

Your test result will help you know how long you need to self-isolate.



If your test is positive, scan the QR code or go to bccdc.ca/ifyouhavecovid for next steps.

Get your test result

- Text** results.bccdc.ca
- Online** gov.bc.ca/healthgateway
or go to your health region website.
- Phone** 1-833-707-2792
Call for results even if you do not have a personal health number (PHN).

Urgent care

Go to an urgent care clinic or emergency department if you:

- have difficulty breathing
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If you have questions about COVID-19 symptoms, call 8-1-1 or your healthcare provider.

Returning from travel outside of Canada

You must follow the Government of Canada's border measures and vaccination, testing, and quarantine requirements.

For more information, visit travel.gc.ca/travel-covid

How long to self-isolate

The number of days you need to self-isolate depends on your test result and why you took the test.

If you test negative

Self-isolate until your symptoms improve and you feel well enough to return to regular activities, with the exception below.

If you are a close contact and/or have been told to self-isolate by public health:

Do not stop self-isolating even if you feel better. Keep self-isolating for 10 days from when you last had contact with the person who tested positive for COVID-19 or for as long as public health tells you.

If you test positive

If fully vaccinated: self-isolate for at least 5 days from the first day you had symptoms, or for as long as public health tells you.

Wear a mask (even when a mask isn't required) and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation.

If not vaccinated or partially vaccinated: self-isolate for at least 10 days from the first day you had symptoms, or for as long as public health tells you.

If symptoms have not improved after the 5 or 10 days, continue to self-isolate until your fever is gone and you feel better.

If tested for **screening purposes** (like before going for surgery) and your test is:

Negative: You can stop self-isolating.

Positive: If fully vaccinated, self-isolate for at least 5 days after the day of your test. If not vaccinated or partially vaccinated, self-isolate for at least 10 days after the day of your test.

Stay home

- Do not go to work, school or other public places.
- Have family, friends or a delivery service bring food, medication and other supplies to you.
- Do not have visitors inside unless they are homecare providers.
- Avoid going outside of your home even while you wait for your test results.



If you need to go out for medical reasons

- It is best to walk, ride a bike, or drive yourself.
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
 - Everyone must wear a mask
 - Roll down all the windows
 - Everyone should clean their hands before and after the ride
- If you must take public transit:
 - Wear a mask
 - Clean your hands before and after the ride
 - Stay 2 metres away from others



If you live with others

Let everyone at home know you are self-isolating.

- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
 - Stay more than 2 metres apart as much as possible.
 - Everyone should wear a 3-layer cloth mask, medical mask or respirator that covers the nose and mouth and goes under the chin.
 - Open windows to increase airflow.
- Eat alone in the room where you are self-isolating. If you must eat in a shared space, eat by yourself.
- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
 - Put down the toilet lid before you flush.
 - Turn on the fan or open the window.
 - Clean handles and faucets after each use.
 - Avoid sharing personal items like toothbrushes and towels
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.

