Summary: What to Do When Sick

If you have symptoms of illness, stay home.
Most people don't need testing for COVID-19. Use BCCDC Self-Assessment Tool, or connect with 8-1-1 or your health care provider to find out if a COVID-19 test is recommended.
Symptoms of COVID-19 include:

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

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

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

1. Complete an online form to report your test result
2. Manage your own symptoms
3. 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 of age

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 8-1-1.

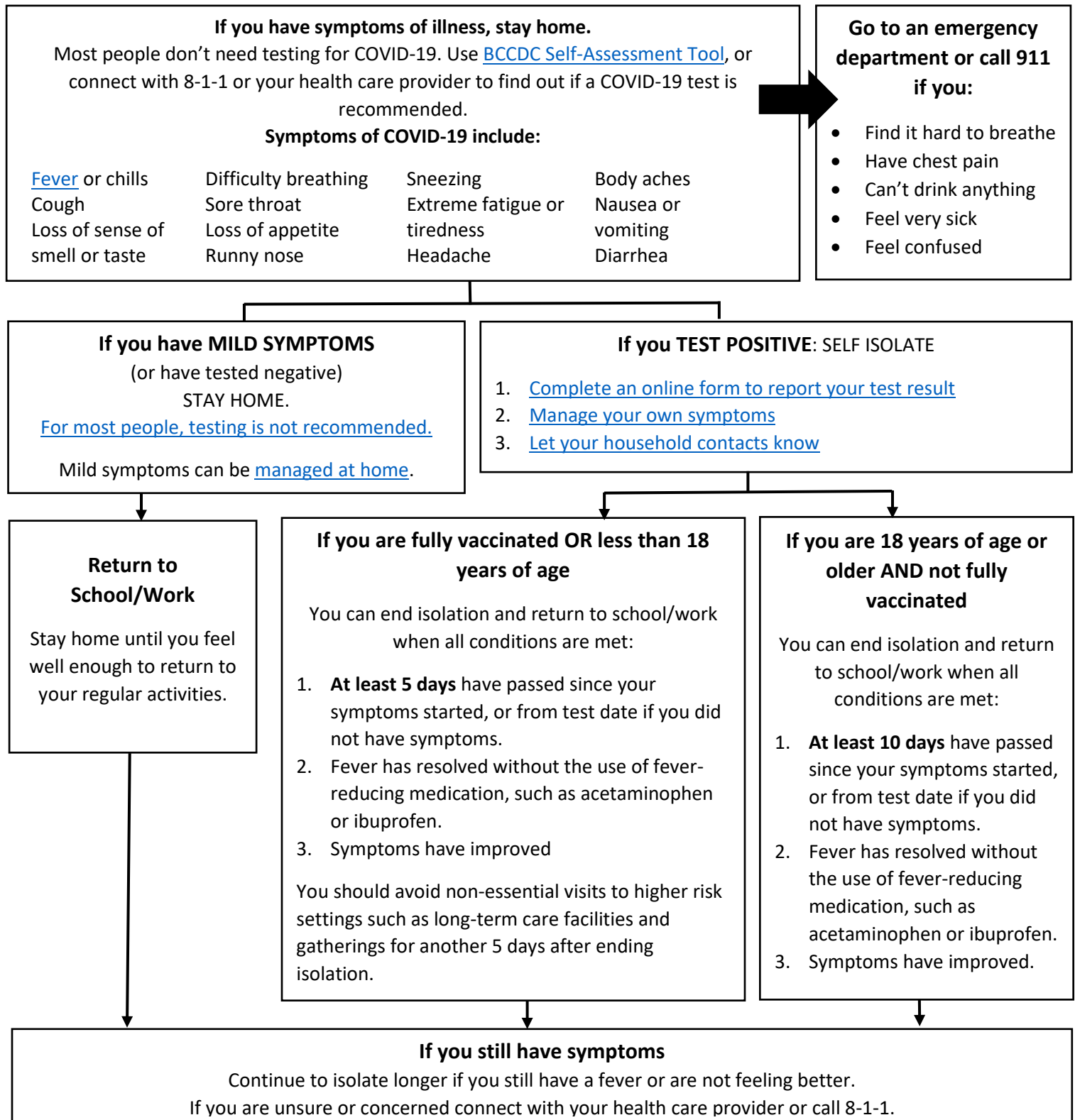**What to do if someone is sick in your household:**
You can continue to attend school if someone in your household is sick and/or self-isolating as long as you do not have any symptoms of illness and feel well. This includes if they have tested positive for COVID-19. Ensure you closely monitor yourself (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