

What to do after your COVID-19 PCR Test

You must self-isolate while you wait for your test result

GET YOUR TEST RESULT QUICKER BY TEXT:

<https://results.bccdc.ca>

The best way to get your test result is via text message or SMS. To sign up for this text message service, have your Personal Health Number (PHN) and mobile device handy and fill in the webform at results.bccdc.ca. Parents can use this service to receive results for their children. Further instructions can be found at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results> For online results visit your healthgateway app at www.healthgateway.gov.bc.ca or for more information on how to register for health gateway visit www.gov.bc.ca/healthgateway

If you are **unable** to receive your result by text, you can call the BCCDC COVID-19 Negative Test Result line at 1-833-707-2792.

If the result of your COVID-19 test is negative and you have not been told to self-isolate by public health, you can stop self-isolating, but if you have respiratory symptoms, stay home until you feel better.

If you have tested positive for COVID-19:

Please visit www.vch.ca/covid-19/you-have-tested-positive for an **online survey that you must fill in**, as well as the following instructions for managing your illness at home.

SELF-ISOLATE AT HOME

Do not go to work, school, or to any public places for seven days from when your symptoms began, or from your test date if you're not sure (10 days for those who are not fully vaccinated). This is important even if you are vaccinated or your symptoms are mild. Stay and sleep in a separate room from your household members and use a separate bathroom if possible, even if they are fully immunized.

Key symptoms of COVID-19 include:

- Cough
- Fever/chills
- Shortness of breath/difficulty breathing
- Loss of taste and smell
- Headaches, muscle aches, fatigue
- Nausea, vomiting, diarrhea,
- Sore throat

IDENTIFY YOUR CLOSE CONTACTS

To help us protect your loved ones and community, consider who you were with, and where you've been in the two days before you started feeling ill until now. If you have not had any symptoms and tested positive, consider who you were with, and where you've been in the two days before your positive test.

What to do after your COVID-19 PCR Test

Please notify your household or intimate contacts that you have tested positive for COVID-19 and ask them to self-isolate if they are not fully immunized (the person received the second dose of the COVID-19 vaccine seven or more days before coming into close contact with you). If other members of your household test positive for COVID-19 they should continue to isolate until seven days after their symptoms begin, or from the date of their test. Household members who are fully-vaccinated can continue their regular daily activities and self-monitor for symptoms; they do not need to self-isolate.

We also request that you notify any close contacts who do not live with you and ask them to self-monitor.

MANAGE YOUR SYMPTOMS

Many COVID-19 symptoms can be safely managed with home treatment such as drinking plenty of fluids, rest and using a humidifier or hot shower to ease a cough or sore throat.

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, so they can determine if you need to be assessed again.

Go to an Urgent and Primary Care Centre or an emergency department, or call 911 if you:

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

ENDING YOUR ISOLATION

If you are managing your illness at home you can end isolation once the following criteria is met:

1. At least seven days have passed since your symptoms started, or from test date if you did not have symptoms (10 days for those who are not fully vaccinated)
2. Fever has resolved for 24 hours without the use of fever-reducing medication AND
3. Symptoms have improved

Most people with COVID-19 recover within two weeks. Some people with more severe symptoms can take up to twelve weeks or more to feel entirely better. Connect with your health care provider, 8-1-1, or Urgent and Primary Care Centre to be assessed.

SHOULD I GET VACCINATED AFTER COVID-19?

If you have not received either your first or second dose of the COVID-19 vaccine, 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. Find out more about COVID-19 vaccines and how to get vaccinated at www.vch.ca/covid-19/covid-19-vaccine.

Find more information about what to do if you have COVID-19 or are caring for someone with COVID-19 at www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick.

If you have tested positive for COVID-19 and the resources above do not answer your urgent questions about your isolation plan please email covid19@vch.ca or call (604) 829-7901.