## What to do after your COVID-19 test

You must self-isolate while you wait for your test result. Your test result will help you know how long you need to self-isolate.

### Self-isolate

Self-isolate to stop the spread of COVID-19 in your household and your community.

For information on how to self-isolate, see the other side of this handout.

### 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.

**1.** If you had symptoms of COVID-19, are not a close-contact, and your test is:
- **Negative:** You can stop self-isolating, but you need to stay home until you feel better.
- **Positive:** You must continue self-isolating for at least 10 days from the first day you had symptoms, or for as long as public health tells you.

**2.** If you are a close-contact of someone with COVID-19 and your test is:
- **Negative:** Do not stop self-isolating. Self-isolate for the full 14 days after your last contact with the person who had COVID-19, or for as long as public health tells you to.
- **Positive:** You must self-isolate for as long as public health tells you to.
  - If you did not develop symptoms, you will need to self-isolate for at least 10 days from when you got tested.
  - If you had symptoms, you will need to self-isolate for at least 10 days after the start of your symptoms.

**3.** If tested for screening purposes (like before going for surgery) and your test is:
- **Negative:** You can stop self-isolating
- **Positive:** You need to self-isolate for at least 10 days after the day of your test.

### Get your test result by text, online or phone

<table>
<thead>
<tr>
<th>Method</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Text</td>
<td><a href="https://results.bccdc.ca">https://results.bccdc.ca</a></td>
</tr>
<tr>
<td>Online</td>
<td><a href="http://www.gov.bc.ca/healthgateway">www.gov.bc.ca/healthgateway</a> or go to your health region website.</td>
</tr>
<tr>
<td>Phone</td>
<td>1-833-707-2792 Call for results even if you do not have a personal health number (PHN).</td>
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Go to an urgent care clinic or emergency department if you:
- have difficulty breathing
- have chest pain
- can’t drink anything
- feel very sick
- feel confused

If you have questions about COVID-19 symptoms, call 8-1-1 or your healthcare provider.

### Returning from travel outside of Canada

You must follow all the Government of Canada’s quarantine requirements.

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 meters 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 meters apart as much as possible.
  - Everyone should wear a 3-layer mask 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 seat 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.