

Resources about COVID-19 Testing

Learn how to get a COVID-19 test in Canada, with information concerning if you should get tested, follow up instructions after testing, and what to do if you tested positive for COVID-19.



COVID-19 Self Isolation, Self Management, and Safety Advice Infographics

A collection of printable infographics available in multiple languages from Health Design Studio on navigating the COVID-19 pandemic. Find information on how to test for COVID-19, terminology differences, physical distancing in apartments, details on hospital visitation, mask usage, and other safety protocols.

Accessible from: <http://www.healthdesignstudio.ca/covid-19-printables.html>

Follow-up Instructions for Individuals Tested for COVID- 19 (English)

Follow-up instructions if you have been tested for COVID-19 from Toronto Public Health. Discover how you can access your results, isolation requirements based on your contact and travel history, and how to interpret negative or positive results.

Accessible from: <https://www.toronto.ca/wp-content/uploads/2020/06/8fdc-Follow-up-Instructions-for-Individuals-Tested-for-COVID-19-Fact-Sheet.pdf>

COVID-19 Self Assessment: Should I Get Tested?

Self-assessment from the Ontario Ministry of Health to determine if testing is required if you were exposed to COVID-19 or have symptoms. Asks about your current symptoms, if you are a member of an at-risk group, contact exposure, and travel history.

Accessible from: <https://covid-19.ontario.ca/self-assessment/>

People Who Use Substances: If You Are Quarantined or in Isolation

Harm reduction guidelines from the BC Centre for Disease Control for people who use substances, overdose prevention services and supervised consumption sites during COVID-19. Find details on practicing safer drug use to decrease transmission, accessing testing, responding to an overdose in the community, and workplace-specific information for overdose prevention personnel.

Accessible from: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations/people-who-use-substances>

COVID-19: Self-Isolation and Return to Work

Resource from the Government of Ontario to help employers and employees understand COVID-19 self-isolation and return to work for non-healthcare workplaces.

Accessible from: <https://www.ontario.ca/page/covid-19-self-isolation-and-return-work>

211 Program: Government, Community-based, Non-Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

Accessible from: <https://211.ca>

COVID Alert App

A page from the Government of Canada detailing how the COVID Alert app works and its relationship to public health. Find out how the app protects user privacy, how many people are using COVID Alert, and how the app uses a key system to anonymously inform others of a potential exposure.

Accessible from: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>