### 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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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.

- **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).

- **Follow public health measures**
  Get vaccinated with all recommended doses, wear a mask when around others, clean your hands often.

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