



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to self-isolate after a COVID-19 test

Your health care provider has decided it is safe for you to go home after your COVID-19 test.

Next steps:

1. Return home and avoid contact with others (self-isolate) while you wait for your test result.
2. If you test positive, public health will contact you.
3. If you are a health care provider, please consult with your employer.
4. **If you do not receive a call after 3 days (72 hours)**, call 1-833-707-2792 to speak with a nurse. This results line is available 7 days/week from 8:30 AM - 4:30 PM. We ask for your patience and to wait at least 72 hours before calling for your result. If you have spoken with an operator and left your information, you have been placed in a queue and a nurse will follow-up when your result is ready.

Medical Care

Pay attention to how you are feeling and monitor your symptoms. If your symptoms worsen, or if you are concerned, you can do the BC COVID-19 Symptom Self-Assessment Tool at <https://bc.thrive.health/>; or, call 8-1-1 any time of the day or night.

- **Medical care.** Please do not go to a family doctor or walk-in clinic unless your symptoms worsen. If you do need to visit a family doctor or walk-in clinic, please call ahead and tell them your symptoms, and that you have been tested for COVID-19. By calling ahead, health care providers can prepare for your visit and stop the spread of germs. Remind each health care provider that is taking care of you that you are on self-isolation and waiting for COVID-19 test results.
- **Wear a face mask** (if available) when leaving the house. A face mask, often called surgical or procedure mask covers your nose and mouth. **If you don't have a face mask ask for one when you arrive to get medical care.**
- **Do not use public transportation** to get medical care. Do not take buses, taxis or ride-sharing where you would be in contact with others.

Severe Symptoms like severe difficulty breathing (e.g. struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused, or losing consciousness) require immediate attention. You should call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms, and that you have tested for COVID-19.



Self-isolate after a COVID-19 test

You have tested for COVID-19 and you also may have symptoms that are compatible with COVID-19. You must self-isolate and avoid contact with other people. Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information.

- **Do not leave your home.**
 - Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants.
 - Cancel or reschedule all appointments.
- **Do not have visitors.**
 - It is okay for friends, family or delivery drivers to drop off food or other necessities, but try to have them drop off deliveries outside your home or door.

Avoid contact with others at your home

- It is better if those you live with can stay somewhere else, especially if they are seniors or people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system). We know this may not be possible, so please see the advice below on how to limit your contact with others in your home.
- Stay in a separate room and use a separate bathroom if possible.
 - Stay and sleep in a different room away from other people in your home as much as possible.
 - Make sure that any shared rooms have good airflow (e.g. open windows).
 - Use a different bathroom if available. Flush the toilet with the lid down as the virus may be in poop (feces).

Keep a physical distance

- If you are in a room with other people, keep a physical distance of at least two metres apart (about 6 feet or the width of a queen-size bed).
- If you cannot avoid being in the same room as others, wear a face mask (if available) that covers your nose and mouth.
- If you cannot wear a mask, others in your home should wear face masks (if available) when in the same room.

How to stop the spread of germs after a COVID-19 test

Wear a face mask if in the same room as others

- When you have symptoms, wearing a face mask (if available) helps to stop the spread of germs from you to others in the same room. If you don't have face masks, washing your hands is one of the best ways to help stop the spread of the germs.
- We know that not everyone will have face masks (surgical or procedure masks) at home. Other types of face masks, such as an N-95 respirator mask are not needed in the home.
- If your face mask gets wet or dirty, change it. Do not reuse masks. Throw used face masks in a lined trash can, and wash your hands with soap and water.



Wash your hands

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Hand washing is preferred over alcohol-based hand sanitizers. Only use an alcohol-based hand sanitizer if soap and water are not available.
- It is best to dry your hands with a paper towel and throw it away into a lined trash can. If using your own cloth hand towel, no one else in the home should use it.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve or elbow, not your hand. Throw used tissues in a lined trash can, and wash your hands with soap and water

Be careful when handling garbage

All used paper towel, masks and tissues should be put into a trash can lined with a plastic bag to make garbage disposal easier and safer. Wash your hands with soap and water immediately after handling garbage.

Laundry

Laundry should be placed in a laundry basket with a plastic liner. Use regular laundry soap and hot water (60-90°C) in your washing machine and dry clothes well. Wash your hands with soap and water immediately after handling laundry.

Shared items

Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick. Do not share cigarettes or any other items that are put in your mouth. After use, these items should be washed with soap or detergent in warm water. No special soap is needed. You can use the dishwasher.

Clean all high touch surfaces

1. Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used. Apply firm pressure while cleaning. Surfaces should be cleaned at least once a day. Clean high touch surfaces that are touched often (e.g., counters, table tops, doorknobs, toilets, sinks, taps, etc.) at least twice a day.
2. Next, use a store bought disinfectant or diluted bleach solution, one part bleach to 50 parts water (20ml of bleach to 1 litre of water), and allow the surface to remain wet for one minute.

Learn more at bccdc.ca/covid19

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