

When to get tested for COVID-19



Based on information provided by:
the BC Ministry of Health & the BC CDC (01/06/2021)

Current evidence suggests, some symptoms are more likely to be related to COVID-19 than others. Listed below are common COVID-19 symptoms, as well as the suggested instructions to follow depending on the symptom(s) you may be showing.

If you are a close contact* of someone who has COVID-19 and have any of the symptoms listed:
Get tested and stay home.

*close contacts are notified through the BC CDC. For more information on close contacts, go to <http://www.bccdc.ca/covid19closecontacts>

Symptoms

Instructions

- Chills
- Cough
- Fever (above 38° C)
- Difficulty breathing
- Loss of sense of smell or taste

Experiencing 1 or more of these symptoms:
Get tested and stay at home.

- Body aches
- Diarrhea
- Extreme fatigue or tiredness
- Headache
- Loss of appetite
- Nausea or vomiting
- Sore throat

Experiencing 1 of these symptoms:
Stay at home until you are feel better.

Experiencing 2 or more of these symptoms:
Stay at home & see if you feel better.
Get tested if not better after 24 hours

If you develop severe symptoms, such as chest pain, or difficulty breathing (e.g. struggling to breathe / speaking in single words / etc.), **call 9-1-1 or go to the nearest Emergency Room.**

For more information on COVID-19 go to bccdc.ca
For more information on workplace safety during COVID-19 go to AgSafeBC.ca/covid-19

