



How to get your results after your COVID-19 Test

Most COVID-19 test results are available within 48 hours.

If your test is positive, public health will contact you. Get your COVID-19 test results online, by text, or by phone through one of these services:

- **Text message from BCCDC:** Sign up to get a text directly to your cell phone at www.bccdc.ca/covid19results. You will receive your negative test result as soon as it is available.
- **Health Gateway:** Go to www.healthgateway.gov.bc.ca and register with your mobile BC Services Card. You will get a text or email as soon as your test result is available.
- **BCCDC Negative Results line:** call 1-833-707-2792, from 8:30 AM to 4:30 PM, PST, seven days per week.
- **MyHealthPortal:** Check online at MyHealthPortal at www.interiorhealth.ca/YourHealth/MyHealthPortal. If you are not enrolled, ask to have your email entered on your patient record during your visit to the Community Collection Centre, Support is available Monday to Friday, 7 a.m. to 7 p.m. (PST) at 1-844-870-4756.



Self-isolate after your COVID-19 test

After your COVID-19 test today, you must return home immediately and self-isolate.

- **Do not leave home.** Do not go to work, school, or public areas. 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 toilet with 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 for more information on masks.

Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information on self-isolation.



If you test positive for COVID-19

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, diarrhea, fatigue).
- If your symptoms worsen, call your primary care provider or call 8-1-1. If symptoms become severe, call 9-1-1.

Notify your close contacts:

- Immediately notify close contacts that you have tested positive for COVID-19 and ask them to self-isolate if they are not fully vaccinated (the contact received the second dose of the COVID-19 vaccine seven or more days before coming into contact with you).
- Public Health will contact you soon about your test results and further steps.
- For more information on notifying close contacts go to: news.interiorhealth.ca/news-testing-positive-for-covid-19 or scan the QR code below with your mobile phone's camera.



If you test negative for COVID-19

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 a COVID-19 case, you must follow public health instructions.

You are a traveler returning to Canada, you must follow the instructions from Border Services Canada and/or the Public Health Agency of Canada.



Get your COVID-19 vaccine

Whether you are positive or negative for COVID-19, make sure you get fully vaccinated.

- Vaccination provides a strong boost in protection in people who have recovered from COVID-19.
- It is important that you wait the full isolation period before getting the vaccine so that you do not expose people at an immunization clinic to the virus.
- Find an immunization clinic near you at www.interiorhealth.ca.

For more information on what to do if you test positive for COVID-19, scan this QR code with your phone's camera, or visit: news.interiorhealth.ca/news/testing-positive-for-covid-19

