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.

Get your test result

Text results.bccdc.ca
Online gov.bc.ca/healthgateway or go to your health region website.
Phone 1-833-707-2792
Call for results even if you do not have a personal health number (PHN).

Urgent care

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

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

How long to self-isolate

If you test negative

Stay home until your symptoms improve and you feel well enough to return to regular activities.

If you test positive

Fully vaccinated people and people younger than 18 years of age: self-isolate for at least 5 days from the first day you had symptoms or from the first day of your test, if you do not have symptoms.

Avoid non-essential high-risk settings and individuals at higher risk for severe illness for 10 days after the start of your symptoms or day of your test. This guidance is intended to prevent non-essential visits and does not apply to essential workers.

People aged 18 years and older who are not fully vaccinated: self-isolate for at least 10 days from the first day you had symptoms or from the first day of your test, if you did not have symptoms.

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

Fully vaccinated means: you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).
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. You can still do essential chores such as checking your mail, walking your dog, or shoveling your walkway.

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:
  - 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

March 10, 2022