

## Recommended Steps for a Covid-19 Case – From the PCMHA Executive

\*\*Please note these are only recommendations and with any situation the Individuals and association is to follow the direction from <a href="BCCDC">BC Public Health and BCCDC</a>

# **Contact 811 Health Link with any questions**

## When a COVID-19 test is recommended by the Health Authorities (Fraser Health):

- If the COVID-19 test is positive, you should stay home until you are told by public health to end self-isolation. In most cases this is **minimum 10 days** after the onset of symptoms. **Public health will contact everyone with a positive test.** Note to return to activities not required as per PH.
- If the COVID-19 test is negative, you can return to school/activities (Hockey) once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.
- If a COVID-19 test is recommended, but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school/activities (Hockey) until a minimum 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

### Here are some examples from BCCDC: (BC Centre For Disease Control)

**Example 1:** You've been diagnosed with COVID-19, only had fever at the start and symptoms are gone: you can stop isolating after **day 10.** 

**Example 2:** You been diagnosed with COVID-19 and still have a fever on **day 10** of isolation. On **day 12** your fever stops and your symptoms have improved. You can now stop isolating.

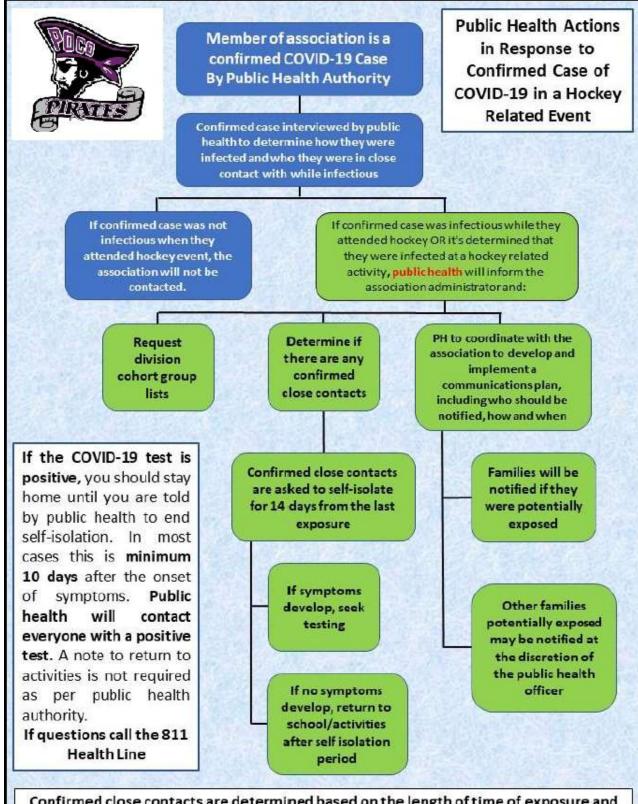
**Example 3:** You were contacted by BC public health because you were in close contact with a confirmed case and were told to self-isolate for **14 days** from when you were in contact with the case. On day 5, you developed symptoms and tested positive for COVID-19. By day 10, your symptoms have resolved but you must continue to self-isolate for **14 days** because you are a contact of a confirmed case.

It can be a bit tricky to figure out when your fever has disappeared. It's easier if you keep a note of your temperature and your symptoms every day, so you know when to stop isolating safely.

### You've been diagnosed with COVID-19:

- Self-isolate for a minimum of 10 days since your symptoms started, 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 nausea, vomiting, diarrhea).
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.

SOURCE: <a href="http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick">http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick</a>



Confirmed close contacts are determined based on the length of time of exposure and nature of the interaction. Only public health can determine who is a close contact.