



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## HOW YOU CAN SLOW THE SPREAD OF COVID-19

Take care of others by taking care of yourself.

Wash your hands, don't touch your face, and stay home if you are sick.

Stay at Home and Physically Distance

Stay at home whenever you can. Maintain 2 meters distance from those outside of your household.

## Self-Isolation after a COVID-19 Test

May 1, 2020

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. The length of time until your result is available varies by testing location.
2. If you test positive, public health will contact you.
3. If you are a health care provider, please contact your employer or follow your organization's process.
4. There are many ways that you may be able to access your test result:
  - a. **Text Message:** Sign up to get a negative result by text directly to your cell phone at [www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results).
  - b. **Online:** Go to [myhealth.ca](http://myhealth.ca) except for residents of Island Health and Interior Health regions.
  - c. **Online:** Residents of **Interior Health region** can check their result online on My Health Portal at [www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx](http://www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx).
  - d. **Call:** Residents of the Island Health region can call the Laboratory Call Centre line (1-866-370-8355). Open Monday to Friday from 7:00 AM to 6:00 PM and weekends from 8:00 AM to 4:00 PM.
  - e. **Call:** BCCDC's COVID-19 Negative Results line (1-833-707-2792). Open from 8:30 AM to 4:30 PM daily.

Find more testing information at [www.bccdc.ca/health-info/diseases-conditions/covid-19/testing](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing).

## When to seek Medical Care

### Mild Symptoms

- If your symptoms are mild and can be managed at home (e.g., fever, cough, sneezing, or sore throat) continue self-isolating while you wait for your test result.

### Important!

- **If seeking medical care, wear a medical face mask** (surgical or procedural).
- If a medical mask is not available, use a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.
- **Do not use public transportation.** This includes buses, taxis or ride-sharing where you would be in contact with others.



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): 1-888-COVID19 (1888-268-4319) or text 604-630-0300



## Worsening Symptoms

- If your symptoms worsen or you are concerned, complete the online Self-Assessment Tool at [bc.thrive.health](https://bc.thrive.health) or call 8-1-1 any time.
- Examples include mild to moderate shortness of breath, inability to lie down because of difficulty breathing, any new chest pain and chronic health conditions that you are having difficulty managing because of difficulty breathing.
- **If your symptoms worsen, it is important to seek medical help early.** Please consult your family doctor or nurse practitioner. If you are unable to reach your regular care provider, seek care at an Urgent & Primary Care Centre (to find an Urgent & Primary Care Centre go to [www.healthlinkbc.ca/services-and-resources/upcc](https://www.healthlinkbc.ca/services-and-resources/upcc)) or Emergency Department.
- When going in person please call ahead and tell them your symptoms, and that you are self-isolating after a COVID-19 test.

## Severe Symptoms require immediate medical attention.

- Examples include 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.
- 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 are self-isolating after a COVID-19 test.

## How to self-isolate after a COVID-19 test

While waiting for your test result, you must self-isolate and avoid contact with other people.

- **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.
- Go to [www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation](https://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation) for more information.

## Avoid contact with others at your home

- If possible, seniors or people with a chronic medical condition such as diabetes, lung problems, heart disease or weakened immune system should stay somewhere else. As this may not be possible, 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 (stool/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 length of a queen-size bed).

If you cannot avoid being in the same room as others, wear a medical face mask (surgical or procedural) that covers your nose and mouth. Read more about medical face masks below (under [How to stop the spread of germs](#)).



## Ending self-isolation

Go to [www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation) for more information.

**If you test positive for COVID-19** please self-isolate until the following criteria are met:

- At least 10 days have passed since the start of your symptoms, AND
- Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND
- You are feeling better (e.g., improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).
- **If public health provides you with different advice, follow their instructions.**

**If you test negative for COVID-19 and**

- **Your symptoms worsen**, contact your health care provider or call 8-1-1.
- **You have symptoms of illness**, continue to isolate until your symptoms resolve.
- **You are a health care provider**; speak with your employer about return to work policies.
- **You are a contact of COVID-19 case**, continue to self-isolate for 14 days from your last contact.
- **You are a traveller returning to Canada**, you must continue to isolate for 14 days from arrival back in B.C.

## How to stop the spread of germs

**Wear a face mask if in the same room as others**

- Go to [www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks) for more information.
- When you are sick a medical face mask (surgical or procedural) acts as a barrier and helps stop tiny droplets from spreading when you cough or sneeze. Wearing a face mask can help to prevent the spread of germs at home.
- If your medical face mask gets wet or dirty, change it. Do not reuse masks. Throw used medical face masks in a lined trash can, and wash your hands with soap and water.
- If a medical mask is not available, use a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.

**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.

**Shared items**

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick. After use, these items should be washed with soap or detergent in warm water. No special soap is needed and you can use the dishwasher.



## Clean and disinfect household surfaces

- Learn more about cleaning and disinfecting your home to limit the spread of COVID-19 at [www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting).
- Use precautions when cleaning surfaces in contact with respiratory secretions or body fluids (e.g., someone coughs, sneezes, throws up or has diarrhoea).
- Use disposable gloves and a medical mask, or if not available, a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), and protective clothing (e.g., plastic aprons, if you have one) when cleaning surfaces soiled with body fluids.

### Step 1: Clean away dirt, crumbs etc.

- Use soapy water to wipe away dirt, soils and other debris. Plain dish soap or any kind of household cleaning product will remove dirt, soils and other debris from surfaces.

### Step 2: Disinfect

- Frequently touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables should be cleaned and disinfected at least daily. Less frequently touched surfaces should be cleaned regularly when visibly dirty.
  - If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have ingredients that will work against the COVID-19 virus.
  - If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) to disinfect areas in your home (20 ml bleach to 1 litre of water).

## Laundry

- Use precautions when doing laundry for the person who is sick. Laundry can have respiratory secretions or body fluids on it. This can happen when someone coughs, sneezes, throws up or has diarrhoea. This laundry should be placed into a laundry bag or basket with a plastic liner and should not be shaken.
- When doing laundry, wear gloves and a medical mask, or if not available, a non-medical mask or facial covering.
- Clothing and linens belonging to the person who is sick can be washed together with other laundry, using regular laundry soap and hot water (60-90°C). Laundry should be thoroughly dried. Wash your hands after touching the laundry and after removing gloves.
- If the laundry container comes in contact with the laundry of the person who is sick, it can be disinfected using store bought disinfectant or a mix of household bleach (20 ml bleach to 1 litre of water).

## Be careful when handling garbage

- All used paper towels, 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.

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