

You **must self-isolate** while you wait for your test result.
Your test result will help you know how long you need to self-isolate.

Self-isolate

Self-isolate to stop the spread of COVID-19 in your household and your community.

For information on how to self-isolate, see the other side of this handout.

Get your test result by text, online or phone

Text <https://results.bccdc.ca>

Online www.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).

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 all the Government of Canada's quarantine requirements.

For more info:
<https://travel.gc.ca/travel-covid/travel-restrictions/isolation>

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.

1 If you **had symptoms** of COVID-19, are not a close-contact or a fully-vaccinated close contact, and your test is:

Negative: You can stop self-isolating, but you need to stay home until you feel better.

Positive: You must continue self-isolating for at least 10 days from the first day you had symptoms, or for as long as public health tells you.

2 If you are a **close-contact** of someone with COVID-19, are not fully vaccinated, you've been asked to self-isolate by public health and your test is:

Negative: Do not stop self-isolating.

Self-isolate for the full 10 days after your last contact with the person who had COVID-19, or for as long as public health tells you to.

Positive: You must self-isolate for as long as public health tells you to.

- If you did not develop symptoms, you will need to self-isolate for at least 10 days from when you got tested.

- If you had symptoms, you will need to self-isolate for at least 10 days after the start of your symptoms.

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

Negative: You can stop self-isolating

Positive: You need to 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 meters 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 meters apart as much as possible.
 - Everyone should wear a 3-layer mask 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 seat 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.