RAPID ANTIGEN TESTING FOR COVID-19

Interior Health

If you test positive for COVID-19

Self-report your positive test result and related personal health information. Self-reporting allows public health to follow up with people who are at higher risk, and to provide additional support and guidance. Fill out the form at **https://reportcovidresults.bccdc.ca/**

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

- Close contacts who are fully-vaccinated (two doses) do not need to self-isolate. They should carefully self-monitor for symptoms.
- Close contacts who are not fully-vaccinated must self-isolate for 10 days from the day they were in contact with you.
- 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.

Self-isolate. You can end isolation when these three conditions are met:

1. **If you are fully vaccinated**: Self-isolate for **at least 5 days** from the first day you had symptoms or your test date if you didn't have symptoms. Wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation. 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.
If you are not fully vaccinated: Self-isolate for **at least 10 days** from the first day you had symptoms or your test date if you didn't have symptoms.
2. Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

Continue to isolate for longer if you have a fever or are not feeling better.

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.

For more information on how to self-report, take care of yourself, self-isolate and notify your close contacts 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

January 2, 2022

RAPID ANTIGEN TESTING FOR COVID-19

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If you test negative for COVID-19

If you test negative, it means COVID-19 was not detected. It is still possible that you have COVID-19, and you should take the following precautions:

- Self-isolate until your symptoms improve and you feel well enough to return to regular activities.
- If you are a close contact of someone with COVID-19 and you are not fully vaccinated, you still need to self-isolate for 10 days from the day you had contact with the person who has COVID-19.
- If you are a close contact of someone with COVID-19 and fully vaccinated, you do not need self-isolate for 10 days as long as your symptoms improve. You should self-monitor for symptoms.
- 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.

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**.

For more information on understanding test results, scan this QR code with your phone's camera, or visit: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/understanding-test-results

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