Your test result will help you know how long you need to self-isolate.

If your test is positive, scan the QR code or go to bccdc.ca/ifyouhavecovid for next steps.

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.

If you test negative

Self-isolate until your symptoms improve and you feel well enough to return to regular activities, with the exception below.

If you are a close contact and/or have been told to self-isolate by public health:
Do not stop self-isolating even if you feel better. Keep self-isolating for 10 days from when you last had contact with the person who tested positive for COVID-19 or for as long as public health tells you.

If you test positive

If fully vaccinated: self-isolate for at least 5 days from the first day you had symptoms, or for as long as public health tells you.

Wear a mask (even when a mask isn't required) and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation.

If not vaccinated or partially vaccinated: self-isolate for at least 10 days from the first day you had symptoms, or for as long as public health tells you.

If symptoms have not improved after the 5 or 10 days, continue to self-isolate until your fever is gone and you feel better.

Returning from travel outside of Canada

You must follow the Government of Canada’s border measures and vaccination, testing, and quarantine requirements.

For more information, visit travel.gc.ca/travel-covid

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

Negative: You can stop self-isolating.

Positive: If fully vaccinated, self-isolate for at least 5 days after the day of your test. If not vaccinated or partially vaccinated, self-isolate for at least 10 days after the day of your test.
How to self-isolate after your COVID-19 test or if your test result is positive

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 metres 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 metres apart as much as possible.
  - Everyone should wear a 3-layer cloth mask, medical mask or respirator 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 lid 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.

For more info on self-isolation, visit bccdc.ca/covid19selfisolation