

# Home Isolation and COVID-19 Testing

**You must self-isolate at home while waiting for your test results**

## After testing:

- Begin self-isolation immediately.  
Go straight home and remain in your home, except if you need urgent medical care.
- Cancel appointments unless they are for an urgent medical reason.
- Separate yourself from others in your home.
- Do not go to work, school, or public areas (such as stores, shopping malls, restaurants, and places of worship).
- See page 2 for more on how to self-isolate.

## How to get your test results:

- **By text** [results.bccdc.ca](https://results.bccdc.ca)  QR code  
Go to the website or scan this QR code
- **Health Gateway** [healthgateway.gov.bc.ca](https://healthgateway.gov.bc.ca)  
Results by text or email for anyone with a photo B.C. Services Card  
Go to website or scan this QR code 
- **My ehealth** (ages 16 and older) [myehealth.ca](https://myehealth.ca)
- **COVID-19 Negative Results line**  
8:30 a.m. to 4:30 p.m. daily **1-833-707-2792**

**Note:** COVID-19 Test Collection Centre staff have no access to test results.

## If you test positive for COVID-19:

Continue to self-isolate as per above.

Complete the [online COVID-19 Case and Contacts Form](#).

Let all your household contacts know you have tested positive for COVID-19. Ask them to self-isolate and to get tested if they start experiencing symptoms.

Public Health will contact you and your close contacts with further instructions.

You must remain self-isolated at least 10 days from the first day you had symptoms.

You might have a cough for several weeks. If you feel well otherwise, a cough alone is not a reason to self-isolate for more than the time Public Health told you.

COVID-19 Case and Contacts Form QR code



## If you test negative for COVID-19:

Continue to self-isolate and monitor your symptoms. Do not resume your regular activities until you are symptom-free.

If your symptoms worsen or do not improve after 5 to 6 days since you initially started feeling unwell, call any of these places:

- Fraser Health Virtual Care (1-800-314-0999)
- HealthLinkBC 8-1-1
- your family doctor
- an Urgent and Primary Care Centre  
(For locations: [fraserhealth.ca/urgentcare](https://fraserhealth.ca/urgentcare))

Urgent Care QR Code



If you are worried that you are experiencing a medical emergency, call 9-1-1 (for example – you are having severe difficulty breathing or chest pain).

## How to self-isolate

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### Wash your hands

- Wash your hands often. Use soap and water and scrub for at least 20 seconds. Dry your hands with paper towels, when possible.
- If you cannot wash your hands with soap and water, use hand sanitizer (alcohol-based hand rub).
- Try not to touch your eyes, nose, and mouth with unwashed hands.

### Wear a mask

- Wear a mask when in the same room with other people. If you don't have a mask, use some type of face covering over your nose and mouth.
- Wear a mask if you must leave your home for urgent medical care.
- If your mask gets damp or dirty, remove it, wash your hands, and put on a new one.

### Call ahead before going for medical care

- If you need medical care for any reason, call ahead. Let them know you have been tested for COVID-19 and the result.

### Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands right away.
- If you don't have a tissue, cough or sneeze into your sleeve (not your hand).
- Throw all used tissues into a plastic bag.
- To dispose of the bag, close it and throw it out with other household garbage.

### Do not share household items

- Do not share dishes, eating utensils, towels, bedding or similar items.
- After using these items, wash them with soap and hot water.

### Separate yourself from other people

- Try to stay at least 2 metres (6 feet) away from others.
- Ask anyone who lives with you to live elsewhere, if possible, while you are isolated. This is especially important for anyone who has a chronic health condition or a weakened immune system.
- Tell family and friends not to visit you.
- If you must live in a shared accommodation:
  - Stay in a room alone, including when sleeping.
  - Use a room with a window to the outside that can be opened for airflow.
  - Use a separate bathroom, if available.
  - Wear a mask when you are in the same room with other people.

### Clean frequently touched surfaces

- Clean frequently touched surfaces every day with household disinfectant or diluted bleach (4 teaspoons [20mL] of bleach in 1 litre of water.)  
Examples of surfaces: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

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### If you have any questions:

- Call HealthLinkBC. 8-1-1  
Open 24 hours a day, seven days a week.  
Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.  
**Note:** Do this as well when calling the COVID-19 Negative Results line.
- Call your doctor.
- Call Fraser Health Virtual Care 1-800-314-0999

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.