No Signs of Illness: No Need for COVID-19 Testing

Why not test me for COVID-19?

You do not need to be tested at this time because you do not have any signs of being ill with a cold, the flu, or another illness.

> The British Columbia Centre for Disease Control recommends we do not test people for COVID-19 if they are not experiencing any signs of illness.

What can I do to protect myself and others around me?

- Clean your hands often with soap and water or hand sanitizer.

- Try not to touch your eyes, nose, and mouth.

- Try not to get near any ill people.

- Cover your mouth and nose when you cough or sneeze.

- Disinfect surfaces that are touched often (such as counters, tabletops, doorknobs).

- Try to stay at least 2 metres (6 feet) away from others (*physical distancing*).

What should I watch for?

Monitor your health for the following signs of a cold, the flu, or COVID-like illness:

- cough	- headache
- fever	- loss of appetite
- chills	- runny nose or nasal congestion
- muscle aches	
- fatigue	- loss of sense of smell or taste
- sore throat	

Use the BC Self-Assessment Tool at any time to check your signs of illness (bc.thrive.health).

QR code

What do I do if I get sick?

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

- Isolate yourself at home right away (*self-isolate*).

- Get tested for COVID-19. To find the nearest testing location, go to fraserhealth.ca/health-topics-a-to-z/coronavirus/testing, or call 8-1-1 or your family doctor's office.

- Follow the directions given to you by the testing location on how long to self-isolate.

- If you don't start to feel better after 5 to 6 days or if you are worried about how you are feeling at any time, call your family doctor, 8-1-1, or an Urgent and Primary Care Centre (check here for locations fraserhealth.ca/urgentcare).

- **Call 9-1-1** if you don't feel well and are worried this might be an emergency (such as severe problems breathing or chest pain). Emergency departments are still open.

Where can I learn more?

Go to fraserhealth.ca/coronavirus. Find answers to frequently asked questions and more.

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.

This information does not replace the advice given to you by your health care provider.