### **COVID-19 Symptoms, Testing & Return to School**

### Students or staff members experiencing symptoms are to stay home and seek guidance

(using the K-12 Health Check, 8-1-1 or your health care provider)

Symptoms of COVID-19 include:

Fever or chills Sore throat Cough Loss of sense of

Loss of sense of smell or taste Difficulty breathing

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

## Go to an emergency department or call 911 if you:

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
  - feel confused

### If you have MILD SYMPTOMS

(or have mild symptoms and tested negative) STAY HOME and away from others for **5 days** 

For most people, testing is not recommended.

Mild symptoms are symptoms that can be <u>managed at home</u>.

### If you TEST POSITIVE

**SELF-ISOLATE** 

- 1. Complete an online form to report your test result
- 2. Manage your own symptoms
- 3. Let your household contacts know

#### **Return to School/ Work**

You can return to regular activities as soon as you're feeling better and no longer have fever or symptoms.

# If you are fully vaccinated OR less than 18 years of age

You can end isolation and return to school/work when all three of these conditions are met:

- At least **5 days** have passed since your symptoms started, or from test date if you did not have symptoms.
- Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3. Symptoms have improved.

You should avoid non-essential visits to higher risk settings such as long-term care facilities and gatherings for another 5 days after ending isolation.

### If you are 18 years of age or older AND not fully vaccinated

You can end isolation and return to school/work when all three of these conditions are met:

- At least 10 days have passed since your symptoms started, or from test date if you did not have symptoms.
- 2. Fever has resolved without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
- 3. Symptoms have improved.

### If you still have symptoms

Continue to isolate longer if you have a fever or are not feeling better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

### **Close Contacts**

Household contacts should continue to self-monitor for symptoms, and stay home if they get sick. All school students and staff members should regularly self-monitor for symptoms as usual as per the Daily Health Check. Those who develop symptoms should 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: <a href="Getvaccinated.gov.bc.ca">Getvaccinated.gov.bc.ca</a>

### Information for Travelers

If you are a traveler returning from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. Visit the Government of Canada website for more information: <a href="mailto:travel.gc.ca/travel-covid">travel.gc.ca/travel-covid</a>

