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

For next steps scan the QR code or go to the link below.

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

- **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**

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 7 days from the first day you had symptoms, or for as long as public health tells you.
- **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 7 or 10 days, continue to self-isolate until your fever is gone and you feel better.

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 7 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.
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