**People who test positive for COVID-19 will need to**

1. Self-isolate and manage their symptoms
2. Complete an online form to report your test result
3. Notify close contacts

## Self-isolation and ending isolation for cases of COVID-19

Self-isolation essentially means keeping away from others to help stop the spread of COVID-19. Visit the BCCDC website to learn more about how to self-isolate: bccdc.ca/covid19selfisolation

If you are managing your illness at home you can end isolation when all three of these conditions are met:

1. **If you are fully vaccinated**:  At least **5 days** have passed since your symptoms started, or from the day you tested if you did not have symptoms. You should wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation. Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) more than 7 days ago, or have received a single dose of a 1-dose series (e.g. Janssen/Johnson and Johnson) more than 14 days ago.

   **If you are not fully vaccinated**: at least **10 days** have passed since your symptoms started, or from the day you tested if you did not have symptoms

2. Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen, *and*

3. Symptoms are improving and you are able to participate in your usual activities

Continue to isolate for longer if you have a fever or are not feeling better.

When you end isolation, you are not considered contagious. However, it can take longer to recover from the illness. Most people recover within two weeks. Some people with more severe symptoms can take up to twelve 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 are a traveler returning from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. Visit the Government of Canada website for more information: travel.gc.ca/travel-covid.

## Complete an online form to report your test result

Some people may benefit from additional medicines and/or services based on your health history, where you may have been during your infectious period, such as where you work or live. Public health will receive your response, and contact you if you are eligible for specific treatments and/or services.

Report your results at: reportcovidresults.bccdc.ca

## Managing your symptoms

Most people can safely manage their symptoms with home treatment, such as drinking plenty of fluids, rest, and using a humidifier 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 911 if you:**

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

## 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

## Notify your close contacts

Contact tracing is important to help identify people who may have COVID-19 sooner and prevent the virus from spreading in your community. By notifying your close contacts, you are helping to protect your friends and loved ones and their friends and loved ones.

Consider who you were with and where you've been in the two days before you started having symptoms up until you started to self-isolate. 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.

Generally, you should notify:

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

Close contacts will need to monitor for symptoms of COVID-19 and will need to self-isolate if they are not fully immunized.

## Instructions for your close contacts

You can provide your close contacts with the handout, "Instructions for close contacts."