

What to do in the following scenarios

1. I'm fine, my child has very mild symptoms (runny nose). I am holding them home from school to see where things go.

Click [here](#) for recommendations on when to take your child for testing. If you're fully vaccinated, you can continue working as usual. If you're not fully vaccinated, you can go to work ([subject to Provincial vaccine mandate](#)) but must wear PPE and keep physical distance.



2. I'm fine, but my child has symptoms consistent with COVID and has tested negative.

You can continue working as usual, while self-monitoring for symptoms.

3. I'm fine, and my child has symptoms that merited testing, but I don't have results.

If you're fully vaccinated, you can continue working as usual. If you're not vaccinated, you can go to work ([subject to Provincial vaccine mandate](#)) but must wear PPE and keep physical distance.

4. I'm fine, and my child has been sent home from school because of an exposure. They are also fine.

If you're fully vaccinated, you can continue working as usual. If you're not vaccinated, you can go to work ([subject to Provincial vaccine mandate](#)) but must wear PPE and keep physical distance.

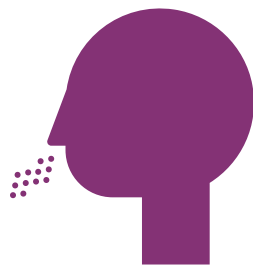


5. I have symptoms compatible with COVID-19.

Self-isolate immediately and use the [BC Self-Assessment Tool](#) to determine whether you need to get tested for COVID. If you don't need to get tested, stay home until you feel better.

7. I've tested positive for COVID-19

You must self-isolate for at least 10 days from the start of your symptoms until you feel better and your fever has resolved. Public Health may notify you if you must self-isolate for more than 10 days.



8. I've tested negative but have ongoing symptoms that include diarrhea or significant respiratory symptoms.

You shouldn't come to work until your symptoms have resolved. Even if you don't have COVID-19, it's best to avoid spreading potentially infectious diseases of any kind at work.

COVID symptoms, per [BC CDC](#)



Key

Fever or chills
Cough
Loss of taste or smell
Difficulty breathing



Urgent

Hard to breathe
Chest pain
Can't drink
Feeling very sick
Feeling very confused



Other

Sore throat
Loss of appetite
Extreme fatigue/tiredness
Headache/body aches
Nausea or vomiting
Diarrhea

For more information:

- [Self-Isolation and Self-Monitoring](#)
- [Interim Guidance: Public Health Management of Cases and Contacts Associated with Novel Coronavirus \(COVID-19\) in the Community](#)

If you have any concerns or questions, contact us at posh.covid@ubc.ca



For additional situations (e.g. prior infection with less than vaccine doses, less than seven days after receiving second vaccine dose), please refer to the [BC CDC interim guidelines](#) (page 21-25).

