RAPID ANTIGEN TESTING FOR COVID-19 PATIENT HANDOUT

Interior Health

Do you need to complete a Rapid Antigen Test?

I have one of the following symptoms:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Diarrhea

- Sore throat
- Loss of appetite
- Runny nose
- Sneezing
- Extreme fatigue or tiredness

- Headache
- Body aches
- Nausea or vomiting

YES

Complete Rapid Antigen Test
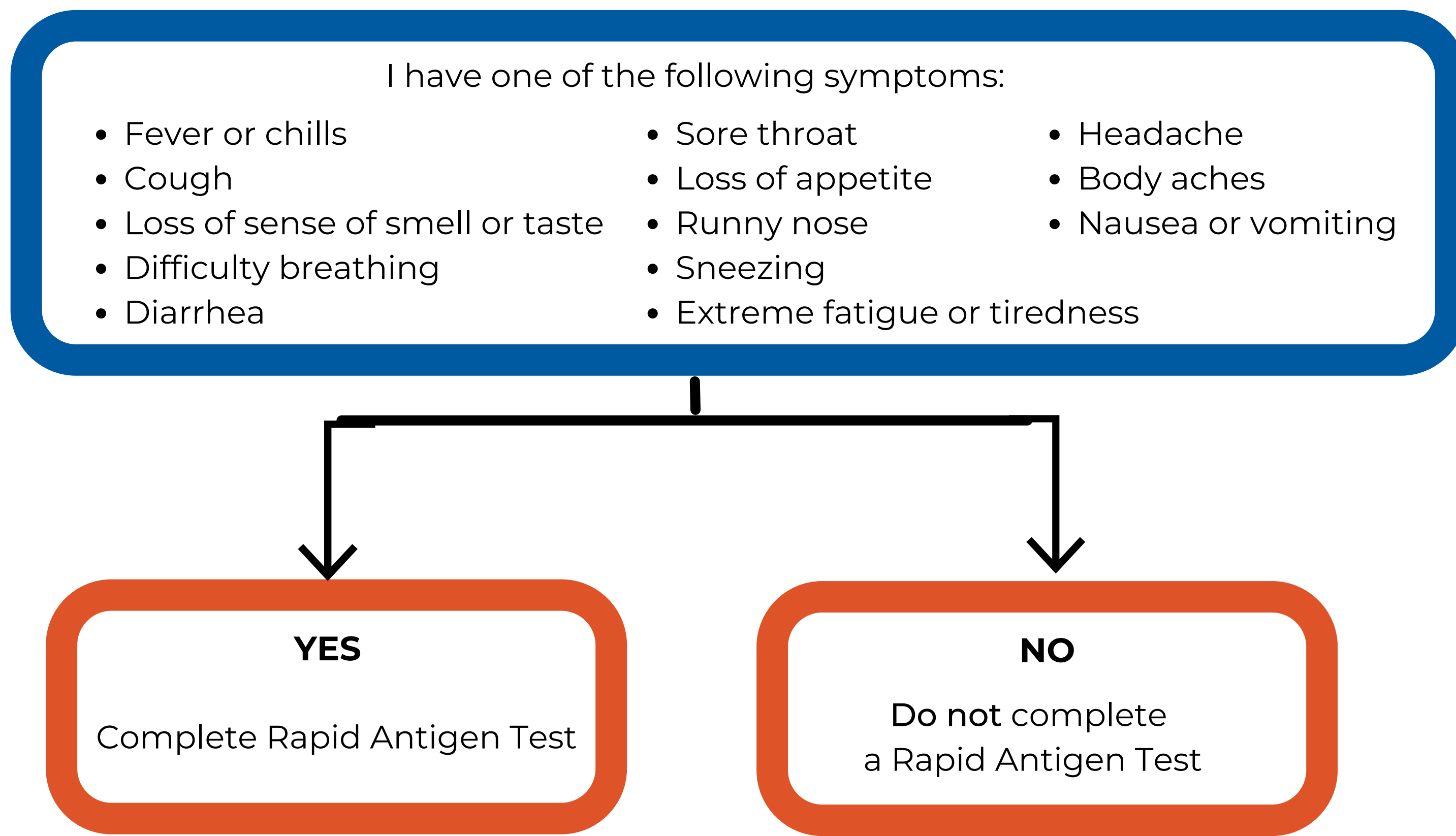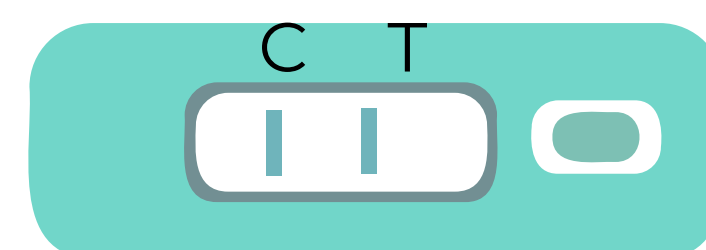
NO

