



Scan the QR code for more information on COVID-19.

How to get your PCR test results

In Person: Contact a primary care provider, walk-in clinic, or primary care centre. If you do not have a personal health number (PHN), get your results in person.

Text: results.bccdc.ca

Online: gov.bc.ca/healthgateway
Check for results in COVID-19 Tests Results and Lab Results

Phone: 1-833-707-2792

Treatment for COVID-19

There are treatments available for people who tested positive for COVID-19 and who are at higher risk of serious illness and needing hospitalization.

If you test positive, check if you may benefit from treatment. Visit gov.bc.ca/covidtreatments or call 1-888-268-4319

Urgent care

Go to an urgent care clinic or emergency department if you:

- have difficulty breathing
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If symptoms worsen or don't improve, call **8-1-1** or visit a health care provider or urgent care clinic.

Stay home if sick

Stay home and away from others until:

- your fever is gone (without the use of medicines that reduce fever like Tylenol), AND
- you feel well enough to return to daily activities.

Avoid close contact with people at higher risk of severe illness or complications from COVID-19.

If you cannot stay away from others while you have symptoms, take these prevention measures:

- wear a mask indoors
- cover your coughs or sneezes with your elbow
- clean your hands often

If you don't have symptoms, you do not need to stay home or avoid others, regardless of test results.

Managing symptoms at home

Most people can safely manage their symptoms at home.

- Take rest
- Drink lots of water and fluids
- Use a humidifier or hot shower to ease cough or sore throat
- For fever, take medicine like acetaminophen (Tylenol) or ibuprofen (Advil)

Stay home

- Rest and allow yourself to recover.
- Whenever possible, have family, friends, or a delivery service bring food, medication and other supplies to you.
- Avoid close contact with household members who may be at higher risk of severe illness, such as very young children, elderly, and immunocompromised, if possible.
- You can still do essential chores such as checking your mail or walking your dog.

If you need to go out

- It is best to walk, ride a bike, or drive yourself.
- If you must take public transit:
 - Wear a mask
 - Clean your hands before and after the ride
- If you travel in a car with anyone (in a taxi or a ride share, or even with someone from your household):
 - Everyone should wear a mask
 - Roll down all the windows
 - Everyone should clean their hands before and after the ride



If you live with others

- Let everyone at home know you are sick/not feeling well.
- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
 - Wear a mask or respirator that covers the nose, mouth and chin to reduce spread.
 - Open windows to increase airflow.
- If eating around others, ensure good respiratory etiquette (cough/sneeze in your sleeve) and avoid close face-to-face contact.
- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
 - Put down the toilet lid before you flush.
 - Turn on the fan or open the window.
 - Clean handles and faucets after each use.
 - Avoid sharing personal items like toothbrushes and towels.
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.

