

COVID-19: Who should get tested?

Testing is recommended if you have **symptoms of COVID-19**

Fever or chills • Cough • Loss of sense of smell or taste • Difficulty breathing • Sore throat • Loss of appetite • Runny nose • Sneezing • Extreme fatigue or tiredness • Headache • Body aches • Nausea or vomiting • Diarrhea

AND you are any one of the following:

1 Hospitalized

2 Pregnant

3 Moderately to severely immunocompromised

- Had an organ transplant and are taking anti-rejection medications
- Receiving cancer treatment
- Had a bone marrow or stem cell transplant
- Diagnosed with a primary immunodeficiency disorder
- Have advanced HIV or are not currently taking medication for it
- On dialysis and/or have severe kidney disease
- On active treatment with immunosuppressive therapies

4 At higher risk due to a medical condition

- Cystic fibrosis
- Severe COPD or asthma, or another serious respiratory condition (such as on long-term home oxygen)
- Diagnosed with a rare blood disorder or inborn error of metabolism
- Splenectomy or functional asplenia
- Insulin-dependent diabetes
- Significant developmental disabilities
- Neurological or other condition requiring use of a ventilator or continuous bi-PAP

5 At higher risk depending on your vaccination status, health and age

- **Unvaccinated** and age 50+
- **Unvaccinated** and have 3 or more chronic conditions*
- **Fully vaccinated (boosted)** and age 70+ and have 3 or more chronic conditions
- **Not yet boosted** and age 50-69 and have 3 or more chronic conditions
- **Not yet boosted** and age 70+ and have 1 or more chronic conditions

*Chronic conditions and co-morbidities that increase risk of serious COVID-19 include:
Obesity • Diabetes • Heart conditions like heart failure or stroke • Neurological conditions



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6 Living or working in a high risk setting

- **Healthcare workers** in hospitals, long-term care facilities, assisted living facilities or community clinics
- Staff and residents in **shared or congregate living**, such as long-term care facilities, shelters, correctional facilities and group homes
- **First responders** (police officer, emergency medical technician/paramedic or firefighter)
- **Communities that have difficulty accessing testing** and hospitals, such as rural, remote, and isolated or Indigenous communities or work-camps, and Indigenous people living in urban settings

If testing is NOT recommended and you have mild symptoms:

Self-isolate at home until your fever is gone and you feel well enough to return to regular activities.

What to do if you have symptoms



• Self-isolate at home

Stay home for as long as recommended by public health. Get tested if recommended.



• Follow public health measures

Get vaccinated with all recommended doses, wear a mask when around others, clean your hands often.



• Manage your symptoms

Rest, drink lots of water, use a humidifier or hot shower to ease cough or sore throat.

For fever, take medicine like acetaminophen (Tylenol) or ibuprofen (Advil).



• Seek care if symptoms get worse

If you do not improve after 5 or 6 days, call a doctor, 8-1-1 or an Urgent and Primary Care Centre (UPCC).

Go to an emergency department or call 911 if you:

Find it hard to breathe • Have chest pain • Can't drink anything • Feel very sick • Feel confused

For more information on COVID-19, go to www.bccdc.ca

