

**Date:** June 25, 2020  
**To:** People being tested for COVID-19 who have no symptoms  
**From:** Medical Officers of Health, Alberta Health Services  
**Subject:** Caring for yourself at home while awaiting COVID-19 test results

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You have been tested for COVID-19 when you did not have any symptoms. The test that you had will detect if you have the coronavirus in your nose or throat. In most people (~90%) COVID-19 only causes mild symptoms, like a cold. In some people, it can cause more serious illness. The virus can be spread by coughing, sneezing or having direct contact with an infected person.

It may take several days for your test results to come back. You will receive a call from Alberta Health Services (AHS) when your test results are available. Meanwhile, here is some additional information:

**While you wait for your test results:**

- You do not need to stay away from others or stay home **unless you have returned from travel outside of Canada in the past 14 days or have been advised by Public Health to remain isolated because of a close contact exposure.**
- If you have **no symptoms and have NOT had contact** with someone with COVID or have not returned from travel outside of Canada in the past 14 days, you do not need to self-isolate.
- If you were tested as part of a **voluntary COVID-19 testing program for work and did NOT have close contact with a case in your workplace**, you can continue to work. However, staff should follow up with their employer if they are uncertain if they can continue to work while awaiting results.

**If you have been asked by public health to isolate yourself, there are several important things you can do to protect your health and prevent the spread of illness:**

- **STAY HOME until Public Health says it is okay to leave.**
  - This means that you need to stay home from work, school, daycare, and all other activities outside your home.
  - Do not have any visitors over to your home.
  - For more information on isolation refer to: <https://open.alberta.ca/publications/self-isolation-information-sheet>
- Wash your hands often and well.
- Avoid close contact with people (staying at least 2 meters away) – we recognize this may be difficult to do for others in your household, but please do your best.
- Do not share sleeping arrangements.
- Do not share personal items such as toothbrushes, cutlery, drinking straws, face/hand/bath towels etc.
- **Do not share food or eat with others in your home**
- Clean and disinfect surfaces frequently that are often touched in shared spaces within the home such as bathroom surfaces, doorknobs, remote controls, phones, etc.

If you test positive and have no symptoms you will still be required to isolate for 10 days from the date the specimen was collected. This is because you may still be able to pass the virus to others. Public Health will contact you to discuss your results and what else you must do.

If you develop symptoms, or your symptoms become worse or you have other concerns, please contact Health Link (811). If you need urgent medical attention, call 911 for an ambulance.

Thank you for your help.

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