Possible Coronavirus (COVID-19) testing, self-care & isolation

Your health care provider has decided that you do not need COVID-19 testing because you do not meet the BC Centre for Disease Control (BCCDC) criteria

- There is a possibility that you could have COVID – 19, but it is also possible you have another respiratory virus such as influenza.

- Symptoms such as fever, cough, aches and pains, headache, runny nose, or nausea can safely be managed at home.

- It is very important that you self-isolate for 14 days. After 14 days, if you no longer have a fever and you feel better, you may return to routine practices.

- A cough may persist for several weeks and so a cough alone is not reason to self-isolate past 14 days.

- A note from your doctor is NOT required your employer.

How do I care for myself?

- Drink plenty of fluids and take acetaminophen (Tylenol) for fever and pain.

- Do **NOT** take ibuprofen (Advil, Motrin), naproxen (Aleve), or any other non-steroidal anti-inflammatories.

- Most people fully recover without any complications and require no treatment.

This information does not replace the advice given to you by your health care provider.

How do I avoid contact with others (self-isolate)?

- 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.

- 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.

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- Avoid face-to-face contact; friends or family can drop off food outside your room or home.

What if I need medical care?

- You can call 8-1-1 anytime to talk to a nurse at HealthLink BC and get advice about how you are feeling and what to do next. 8-1-1 has translation services in 130 languages.

- If it becomes harder to breathe, you can't drink anything, or feel much worse than when you were last assessed; 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.

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.

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- **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.

Where can I learn more?
Visit www.bccdc.ca/health-info/diseases-conditions/covid-19

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