

WHAT YOU NEED TO KNOW ABOUT COVID-19 TESTING AND SELF-ISOLATING

Testing is available for all who need it but not everyone requires a test. If you develop symptoms, use the BC COVID-19 self-assessment tool : covid19.thrive.health/

WHO SHOULD BE TESTED FOR COVID-19?

- Hospitalized or likely to be hospitalized
- Health-care workers
- Residents of long-term care facilities
- Part of an investigation of a cluster or outbreak



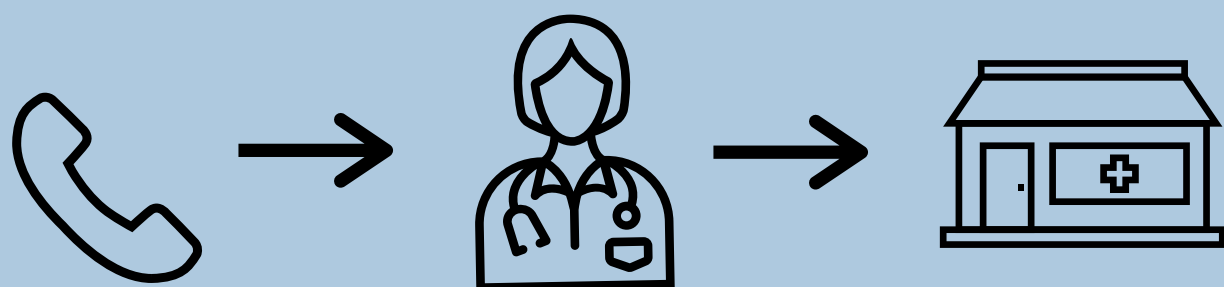
WHO SHOULD NOT BE TESTED FOR COVID-19?

- People without symptoms
- People with mild respiratory symptoms who can be managed at home, including returning travellers with an onset of illness within 14 days of return to Canada



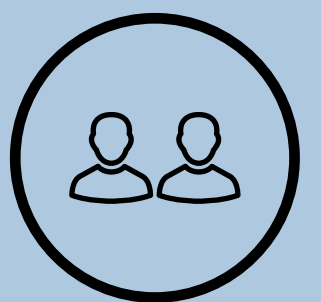
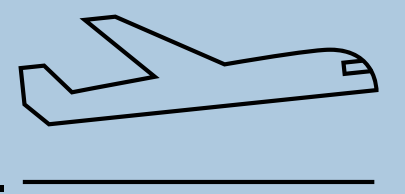
REFERRAL PROCESS FOR COVID-19 TESTING

If you meet the criteria for testing, call your primary care provider or a nurse at **8-1-1**. They will provide assessment and refer you to a site for further assessment and testing if required.



WHO SHOULD SELF-ISOLATE?

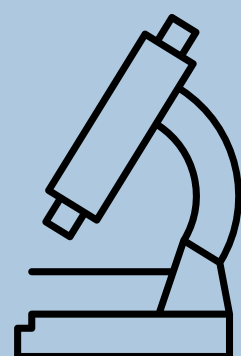
- You have arrived in B.C. from outside of Canada. Self-isolate for 14 days and monitor for symptoms.
- You have respiratory symptoms, including fever, cough, sneezing, sore throat, or difficulty breathing.
- You have been identified by public health as a close contact of someone diagnosed with COVID-19 and asked to self-isolate and monitor for symptoms.
- Self-isolating means staying at home, not going to public places, and not having visitors. Wash your hands often, avoid contact with others in your home, and don't share personal items.



COVID-19 TEST RESULTS

If you have been tested, a health-care provider will call you as soon as possible if the test is positive.

If you do not receive a call within 96 hours, you may call the BCCDC COVID-19 Negative Results line at **1-833-707-2792**.



While waiting for results, stay home (self-isolate). If you test positive, you will continue to self-isolate.

Call **1-888-COVID-19** or text **604-030-0300** for non-medical COVID-19 questions and **8-1-1** for medical COVID-19 questions. Go to bccdc.ca or interiorhealth.ca for more information.