



## BC COVID-19 Symptom Self-Assessment Tool

Powered by  thrive health

**If you need help or guidance in another language, please call 8-1-1.** 8-1-1 has translation services in 130 languages.

This self-assessment tool, developed with the BC Ministry of Health, will help determine whether you may need further assessment for COVID-19 testing by a healthcare provider or at a local collection centre. You can complete this assessment for yourself, or on behalf of someone else.

Older people and people with a weakened immune system or underlying medical conditions are considered at higher risk of severe disease. For more, see information for [priority populations](#).

**If you are a health care worker**, follow the advice of your employer. If you need more information, go to [this BCCDC site for healthcare workers](#).

Note that this self-assessment tool is intended for COVID-19 only. Your symptoms may not be related to COVID-19 and could require you to seek medical attention. If you are uncertain and/or feel very sick, contact your family doctor/nurse practitioner or call 8-1-1.

### Testing for COVID-19

BC is expanding testing to find new cases and prevent spread of COVID-19 in the community.

Last updated: 4/28/2020 1:30pm PDT

The province has created a phone service to provide **non-medical** information about COVID-19, including the latest information on travel restrictions. Information is available in more than 110 languages, 7:30 a.m. - 8 p.m. Pacific Standard Time at **1-888-COVID19** (1-888-268-4319) or via text message at **604-630-0300**.

For the most up to date non-medical information you can visit the [BC Government's COVID-19 Provincial Support and Information](#).

**1. Are you experiencing any of the following:**

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

No  Yes

**If “Yes”:** Please call 9-1-1 or go directly to your nearest emergency department.

These symptoms require immediate attention. You should **call 9-1-1 immediately**, or go directly to your nearest emergency department. END

**If “No”** proceed to question 2.

**2. Are you experiencing any of the following:**

- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

No  Yes

**If “Yes”:** Please consult your family doctor or nurse practitioner.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling and what to do next. Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department. END

**If “No”** proceed to question 3.

**3. Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?**

Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.

No  Yes

**If “Yes”:** proceed to question 3.a.

**If “No”** proceed to question 4.

**3.a Did you develop symptoms within 14 days of travel outside Canada?**

No  Yes

**If “Yes”:** Please get assessed for a COVID-19 test and self-isolate for 14 days or longer depending on when your symptoms started (see below\*\*). END

**If “No”** proceed to question **3.b**.

**3.b Did you provide care or have close contact with a person with confirmed COVID-19?**

Note: This means you would have been contacted by your health authority’s public health team.

No  Yes

**If “Yes”:** Please get assessed for a COVID-19 test and self-isolate for 14 days (see below\*\*). END

**If “No”:** Please get assessed for a COVID-19 test and self-isolate for 14 days (see below\*\*). END

**4. Have you travelled to any countries outside Canada (including the United States) within the last 14 days?**

No  Yes

**If “Yes”:** Please self-isolate for 14 days and self-monitor.

As of March 25, 2020 it is **mandatory** under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada [self-isolate](#) and monitor for symptoms for **14 days upon their arrival** and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still need to self-monitor for symptoms. Returning travellers that develop symptoms are also required to self-isolate for at least 14 days or 10 days after onset of symptoms, whichever is **longer**.

This can be a bit tricky to figure out. Here are some examples:

**Example 1:** Respiratory symptoms appear five days after returning to Canada and last only a couple of days. Self-isolate for 10 additional days from when your symptoms appeared for a total of 15 days.

**Example 2:** Respiratory symptoms appear two days after returning to Canada. Self-isolate for 10 days from onset of symptoms + an additional 2 days for a total of 14 days.

Visit the Government of Canada webpage for more details about [self-isolating and self-monitoring for incoming travellers](#).

If “No” proceed to question 5.

**5. Did you provide care or have close contact with a person with confirmed COVID-19?**

Note: This means you would have been contacted by your health authority’s public health team.

No  Yes

If “Yes”: **Please self-isolate for 14 days and self-monitor.**

People who are **contacts of a confirmed case**, meaning they have been or could have been exposed to the virus but do not have symptoms, are required to self-isolate for at least 14 days or 10 days after the start of symptoms, whichever is *longer*.

