

# What to do if you have COVID-19 symptoms



BC Centre for Disease Control  
Provincial Health Services Authority

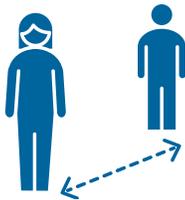
## Stop the spread



- **Stay home and away from others** until:
  - your fever is gone (without the use of medicines that reduce fever like Tylenol), AND
  - you feel well enough to return to daily activities.



**If symptoms worsen or don't improve, call 8-1-1 or visit a health care provider or urgent care clinic.**



- **Avoid close contact** with people at higher risk of severe illness or complications from COVID-19.
- If you cannot stay away from others while you have symptoms, **take these prevention measures:**
  - wear a mask indoors
  - cover your coughs or sneezes with your elbow
  - clean your hands often



- If you don't have symptoms, you don't need to stay home or avoid others, regardless of test results.

## Treatment for COVID-19

**Most people can manage their symptoms at home** (see next page for more details). There are treatments available for people who tested positive for COVID-19 and who are at higher risk of serious illness and needing hospitalization. If you test positive, check if you may benefit from treatment. Visit: [gov.bc.ca/covidtreatments](https://gov.bc.ca/covidtreatments) or call 1-888-268-4319

## Get your PCR test results

Testing for COVID-19 is only recommended if you have symptoms AND are hospitalized, pregnant or at risk of more severe disease and may benefit from treatment.

If you got tested, you can get your test results:

- **In Person:** Contact a primary care provider, walk-in clinic, or primary care centre.  
*If you do not have a personal health number (PHN), get your results in person.*
- **Online / Text:** [gov.bc.ca/healthgateway](https://gov.bc.ca/healthgateway)  
Check for results in COVID-19 Tests Results and Lab Results
- **Phone:** 1-833-707-2792

## Urgent care

**Go to an urgent care clinic or emergency department if you:**

- have difficulty breathing
- feel very sick
- have chest pain
- feel confused
- can't drink anything



**For more information:** visit [bccdc.ca/IfYouHaveCovid](https://bccdc.ca/IfYouHaveCovid) or scan the QR code



## Managing symptoms at home



**Most people can safely take care of their symptoms at home.**

- Take rest and allow yourself to recover.
- Drink lots of water and fluids
- Use a humidifier or hot shower to ease cough or sore throat
- For fever, take medicine like acetaminophen (Tylenol) or ibuprofen (Advil).
- Have family, friends, or a delivery service bring food, medication and other supplies to you, whenever possible.
- Avoid close contact with household members who may be at higher risk of severe illness, such as very young children, elderly, and immunocompromised, if possible.
- You can still do essential chores such as checking your mail or walking your dog.

## If you need to go out



- **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 should 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

## If you live with others



- Let everyone at home know you are sick/not feeling well.
- If possible, **stay in your own room** and use a different bathroom than others.
- If you must be in a room with others:
  - **Wear a mask** or respirator that covers the nose, mouth and chin to reduce spread.
  - **Open windows** to increase airflow.
  - If eating around others, cough/sneeze in your sleeve and avoid close face-to-face contact.
- 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 handle 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.