Do not complete
a Rapid Antigen Test

C   T

If you test positive for COVID-19

STEP ONE:
See if you may benefit from treatment and how to get the treatment, visit
https://www2.gov.bc.ca/gov/content/covid-19/vaccine/treatments or call **1-888-268-4319.**

STEP TWO:
Self-isolate.
- **If you are under 18 or a fully vaccinated adult**:
  - self-isolate at home for five days **AND** until your symptoms improve and you no longer have a fever.
  - avoid non-essential visits to high-risk settings for additional five days.
- **If you are 18 years of age or older and not fully vaccinated**:
  - self-isolate at home for 10 days **AND** until your symptoms improve and you no longer have a fever.

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 received a single dose of a 1-dose series (e.g. Janssen/Johnson and Johnson) more than 14 days ago.

Turn the Page for **STEP THREE**
and more information

STEP THREE:

Notify your close contacts. In general, close contacts are people you were face-to-face with for 15 minutes or more, or people in your household. Consider who you were with and where you've been in the two days before you started having symptoms up until you tested positive. Immediately notify close contacts that you have tested positive.

- Close contacts do not need to self-isolate regardless of vaccination status, but should self-monitor.
- All close contacts should avoid visiting with individuals who may be at higher risk of severe disease from COVID-19 (e.g. immunocompromised, age 70+, etc.) for a period of 14 days.

Call 8-1-1 anytime to talk to a nurse at HealthLinkBC. If your symptoms worsen, or if you do not improve after five or six days, call your health care provider, 8-1-1, or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again. Call 9-1-1 if you find it hard to breathe, have chest pain, can't drink anything, feel very sick or feel confused.

If you test negative for COVID-19
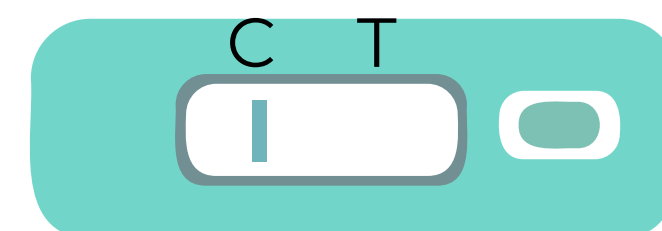
- Self-isolate until your symptoms improve and you feel well enough to return to regular activities.

If you have an invalid result
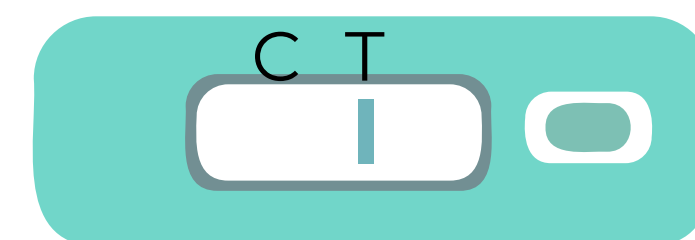
- If your test is not valid, discard all the pieces from the first test.
- Wash your hands and repeat the process using the second set of test pieces.
- Follow the test instructions again.
- If you have two invalid test results, book an appointment at an IH Testing Centre here: **https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/testing-information**

Get your COVID-19 vaccine

Whether you are positive or negative for COVID-19, make sure you get fully vaccinated. If you are 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. Find an immunization clinic near you at **https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/immunization-clinics.**

Need more information?

For more information scan this QR code with your phone's camera or visit:

http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19

Scan Me