

# Positive COVID-19 Case Frequently Asked Questions

# COVID-19

## **How will I know if I've been in contact with a positive Covid-19 case?**

You will be notified by a public health nurse to make you aware that you've been in contact with a positive Covid-19 case.

## **“What is a defined as a Close-Contact?”**

If you've been named as a “close contact” this means you've spent time with the positive case and were in close contact of less than the recommended six feet. You provided care to the positive case, or you live with them and came into close contact for more than 15 minutes.

## **What do I do if I'm named as a close contact?**

You will be asked to self-isolate for a minimum of 14 days and to self-monitor for symptoms such as cough, runny nose, fever. BC Covid-19 self-assessment tool link: <https://bc.thrive.health/>

## **What is a medium risk of getting Covid-19?**

(Coming in contact with or doing international, plane or cruise ship travel?)

All incoming international travelers, including airline and cruise ship contacts as well as those coming from the United States. Those on domestic flights with a confirmed case of COVID-19

## **What is a low/no risk contact?**

If you've been named as a low risk contact this means you may have walked by the person that had Covid-19 or you were in the same room for a brief amount of time.

## **What do I do if I've been named as a “low risk” contact?**

You do not need to self-isolate. Continue to take the safety precautions of physical distancing when out in public areas, hand washing, wearing face masks. (keep your bubble small)

## **What do I do if I'm having a hard time breathing?**

Call ahead and go to the nearest emergency!

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## What do I do if develop symptoms?

If you develop any symptom such as cough, runny nose, or fever. It is recommended to be tested for Covid-19.

## COVID-19 CALL CENTRE: 1-844-901-8442

The self-assessment tool suggests I take a Covid-19 Test, how do I do that:

- A) If I am on reserve? Call the Call Centre.
- B) If I am off reserve? Call the Call Centre.

If unable to get through, please contact an NTC nurse: Francine Gascoyne 250-735-0416 or Catherine Gislason 250-720-1763

## Can I have a nurse check in with me while I'm at home self-isolating?

Yes, if you would like an NTC nurse to check in with you this can be arranged. A nurse can check in with you either by phone or make a home visit outside your home.

## Where can I find information regarding exposures in schools?

This page is updated when COVID-19 exposures occur within schools in the Island Health Region: <https://www.islandhealth.ca/learn-about-health/covid-19/exposures-schools>

If your child's school has been notified of an exposure, no action is required unless you are contacted by Public Health or are otherwise directed by school officials.

## Daily health check for students:

[http://www.bccdc.ca/Health-Info-Site/Documents/COVID\\_public\\_guidance/Daily-Health-Check-English.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Daily-Health-Check-English.pdf)

## More information for childcare and schools can be found:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/childcare-schools/schools>

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**BC Centre for Disease Control guidelines that are followed when there is a positive Covid-19 case:**

1. When a person tests positive for COVID-19, they become a “case.”
2. A public health nurse interviews the case to identify people they’ve spent time with. These people are “contacts.”
3. Public health gets in touch with the contacts and asks them about symptoms of COVID-19.
4. Not every contact needs to be identified: only those who could have been exposed to the case’s respiratory droplets from coughing, sneezing or speaking. (If you are not contacted, you are not at risk)
5. Public health maintains the case’s privacy. A case can choose to tell others about their diagnosis but should not do their own contact tracing.
6. Contacts with symptoms are sent for testing.
7. If they test positive, they become a ‘case’ and the process repeats.
8. Contacts with no symptoms are asked to self-isolate and monitor for symptoms for 14 days after their last contact with the case.
9. Contact tracing helps people get diagnosed earlier and reduces the chance of spreading the virus.