



## How to access your results after your COVID-19 Test

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Most COVID-19 test results are available within 48 hours.

**If your test is positive, public health will contact you.** Get your COVID-19 test results online, by text, or by phone through one of these services:

- **Text message from BCCDC:** Sign up to get a text directly to your cell phone at [www.bccdc.ca/covid19results](http://www.bccdc.ca/covid19results). You will receive your negative test result as soon as it is available.
- **Health Gateway:** Go to [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca) and register with your mobile BC Services Card. You will get a text or email as soon as your test result is available.
- **BCCDC Negative Results line:** call 1-833-707-2792, from 8:30 AM to 4:30 PM, PST, seven days per week.
- **MyHealthPortal:** Check online at MyHealthPortal at [www.interiorhealth.ca/YourHealth/MyHealthPortal](http://www.interiorhealth.ca/YourHealth/MyHealthPortal). If you are not enrolled, ask to have your email entered on your patient record during your visit to the Community Collection Centre, and then click on "Request to enrol" at the link above. My Health Portal support is available Monday to Friday, 7 a.m. to 7 p.m. (PST). For login assistance or for information on how to get access to the portal, call 1-844-870-4756.



## Self-isolate after your COVID-19 test

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**After your COVID-19 test today, you must return home immediately and self-isolate.** You must not make any stops.

- **Do not leave home.** Do not go to work, school, or public areas including places of worship, stores, shopping malls or 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 have them drop off deliveries outside your home or door.
- If public health has notified you that you are a contact of a COVID-19 case, you must **follow their instructions for self-isolation** even if your COVID-19 test is negative

### **Avoid contact with others in your home**

- If possible, seniors or people with a chronic medical condition should stay somewhere else.
- 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 toilet with lid down as the virus may be in stool/feces.

## Maintain physical distance

- Keep a physical distance of at least 2 metres (6 feet) from others.
- If you cannot avoid being in the same room as others, wear a medical face mask that covers your nose and mouth. 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 on masks.

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 on self-isolation.



## If you test positive for COVID-19

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**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, diarrhea, fatigue).
- Repeat testing for is not necessary.
- If public health provides you with different advice, follow their instructions.

**Public health will work with you to identify your close contacts and determine if they need to self-isolate and/or get tested.**



## If you test negative for COVID-19

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**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 a COVID-19 case, you must follow public health instructions for self-isolation.

You are a traveler returning to Canada, you must follow the instructions from Border Services Canada and/or the Public Health Agency of Canada.



## If your symptoms worsen

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**If your symptoms worsen, it is important to seek medical help early.** Please call 8-1-1 any time or consult your family doctor or nurse practitioner. When going in person to see your care provider, please call ahead and tell them your symptoms. If symptoms are severe (e.g., struggling to breathe), call 9-1-1 immediately and if possible call ahead to tell them your symptoms.