

COVID-19 self-assessment result

January 18th, 2021 at 3:19 p.m.

Based on your answers, you do not seem to have symptoms or have been exposed to COVID-19. **You can get a COVID-19 test** because you need one for a specific reason.

1. Get tested

Make an appointment and go to the nearest testing location for a COVID-19 test.

Note: testing eligibility changes from time to time. [Check the latest information on who can be tested for COVID-19.](#)
(<https://covid-19.ontario.ca/covid-19-test-and-testing-location-information>)

Testing locations near you

We found these based on the first 3 characters of your postal code:

Kitchener-Waterloo-Wilmot-Wellesley-Woolwich (KW4) COVID-19 Assessment Centre - Westmount Plaza (/assessment-centre-locations/?lid=141) (1.29 km away)	50 Weber St. North - Shoppers Drug Mart (/assessment-centre-locations/?lid=280) (2.65 km away)	550 King St. North - Shoppers Drug Mart (/assessment-centre-locations/?lid=233) (3.33 km away)
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[More testing locations \(/assessment-centre-locations/?pcd=N2L&s=false\)](#)

Getting tested for work

You must go to a private clinic if you need a test for work. You **cannot** get tested at a publicly funded testing location.

Contact your doctor/health care provider for more information.

2. Your health

Pay attention to your health and note if anything changes. This is called [self-monitoring](#)
(<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>)
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Physical distancing and hand washing

- keep a distance of at least 2 metres from people who are not in your household
- wash or sanitize your hands often
- [learn how to reduce your exposure to the virus](#)
(<https://www.ontario.ca/page/covid-19-stop-spread#section-1>)

Face coverings and masks

- wear one in public indoor spaces, like stores and transit vehicles (some regions and communities have made this mandatory)
- wear one outdoors when you cannot keep a distance of at least 2 metres from people who are not in your household
- cover your mouth, nose, and chin
- do not** touch it without washing or sanitizing your hands first
- [learn how to wear and use face coverings and masks](#)
(<https://www.ontario.ca/page/face-coverings-and-face-masks>)

3. Your community and activities

[Find out which colour-coded level your region is in and the restrictions/closures in place.](#)
(<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>)

Roommates and family you live with

- they should pay attention to their health and note if anything changes
- young children might have less specific symptoms like sluggishness or lack of appetite

Shops and stores

- use curbside pickup or get items delivered as much as you can
- wear a face covering or mask if you go in person
- keep a distance of at least 2 metres from people who are not in your household

Work and workspaces

- work from home or reduce the number of days you are at work in person (if possible)
- if you cannot work from home, make sure you and your company are taking the right safety precautions to avoid the spread of the virus
- discuss with your manager and occupational health and safety representative

Walks, exercise, parks, and squares

- you can go on walks, runs, and bike rides
- you can take the dog out
- keep a distance of at least 2 metres from people who are not in your household