

# ✔ WHAT TO DO WHEN SICK

## IF YOU HAVE SYMPTOMS OF ILLNESS, STAY HOME

Most people don't need testing for COVID-19. Use the [BCCDC Self-Assessment Tool](#) or contact 811 or your health care provider to find out if a COVID-19 test is recommended.

Symptoms of COVID-19 include:



- Fever or chills
- Cough
- Loss of sense of smell/taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Runny nose
- Sneezing
- Extreme tiredness
- Headache
- Body aches
- Nausea/vomiting
- Diarrhea



Go to emergency or call 911 if you:

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

## IF YOU HAVE MILD SYMPTOMS (OR HAVE TESTED NEGATIVE): STAY HOME

- For most people, testing is not recommended.
- Mild symptoms can be managed at home.



## IF YOU TEST POSITIVE: SELF ISOLATE



- Complete an online form to report your test result.
- Manage your own symptoms.
- Let your household contacts know.

## RETURN TO SCHOOL / WORK

Stay home until you feel well enough to return to your regular activities



## IF YOU ARE FULLY VACCINATED OR LESS THAN 18 YEARS OLD

You can end isolation and return to school / work when all conditions are met:

- 1 **At least 5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
- 2 Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3 Symptoms have improved.

You should avoid non-essential visits to higher risk settings such as long-term care facilities and gatherings for another 5 days after ending isolation

## IF YOU ARE 18 YEARS OF AGE OR OLDER AND NOT FULLY VACCINATED

You can end isolation and return to school / work when all conditions are met:

- 1 **At least 10 days** have passed since your symptoms started, or from test date if you did not have symptoms.
- 2 Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3 Symptoms have improved.

## IF YOU STILL HAVE SYMPTOMS



Continue to isolate longer if you still have a fever or are not feeling better. If you are unsure or concerned, connect with your health care provider or call 811.

## WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD

You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (or your child) for symptoms of illness and stay home if you feel unwell. The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: [Getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca)