

Your test result will help you know how long you need to self-isolate.



If your test is positive, scan the QR code or go to bccdc.ca/ifyouhavecovid for next steps.

Get your test result

- Text** results.bccdc.ca
- Online** gov.bc.ca/healthgateway or go to your health region website.
- Phone** 1-833-707-2792
Call for results even if you do not have a personal health number (PHN).

Treatment for COVID-19

There are some treatments available for people who tested positive for COVID-19 and who are at higher risk of serious illness and needing hospitalization.

If you test positive for COVID-19, check to see if you may benefit from treatment. Visit gov.bc.ca/covidtreatments or call 1-888-268-4319

Urgent care

Go to an urgent care clinic or emergency department if you:

- have difficulty breathing
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If you have questions about COVID-19 symptoms, call 8-1-1 or your healthcare provider.

How long to self-isolate

If you test negative

Stay home until your symptoms improve and you feel well enough to return to regular activities.

If you test positive

Self-isolate at home for the following number of days, starting from the first day you had symptoms (or if you didn't have symptoms, starting from the day of your test):

Fully vaccinated person or a child (under 18 years old) **5 days**

Adult (over 18 years old) who is not fully vaccinated **10 days**

Important: If symptoms have not improved after the 5 or 10 days, continue to self-isolate until your fever is gone and you feel better.

Fully vaccinated means: you have two doses of any of the World Health Organization approved COVID-19 vaccines (e.g. Pfizer-BioNTech, Moderna, AstraZeneca) or one dose of the Janssen COVID-19 vaccine.



Stay home

- Do not go to work, school or other public places.
- Have family, friends or a delivery service bring food, medication and other supplies to you.
- Do not have visitors inside unless they are homecare providers.
- Avoid going outside of your home even while you wait for your test results. You can still do essential chores such as checking your mail, walking your dog, or shoveling your walkway.



If you need to go out for medical reasons

- It is best to walk, ride a bike, or drive yourself.
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
 - Everyone must wear a mask
 - Roll down all the windows
 - Everyone should clean their hands before and after the ride
- If you must take public transit:
 - Wear a mask
 - Clean your hands before and after the ride
 - Stay 2 metres away from others



If you live with others

- Let everyone at home know you are self-isolating.
- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
 - Everyone should wear a 3-layer cloth mask, medical mask or respirator that covers the nose and mouth and goes under the chin.
 - Open windows to increase airflow.
- Eat alone in the room where you are self-isolating. If you must eat in a shared space, eat by yourself.
- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
 - Put down the toilet lid before you flush.
 - Turn on the fan or open the window.
 - Clean handles and faucets after each use.
 - Avoid sharing personal items like toothbrushes and towels
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.

