Testing is recommended for people who meet one of the following criteria **AND** have symptoms associated with COVID-19 infection:

### CRITERIA

**1) People at greater risk of developing severe disease and currently eligible for treatment:**

- 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

**2) People 18 years of age and older who are unvaccinated or partially vaccinated:**

- Have not received at least 2 doses of a 2-dose series (e.g. Pfizer, Moderna, AstraZeneca)
- Have not received at least a single dose of a 1-dose series (e.g. Janssen) or it has been less than 14 days since your single dose vaccine.

**3) 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

### 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**