

WHAT TO DO WHEN SICK

IF YOU HAVE SYMPTOMS, STAY HOME

COVID-19 SYMPTOMS:

- Fever or Chills
- Cough
- Loss of Smell/Taste
- Difficulty Breathing
- Sore Throat
- Loss of Appetite
- Runny Nose
- Sneezing
- Extreme Fatigue
- Headache
- Body Aches
- Nausea
- Vomiting
- Diarrhea



WHAT TO DO:

Use the [BC CDC Self-Assessment Tool](#) or
Contact **811**



GO TO EMERGENCY OR CALL 911 IF YOU:

- ⚠ Find it hard to breathe
- ⚠ Have chest pain
- ⚠ Can't drink anything
- ⚠ Feel very sick
- ⚠ Feel confused

MILD SYMPTOMS OR NEGATIVE TEST: STAY HOME



➤ Mild symptoms can be managed at home.

POSITIVE TEST (WITH/WITHOUT SYMPTOMS)

- ✓ Stay home and self-isolate
- ✓ Complete BC CDC's online form to report your test result
- ✓ Manage your symptoms
- ✓ Let your close contacts know

NEGATIVE TEST

Return to work or the NSWC when:
You feel well enough to return to your regular activities. ✓

FULLY VACCINATED + POSITIVE TEST

Return to work or the NSWC when:

- ✓ At least **5 days** have passed since your symptoms started, or from test date, **AND**
- ✓ Fever has resolved without the use of medication, such as acetaminophen or ibuprofen, **AND**
- ✓ Symptoms have improved.

Avoid non-essential visits to higher risk settings and gatherings for another 5 days after ending isolation.

PARTIALLY VACCINATED + POSITIVE TEST

End isolation & return to work or the NSWC when:

- ✓ At least **10 days** have passed since your symptoms started, or from test date, **AND**
- ✓ Fever has resolved without the use of medication, such as acetaminophen or ibuprofen, **AND**
- ✓ Symptoms have improved.

Avoid non-essential visits to higher risk settings and gatherings for another 5 days after ending isolation.

REGARDLESS OF YOUR VACCINATION STATUS, IF YOU STILL HAVE SYMPTOMS STAY HOME!

Continue to isolate until you feel better. If you are unsure or concerned, connect with your health care provider or call 811.

WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD

You can continue to attend work if someone in your household is sick and/or self-isolating as long as you do not have any symptoms and feel well. Ensure you closely monitor yourself. If you develop any symptoms, stay home.

The best way to protect yourself and your family from COVID-19 is to get vaccinated. Vaccines are available for anyone ages 5 and up. Register now at: getvaccinated.gov.bc.ca



**NORTH SHORE
WINTER CLUB**

STAY SAFE. PROTECT ONE ANOTHER!