

COVID-19

Self-Isolation Instructions for Health Care and Essential Workers Tested for COVID-19

You have signs or symptoms of COVID-19 and have been tested (swabbed) for the virus.

**Self-isolate at home
until you get your test results**

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

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) to sign up



My ehealth online

myehealth.ca

If your results show you do not have COVID-19, follow these instructions.

If you:	Do:
Were exposed to someone with COVID-19 at work and were not wearing appropriate PPE	Self-isolate until cleared by Public Health to return to work.
Are a close household contact where someone you live with has COVID-19	Self-isolate for: - 10 days from when you started feeling sick, and/or - 14 days from the day you were exposed } (whichever is longer)
Have recently travelled internationally	Self-isolate: - until you feel better (symptoms have resolved), and/or - for 14 days from the day you were exposed } (whichever is longer)
Were not exposed Have not recently travelled internationally	Self-isolate until you feel better

Note: Public Health might give you directions on returning to work sooner based on your situation. You might have a cough for several weeks. If you feel well without using cold medicine, a cough alone is not a reason to self-isolate for longer.

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.

- Tell family and friends not to visit you.
- 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.
- 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 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.
- If you 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).
- Check your temperature each day, if you have a thermometer. *Note:* Acetaminophen (Tylenol) or ibuprofen (Advil) can hide a fever.



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.