What to do if you or a close contact test positive for COVID-19 or are showing symptoms

This fact sheet was developed on January 7, 2022. As information is rapidly changing. Please check this site for updates Self-isolation and self-monitoring information - Fraser Health Authority

Conduct a daily health check. If you have any symptoms or feel unwell, please stay home. Once your symptoms improve you may return to regular activities.

If you begin to feel sick while at work:

- You must immediately inform your supervisor and then go straight home. Caretakers will clean and disinfect areas as appropriate and will follow the established safe work procedure.

- Please use the self-assessment tool to determine if you need to get tested. If you are waiting for test results, you must self-isolate until results are available. If you did not get tested, self-isolate until your symptoms improve, and you feel well enough to return to regular activities.

If you have or had symptoms and tested negative for COVID-19:

Self-isolate until your symptoms improve, and you feel well enough to return to regular activities. If you have a fever, stay home until the fever is gone (without taking medicine that reduces fever). If you are waiting for test results, you must self-isolate until results are available.

If you tested positive for COVID-19 you must self-isolate:

- **If you are fully vaccinated,** self-isolate for at least five days since the start of your 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.

- **If you are unvaccinated or partially vaccinated,** self-isolate for at least 10 days since the start of your symptoms.

If you don't feel better after the five or 10 days, keep self-isolating until you feel better, and your fever is gone (without taking medicine that reduces fever). If you feel worse, call 8-1-1 or your medical care provider.

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If you tested negative for COVID-19:

Self-isolate until your symptoms improve, and you feel well enough to return to regular activities. If you had a fever, stay home until the fever is gone (without taking medicine that reduces fever). If you were identified as a close contact and told to self-isolate by public health, you still need to complete your self-isolation.

If you live with someone that has tested positive for COVID-19:

- **If you have had three doses of COVID-19 vaccine, or your second dose of COVID-19 vaccine was more than seven days before the date you were exposed:** from the date you were exposed, self-monitor for signs of COVID-19 illness for 14 days.

- **If your second dose of COVID-19 vaccine was less than seven days before the date you were exposed, you have had the first dose of a two dose series of COVID-19 vaccine or you have not had any COVID-19 vaccine yet:** from the date you were exposed, isolate for at least 10 days (or longer – see below) and self-monitor for signs of COVID-19 illness for at least 14 days (or longer – see below).

If you cannot self-isolate away from the person who tests positive, extend isolation for 10 more days from the day this person ends their self-isolation and extend self-monitoring for 14 more days from the day this person ends their self-isolation.

If a close contact* that does not live with you tests positive for COVID-19:

- **You have had either three doses, two doses, or one dose of a COVID-19 vaccine more than 21 days before the date you were exposed:** from the date you were exposed, self-monitor for signs of COVID-19 illness for 14 days.

- **You have had one dose of a COVID-19 vaccine less than 21 days before the date you were exposed or you have not had any COVID-19 vaccine yet:** from the date you were exposed isolate for 10 days and self-monitor for signs of COVID-19 illness for 14 days.

*Fraser Health defines a close contact as someone who lives in the same home as you, or someone you have spent longer than 15 minutes with, where you and others were less than six feet (two meters) apart while not wearing a mask. This includes people that you may have worked, carpooled or socialized with (examples: sports teams, fitness classes, parties, weddings or religious gatherings).

If a student has reported symptoms of COVID-19 onsite:

The child waits in an isolated room and should wear a non-medical face mask while waiting. Staff members should also wear a mask. The school contacts parents/guardians to take the child home.

For either a STAFF MEMBER or STUDENT with COVID-19 symptoms please notify your site caretaker for cleaning and disinfection as appropriate.

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