

You **must self-isolate** immediately while you wait for your test result. Go straight home and stay home, except if you need urgent medical care. Your test result will help you know how long you need to self-isolate.

Self-isolate

Self-isolate to stop the spread of COVID-19 in your household and your community.

For information on how to self-isolate, see the other side of this handout.

Get your test result by text, online or phone

Text results.bccdc.ca

Online healthgateway.gov.bc.ca
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).

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

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

If you have questions about COVID-19 symptoms, call Fraser Health Virtual Care **1-800-314-0999**, HealthLinkBC **8-1-1**, or your healthcare provider.

If you test positive

Complete the on-line COVID-19 Case and Contacts Form.



Let everyone in your home know you tested positive for COVID-19.

Ask them to self-isolate.

Ask them to get tested if they start experiencing symptoms.

How long to self-isolate

The number of days you need to self-isolate depends on your test result and why you were tested.

- 1** If you had symptoms of COVID-19, are not a close-contact, and your test is:

Negative: You can stop self-isolating, but you need to stay home until you feel better.

Positive: You must continue self-isolating for at least 10 days from the first day you had symptoms, or for as long as public health tells you.

- 2** If you are a close-contact of someone with COVID-19 and your test is:

Negative: Do not stop self-isolating.

Self-isolate for the full 10 days after your last contact with the person who had COVID-19, or for as long as public health tells you to.

Positive: You must self-isolate for as long as public health tells you to.

- If you did not develop symptoms, you will need to self-isolate for 10 days from when you got tested.
- If you had symptoms, you will need to self-isolate for 10 days after the start of your symptoms.

- 3** If tested for screening purposes (like before going for surgery) and your test is:

Negative: You can stop self-isolating.

Positive: You need to self-isolate for 10 days after the day of your test.

- 4** If returning from travel outside of Canada, follow the directions found on:

travel.gc.ca/travel-covid/travel-restrictions/isolation

Stay home

- Do not go to work, school or other public places.
- Have family, friends or a delivery service bring food, medicines, and other supplies to you.
- Do not have visitors inside unless they are homecare providers.

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 meters away from others
- If you need medical care contact your family doctor, Fraser Health Virtual Care (1-800-314-0999) or visit an Urgent and Primary Care Centre. Find a location at fraserhealth.ca/urgentcare

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:
 - Stay more than 2 meters apart as much as possible.
 - Everyone should wear a 3-layer mask that covers the nose and mouth and goes under the chin.
 - Open windows to increase airflow.
 - If your mask gets damaged or dirty, remove it, wash your hands, and put on a new one.
- 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.
- Cough or sneeze into a tissue, if you don't have a tissue, use your sleeve (not your hand). Throw used tissues into a separate plastic bag, close it and throw it out with other garbage.
- If you share a bathroom:
 - Put down the toilet seat 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. Use a household disinfectant or diluted bleach (4 teaspoons/20ml in 1 litre of water).