COVID-19
What to do after testing positive

BC Centre for Disease Control
Provincial Health Services Authority

You need to:

1. Report your test result
2. Self-isolate
3. Manage your symptoms
4. Notify your close contacts

Report your test result

It is important for public health to know your health history, where you may have been during your infectious period, such as where you work or live. The information you provide will help public health prioritize people who may benefit from public health follow up, and/or treatment for COVID-19.

Report your results at: **reportcovidresults.bccdc.ca**

Self-isolate

Self-isolation means keeping away from others to help stop the spread of COVID-19.
To learn more, visit: **bccdc.ca/covid19selfisolation**

People younger than 18 years and fully vaccinated people 18 years and older	People 18 years and older who are not fully vaccinated
5 days	**10 days**
✔ You have isolated for at least **5 days**	✔ You have isolated for at least **10 days**
✔ Your fever is gone without medication	✔ Your fever is gone without medication
✔ Your symptoms have improved	✔ Your symptoms have improved

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Continue to isolate for longer if you have a fever or are not feeling better. When you end isolation, you are unlikely to pass on COVID-19. However, it can take longer to recover from the illness. Most people feel better within two weeks. Some people with more severe symptoms can take 12 weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call **8-1-1**, or go to an Urgent and Primary Care Centre to be assessed.

If you have returned from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. For more information, visit **travel.gc.ca/travel-covid**.

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Manage your symptoms

Most people can safely manage their symptoms at home by drinking plenty of fluids, resting, and using a humidifier (if you have access to one) or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

You can call **8-1-1** anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call **8-1-1**, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call **9-1-1** if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

Notify your close contacts

If you test positive for COVID-19, you may let your close contacts know so they can monitor for symptoms. Generally, you should notify:

You should notify:

1. People you live with
2. People you had intimate contact with

Everyone in the household should monitor symptoms consistent with COVID-19 and stay home if they develop symptoms. You can provide your close contacts with the handout, **Instructions for close contacts**.

Vaccination after COVID-19

If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation.

Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection.

Learn more about vaccination:
bccdc.ca/covid19vaccine

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For more info on self-isolation, visit **bccdc.ca/covid19self-isolation**