You have been in close contact with COVID-19

We have identified you as a close contact to a person with COVID-19. COVID-19 can be spread before a person has any signs of illness.

> You must self-isolate **immediately** to prevent COVID-19 from spreading to others.
> This means you must stay home and stay away from others for 14 days.

How do I self-isolate?

Your self-isolation starts from the day you were last in close contact with the person with COVID-19. Self-Isolation means:

- Stay at home.

- Stay in a separate room.

- Stay away from others in the home.

- Use a separate bathroom if possible.

Visit patienteduc.fraserhealth.ca and search 'Home Isolation and COVID-19 Testing' or scan this QR code to go directly to the resource.
Available in multiple languages.
Choose your language from the list.

QR code

- Get basics like groceries and medications brought to you by someone not in self-isolation.

You can exercise outside as long as you can stay 2 metres away from others.

Do not go to work, school, or other public areas (such as grocery stores, shopping malls, fitness centres, or places of worship).	**Do not** have visitors. **Do not** share personal items with others. **Do not** use public transport.

What if I get sick?

If you have signs of a cold, the flu, or COVID-like illness (*even mild ones*):

- Check your signs with the BC Self-Assessment Tool.

- Get tested for COVID-19 as soon as possible.

- Even if your test is negative (not COVID-19), you must continue to self-isolate for the full 14 days.

The BC Self-Assessment Tool
Find it online at bc.thrive.health
or scan this QR code.

Where to get tested
To find the nearest testing location, go to fraserhealth.ca/COVID19testing
or scan this QR code

A "QR code" (short for 'Quick Response' code) is a type of barcode you can scan with your smart device's camera. Once scanned, it takes you to that web page.

When should I get medical care?

People with weakened immune systems are at increased risk of more severe illness due to COVID-19. This can include older people and people with chronic diseases such as diabetes, cancer, heart, renal or chronic lung disease.

- If your symptoms feel worse than a common cold:
  - Call your health care practitioner, or
  - Call the Fraser Health Virtual Care Team, 1-800-314-0999 (10:00 a.m. to 10:00 p.m. daily)

- Call 8-1-1 any time day or night if you have any questions or concerns about your health.

- **Call 9-1-1 if you have more severe symptoms, such as trouble breathing or chest pain.**

- If you go for medical care, call ahead. Let them know you are self-isolating.

When can I end my self-isolation?

You can end your self-isolation if you have no signs of a cold, the flu, or COVID-19 like illness for 14 days. The 14 days start from when you were last in close contact with the person with COVID-19.

If you cannot self-isolate from a person with COVID-19, such as you live in the same home, you must continue to self-isolate until 14 days <u>after</u> the person with COVID-19 has finished their self-isolation period.

Where can I learn more?

To learn more about COVID-19:

- Go to the BC Centre for Disease Control website at bccdc.ca. Select 'COVID-19 for the public'.

- Go to our webpage on COVID-19 for added resources and answers to frequently asked questions (fraserhealth.ca/coronavirus)

If you have any questions or concerns, please call HealthLinkBC at 8-1-1. To speak with someone in your language, call HealthLinkBC at 8-1-1. When you call, say your language in English 3 times, then wait until an interpreter comes on the phone.

What If I am a health care worker?

If you are a health care worker and live with someone infected with COVID-19, you must self-isolate as instructed above.

If you are a health care worker and do not live with someone who is infected with COVID-19, follow the instruction from Fraser Health on Self-Isolation Instructions for Health Care and Essential Workers.