Updated testing and isolation guidelines for households

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Scenario 1

My child has mild COVID-like symptoms (*Mild symptoms are symptoms that can be managed at home*):

1. Do I keep them home from daycare or school?
Treat this as you would normally do if a child had the cold/cough. You may consider keeping them home to avoid spreading illnesses like the respiratory syncytial virus (RSV) which can be just as dangerous to kids.

2. Should I get her tested?
No.

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Scenario 2

My child is asymptomatic but someone in our household (or someone they have had close contact with) has tested positive:

Should I keep her home?
No. Regardless of vaccination status or closeness of contact, an asymptomatic child may go to daycare or school.

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What about me?
I am fully vaccinated and someone in my household (or someone I have been in close contact with) has tested positive:

1. Do I have to isolate if I have no symptoms?
No. You may continue to work while monitoring for symptoms. Please consider wearing a mask while in close contact with others outside your household.

2. If I have symptoms, how can I determine if I need to get tested?
Please use the BC COVID-19 Self-Assessment Tool to check if you need to be tested.

3. If I need to get tested, where should I go?
If you become ill at work, you can access peer testing at any of the locations listed here. You may also speak to the unit manager to ask about peer testing. If you become ill while not at work, please go to a community test site.

4. What if I test negative?
You can go back to work when you feel able to do so. If you work on a highly immune suppressed ward (e.g. BMT), only go back once you feel completely better.

5. What if I test positive? When would I be able to return to work?
You may resume work after five days of symptom onset or date of positive test (whichever is earlier). Please mask consistently and distance as much as possible until day 10.

If you have any question or concerns, email Physician Occupational Safety and Health (POSH) at posh.covid@ubc.ca