

INFORMATION BULLETIN

For Immediate Release
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When to get a COVID-19 test: Updated guidelines

As COVID-19 activity increases across B.C., guidance for when to get a COVID-19 test has been updated.

A COVID-19 test is **not** recommended if:

- You have no symptoms, even if you are a close contact of someone who has tested positive
- You are fully vaccinated (two doses), experiencing mild symptoms and can manage your illness at home. Self-isolate for five days. Notify your close contacts so they can self-monitor for symptoms

A COVID-19 test **is** recommended if:

- You have symptoms, and:
 - You are at higher risk of severe illness
 - You identify with a high risk setting - such as health care workers, first responders, residents of congregate settings, or live in a remote or rural community

If you feel unwell and are unsure about your symptoms, contact your health care provider or call 8-1-1.

More details and a full list of eligible symptoms and criteria is found here: [When to get a COVID-19 test](#)

Still not sure? Use the B.C. [COVID-19 Self-Assessment Tool](#) to determine if you need to be tested.

Rapid COVID-19 tests at NH test collection centres

Rapid COVID-19 tests are available at Northern Health testing centres, and may be provided to individuals experiencing symptoms of COVID-19 and according to risk factors.

Those seeking testing by filling out the NH [COVID-19 Test Booking Form](#), or calling the Northern Health Virtual Primary & Community Care Clinic, will be directed to a testing centre for **either** PCR testing, or to pick up a rapid test for home use based

on their symptoms and risk factors. Availability of rapid tests may be limited at times, depending on supply.

If a rapid COVID-19 test indicates a positive result, you must continue to self-isolate and follow the guidance included in the test package, including how to [self-report a positive result](#). For more information, visit: [Understanding Test Results](#).

For the latest public health orders and public guidance, visit:
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

For a list of all Northern Health COVID-19 immunization clinics and other resources visit: <https://www.northernhealth.ca/health-topics/covid-19-immunization-clinics>

Media Contact: NH media line – 877-961-7724