Information for people who have been tested for COVID-19

You have been tested for COVID-19, and your health care provider has decided it is safe for you to go home. Your next steps are to:

1. **Stay at home and avoid contact with others (self-isolate).** When you cough and sneeze, it is easy for germs like COVID-19 to spread from person to person.
2. Wait for a health care provider to call you with your test results within ___ hours. We will tell you if you need to continue to stay at home and avoid contact with others.
3. If you do not receive a call within ____hours, call 1-833-707- 2792 to speak with a nurse to get your test results. This line is available 7 days/week from 8:30 AM - 4:30 PM.

How do I avoid contact with others?

We know this is hard, but for the health of your family, friends and community, you need to stay at home and do not have visitors. Do not go to work or school; ask your doctor if you need a note. Do not go to public areas, including places of worship, stores, shopping malls and restaurants. Cancel or reschedule appointments. If leaving your home for medical care, do not take buses, taxis or ride-sharing where you would be in contact with others. You can use delivery/pick up services for groceries or other needs, but avoid face to face contact. Face to face contact means you are within 1-2 metres (3-6 feet) of another person.

How do I avoid contact with others in my home?

It is better if those you live with can stay somewhere else, especially if they have a weak immune system or chronic health conditions. We know this isn't always possible. If you are sharing your home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can. Wear a face mask (surgical/procedure mask) if you are in the same room with anyone. Avoid face to face contact; friends or family can drop off food outside your room or home.

What if I need medical care?

- Pay attention to your health and how you are feeling after getting the test. You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling and what to do next. 8-1-1 has translation services in 130 languages.
- **Urgent medical care** means that there is a change in your health that needs medical help right away. If it becomes harder to breathe, you can't drink anything or feel much worse than when you got tested; seek urgent medical care at an urgent care clinic or emergency department. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 or the local emergency number immediately.
- **Call ahead before you get medical care**. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you just had a COVID-19 test. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs. Remind each health care provider that is taking care of you that you are waiting for COVID-19 test results.

How do I stop the spread of germs?

- **Wear a face mask.** When you are sick, wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. You and those you live with do not need to buy and wear other types of masks, such as an N-95 respirator mask.
- **Cover your coughs and sneezes**. When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.
- **Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Learn more at www.healthlinkbc.ca/healthlinkbc-files/hand-washing.
- **Do not share household items.** Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. After using these items, wash them with soap and water.
- **Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.
- **General cleaning**. Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used. Apply firm pressure while cleaning. Surfaces should be cleaned at least once a day. Clean surfaces that are touched often (e.g., counters, table tops, doorknobs, toilets, sinks, taps, etc.) at least twice a day.