Self-isolation means staying home and avoiding situations where you could come in contact with others. You may have been exposed to the virus and are at risk for developing COVID-19 and passing it on to others. You may not self-isolate in a place where you will be in contact with vulnerable people, such as seniors and individuals with underlying health conditions.

**[See the self-isolation dos and don'ts information sheet:](#)**

- Stay at home. Do not go to work, school, or public areas, do not use public transport or taxis.
- Wash your hands or use alcohol-based hand sanitizer often.
- Ask friends or relatives if you require help with buying groceries, other shopping or picking up medication. Alternatively, you can order groceries and medication by phone or online.
- Do not have visitors in your home except if they are providing care or delivering goods and supplies, and in that case, maintain a distance of 2 metres.
- Clean and disinfect high-touch surfaces.
- Self-isolation can end 14 days after the last contact.

If “No”: **You don’t appear to have symptoms of COVID-19.**

**There are many things you can do to prevent the spread of COVID-19 in your community.**

For more information on preventing COVID-19, visit [the BCCDC website](#). END

\*\*

**Please get assessed for a COVID-19 test, and self-isolate for at least 14 days or longer depending on when your symptoms started.**

**Testing Instructions:** Testing is recommended for anyone with cold, flu or COVID-19-like symptoms, **even mild ones**. They can now be assessed for COVID-19 testing by a healthcare provider or at a local community collection centre.

Click on the links below for a list of collection centres in the province to find one near you. You can also call 8-1-1 to find the nearest centre, or for directions in another language.

- [Collection centre finder](#) (Mobile and desktop)
- Collection centre finder for [Internet Explorer users](#)

**Self-Isolation Instructions:**

**Self-isolate for a minimum of 14 days, so you do not potentially spread the disease to others.**

As of March 25, 2020 it is **mandatory** under the Quarantine Act that anyone arriving in British Columbia from outside of Canada self-isolate and monitor for symptoms for **14 days upon their arrival** and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still need to self-monitor for symptoms. Returning travellers that develop respiratory symptoms are also required to self-isolate for at least 14 days or 10 days after onset of symptoms, whichever is **longer**.

This can be a bit tricky to figure out. Here are some examples:

**Example 1:** Respiratory symptoms appear five days after returning to Canada and last only a couple of days. Self-isolate for 10 additional days from when your symptoms appeared for a total of 15 days.

**Example 2:** Respiratory symptoms appear two days after returning to Canada. Self-isolate for 10 days from onset of symptoms + an additional 2 days for a total of 14 days.

Visit the Government of Canada webpage for more details about [self-isolating and self-monitoring for incoming travellers](#).

Stay home and do not go to work, school or public places and do not use public transit, taxis or ride shares. Do not have visitors to your home. If you live with other people, avoid contact with others at home by staying and sleeping in a separate room and using a separate bathroom if possible. See these guides about isolation:

- [Isolation if you are ill](#)
- [Guide for caregivers and household members](#)

**Cover your coughs and sneezes.** When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.

**Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. [Learn more.](#)

**Do not share household items.** Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. After using these items, wash them with soap and water.

**Flush the toilet with the lid down.** COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

**General cleaning.** Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used. Apply firm pressure while cleaning. Surfaces should be cleaned at least once a day. Next, use a store bought disinfectant or diluted bleach solution, one part bleach to 50 parts water (20ml of bleach to 1 litre of water), and allow the surface to remain wet for one minute. Clean surfaces that are touched often (e.g., counters, table tops, doorknobs, toilets, sinks, taps, etc.) at least twice a day.

**Wear a face mask.** When you are sick, wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. You and those you live with do not need to buy and wear other types of masks, such as an N-95 respirator mask.

**Note that sometimes people with mild symptoms at the start of their COVID illness may suddenly worsen and require urgent medical care.** Pay attention to how you are feeling. If it becomes harder to breathe, you can't drink anything or feel much worse, seek urgent medical care at an urgent care clinic or emergency department.