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 or a fully-vaccinated 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, are not fully vaccinated, you've been asked to self-isolate by public health and your test is:
   - **Negative:** Do not stop self-isolating.
     - Self-isolate for the full 10 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

**Text**  
https://results.bccdc.ca

**Online**  
www.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).

Go to an urgent care clinic or emergency department if you:
- have difficulty breathing
- have chest pain
- can't drink anything

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.

For more info:  

For more info on self-isolation, visit [www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation)
### 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 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.

For more info on self-isolation, visit [www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation)