## CRITERIA

### 1) People for whom a positive result could impact treatment or care:

- Hospitalized individuals of any age
- Individuals who are pregnant

### 2) People who are moderately to severely immunocompromised:

- Have had an organ transplant and are taking anti-rejection medications
- Are receiving treatment for cancer
- Have had a bone marrow or stem cell transplant
- Have been diagnosed with a primary immunodeficiency disorder
- Have advanced HIV or are not currently taking medication for it
- Are on dialysis and/or have severe kidney disease
- Are on active treatment with immunosuppressive therapies

### 3) People who are unvaccinated, partially vaccinated or have not yet received a booster AND are:

- 60 years of age and older
- Less than 60 years of age and have one of the following:
  - Cystic fibrosis
  - Severe COPD or asthma, or another serious respiratory condition (e.g., 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

### 4) Individuals who live or work in high-risk settings:

- Healthcare workers in hospitals, long-term care facilities, assisted living facilities or in a clinic in the community
- First responders (i.e. police officer, emergency medical technician /paramedic, or firefighter)
- Staff and residents in congregate settings, such as long-term care facilities, shelters, correctional facilities and group homes
- Communities that are far from testing centres and hospitals, such as rural, remote, or Indigenous communities, or work-camps and Indigenous people living in urban settings

## 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
What to do if testing is not recommended?

If you have mild symptoms and testing is not recommended

- **Stay home** until your fever is gone and you feel well enough to return to your regular activities.

- **Avoid non-essential high-risk settings** such as long-term care facilities for 10 days after the start of your symptoms. You don't need a test to go to work or school as long as you don't have a fever and are well enough to be there.

- **Continue to follow public health measures** such as getting vaccinated with all recommended doses, wearing a mask and cleaning your hands often.

Managing your symptoms

Most people can safely manage their symptoms with home treatment, such as drinking plenty of fluids, rest, and using a humidifier if you have one or hot shower to ease a cough or sore throat.

For a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

If your symptoms worsen, or ***If you do not improve after five or six days, call your family doctor, 8-1-1 or an Urgent and Primary Care Centre (UPCC),*** so they can determine if you need to be assessed again.

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](http://www.bccdc.ca)