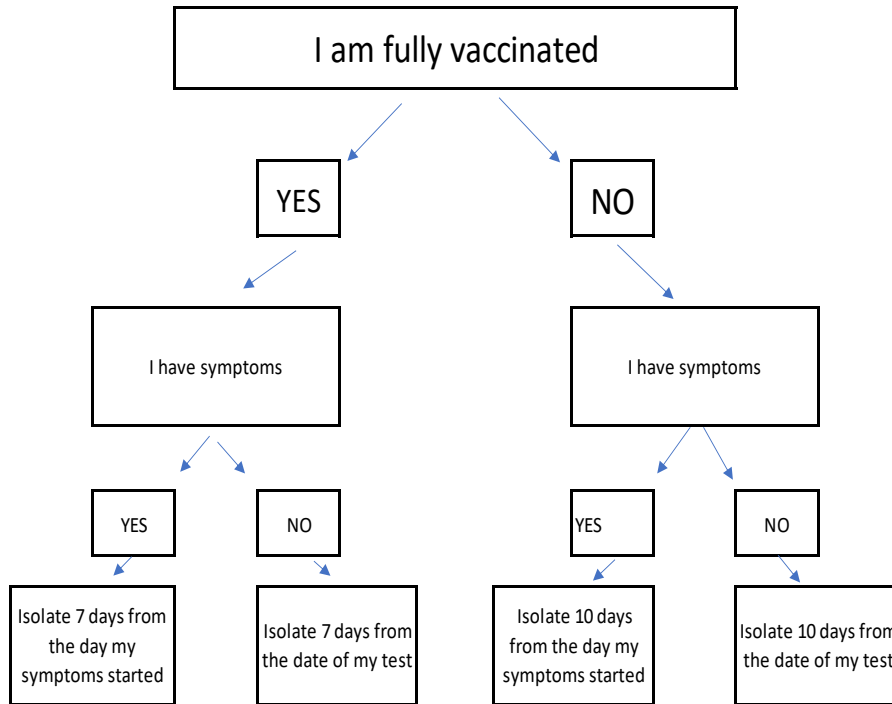
- Someone you live with
- An intimate Partner
- A caregiver
- Someone who you were in the same room with for 15 minutes or longer without wearing a mask

Close contacts should go back 3 days from when your symptoms started or you were tested (whichever is longer)

Fully Vaccinated means it has been 14 days after your second dose COVID-19 Vaccine

This chart is intended ONLY for those who have already received a test

IF My Test Result Is Positive



Symptoms

- Fever/ chills/ sweats)
- Cough (new or worsening)
- Shortness of breath, trouble breathing (call 911 if you have this)
- Runny, stuffy, congested nose
- Sore throat or difficulty swallowing
- Headache
- Acute loss of sense of smell or taste
- Unusual fatigue, lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea for more than 24 hours
- Small red or purple spots on hands and/or feet (this symptom applies to children only)

Date my Isoalction should end*:

*** If I still have symptoms on this day, I stay in isolation until they start getting better AND I have no fever for 24 hours.**

If you do not have access to the internet, please tell the public health worker when they call you with your result!