

COVID-19 Outbreak: Self-Isolation for People Tested for COVID-19

You have been tested (swabbed) for COVID-19 because you are linked to an outbreak of the virus. Public Health is testing everyone at your site even if they do not have signs of illness.

**Self-isolate at home
while waiting for your test results**

If your results show you have COVID-19, someone from Public Health will call you.

To get your negative results after 48 hours:

Coronavirus Hotline 1-833-707-2792

7 days a week, 8:30 a.m. to 4:30 p.m.

By text

Go to bccdc.ca and search 'test results' or scan this QR code



My ehealth online myehealth.ca

Even if your results show you do not have COVID-19, you must follow these steps. This is because there is a good chance you were exposed and you could still get sick.

- Continue to self-isolate for a total of 14 days, starting from the last day you were at the site of the outbreak.
- Monitor your health for signs of a cold, the flu, or COVID-like illness.
- If you get signs of a cold, the flu, or COVID-like illness (*even mild ones*), get re-tested.

For 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.

What should I watch for?

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

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

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



How to self-isolate

Stay at home – No doctor's note needed

- Remain in your home, except when you need urgent medical care.
- Cancel appointments unless they are for an urgent medical reason.
- Do not go to work, school, or public areas (such as stores, restaurants, and places of worship).
- Do not use public transportation or taxis.

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 by yourself, including 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 near other people.

Wear a mask

- Wear a mask when you are in the same room with other people.
If you don't have a mask, use some type of facial covering to cover 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 a new one on.

Wash your hands

- Wash your hands often. Use soap and water 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.

For more information on handwashing:

- Go to [HealthLinkBC](#) and search 'File 85'.
- Use this link (tinyurl.com/u6oyhvy)



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.

Do not share household items

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

Monitor your health

- **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.
- Check your temperature each day, if you have a thermometer. *Note:* Acetaminophen (Tylenol) or ibuprofen (Advil) can hide a fever.
- If you become sick and don't start to feel better after 5 to 6 days or if you are worried about your illness at any time, call your family doctor, 8-1-1, or an Urgent and Primary Care Centre (For locations: fraserhealth.ca/urgentcare).



Call ahead before going for medical care

- If you need to go for urgent medical care or call 9-1-1 for any reason, let them know you have been tested for COVID-19.
- When you arrive, remind health care providers again. This helps keep other people from possibly becoming infected.

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 in your room.
- To dispose of the bag, close it and throw it out with other household garbage.

If you have any questions:

- Call HealthLinkBC. 8-1-1
Open 24 hours a day, 7 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 Coronavirus Hotline.
- Call your doctor.

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.

www.fraserhealth.ca

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