

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

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COVID-19 test results are usually available for patients in 48 hours. However, this may vary depending on a number of factors including transport time.

**If your test is positive, public health will contact you.** If your test is negative, you will not be contacted by public health. Access your results through these options:

- **BCCDC Negative Results line:** call 1-833-707-2792, from 8:30 AM to 4:30 PM, PST, seven days per week.
- **Text message from BCCDC:** Sign up to get a text directly to your cell phone at [www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results).
- **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 testing visit, and then click on "Request to enrol" at the link above. For support, call 1-844-870-4756, Monday to Friday from 7 AM to 7 PM, PST. MyHealthPortal will indicate your test result or refer you to the BCCDC options above.
- **If your results are not available after 48 hours and public health has not contacted you, call the BCCDC Negative Results line and speak to an operator.**



## 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.

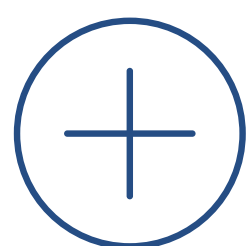
### **Avoid contact with others in your home**

- 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 the toilet with the 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.

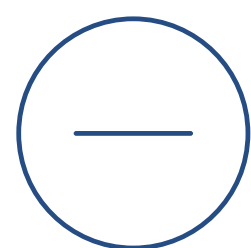


## If you test positive for COVID-19

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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, vomiting, diarrhea, fatigue).
- **If public health provides you with different advice, follow their instructions.**



## 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 COVID-19 case, continue to self-isolate for 14 days from your last contact.

You are a traveller returning to Canada, you must continue to isolate for 14 days from arrival back in B.C.



## 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.