



What to Do and What to Expect: After Your COVID-19 Test

You were tested for COVID-19 today as part of a mass public health screening program.

It will take up to 4 days before someone calls you to give you your test results. If you have no symptoms and have not had direct contact with anyone who has COVID-19, you do not need to self-isolate while waiting for your results.

You should continue to protect yourself and others:

- Respect physical distancing (stay at least 2 metres away from others).
- Wear a mask when you cannot keep 2 metres distance as well as in all indoor public spaces (see mask tips on next page).
- Wash your hands often with soap and water or with an alcohol-based hand sanitizer.

Your Test Results

Once we receive your test results, the hospital will contact you.

Result	What It Means	What You Should Do
Negative	<p>You most likely did not have COVID-19 at the time of testing</p> <p>In some cases, a false negative result occurs when a test is done in the early stages of a COVID-19 infection, when there are issues with the sample collected or because the test might not detect a very low amount of the virus.</p>	<p>If you develop symptoms:</p> <p>Self-isolate until you have had no symptoms for at least 24 hours.</p> <p>If your symptoms worsen, go to the emergency. You may need to get tested again.</p>
		<p>If you never had symptoms AND have not been identified as at risk due to contact with someone with COVID-19*:</p> <p>You do not need to take any special action.</p> <p><i>*If you are considered at risk, the hospital will inform you of what to do.</i></p>
Positive	<p>You most likely have COVID-19</p> <p>Even if you do not have any symptoms, it is possible to have COVID-19.</p> <p>For example, a positive test may be due to the start of a new COVID-19 infection (before you have any symptoms), or because you had COVID-19 sometime in the last 3 months. It is also possible to have COVID-19 and never have any symptoms.</p>	<p>Start self-isolating right away.</p> <p>A public health professional will contact you to give you more information and instructions.</p> <p>See also the Government of Quebec's Instructions for People with COVID-19 in Home Isolation, available at Quebec.ca</p>

When to Go to an Emergency Room

Even if your test results were negative, you should go to an emergency room if your symptoms worsen or if you have any of the symptoms below:

- A fever of 38°C that lasts for more than 72 hours
- Trouble breathing when you are resting or make light efforts
- Chest pains
- Sudden dizzy spells
- Persistent vomiting or diarrhea
- Confusion

If you are unsure about your symptoms, **dial 811** to speak to nurse at Info-Santé.

For a list of emergency rooms in Montreal, visit Santé Montréal's webpage:

<https://santemontreal.qc.ca/en/public/support-and-services/hospital-emergencies/>

Request of proof of test result:

- By email at : Archives.medicales@muhc.mcgill.ca
- **Information to include:**
 - Requested information: Covid test result; complete name; date of birth; RAMQ and/or MUHC Medical record number (on the hospital card); date and location of test

Tips for Wearing a mask



McGill University Health Centre, July 2020.

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