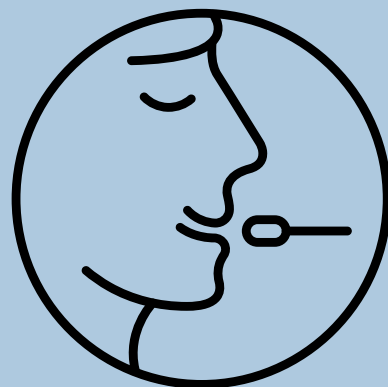


# WHAT YOU NEED TO KNOW ABOUT COVID-19 TESTING AND SELF-ISOLATING

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/](https://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



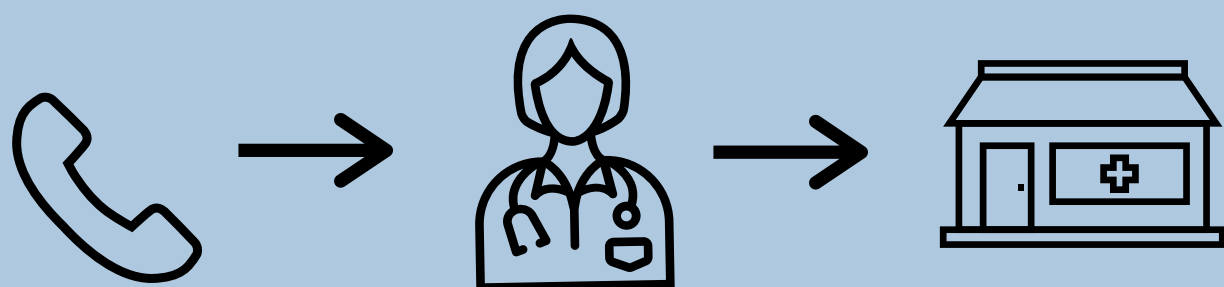
## WHO SHOULD NOT BE TESTED FOR COVID-19?

- 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



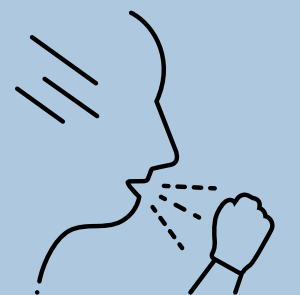
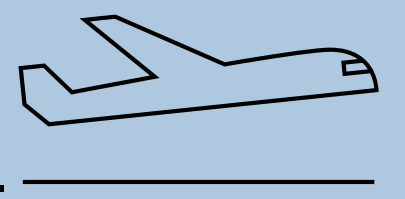
## REFERRAL PROCESS FOR COVID-19 TESTING

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?

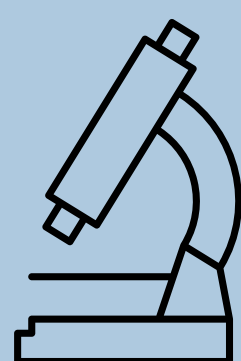
- You have arrived in B.C. from outside of Canada. Self-isolate for 14 days and monitor for symptoms.
- You have respiratory symptoms, including fever, cough, sneezing, sore throat, or difficulty breathing.
- You have been identified by public health as a close contact of someone diagnosed with COVID-19 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](https://bccdc.ca) or [interiorhealth.ca](https://interiorhealth.ca) for more information.