

# PMCC COVID – 19 GUIDELINES

## DO NOT come to curling and Contact League if:

1. You are not feeling well **OR**
2. You have new or worsening cough **OR**
3. New sore throat **OR**
4. New unexplained headache **OR**
5. You have been in direct contact with someone who has tested COVID + **OR**
6. You have gone for a COVID test

## Self isolation and ending isolation

Self isolation essentially means keeping away from others to help stop the spread of COVID-19.

If you are managing your illness at home, you can end isolation when all three of these conditions are met.

1. **Fully vaccinated:** At least **5 days** have passed since your symptoms started, or from test date if you did not have symptoms. You should wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long-term care facilities and gatherings, for another 5 days after ending isolation. Fully vaccinated means you received both doses of a 2-dose series (ex. AstraZeneca, Pfizer or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (ex. Janssen/Johnson and Johnson).

**Not fully vaccinated:** At least **10 days** have passed since your symptoms started, or from the day you tested positive if you did not have symptoms.

2. Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen.
3. Symptoms have improved.

Continue to isolate for longer if you have a fever or are not feeling better.

Presence of mild symptoms does not necessarily mean that you are contagious after 5 days. It can take longer to completely recover from the illness. Most people recover within two weeks. Some people with more severe symptoms can take up to twelve weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call 8-1-1 or go to an Urgent and Primary Care Centre to be assessed.

## Managing your symptoms

Most people can safely manage their symptoms with home treatment, such as drinking plenty of fluids, rest, and using a humidifier or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call 8-1-1, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

**Go to an emergency department or call 911 if you:**

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

## Post Covid-19 Care

VACCINATION after COVID-19

If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation. Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection.

You can get vaccinated after you have completed your self-isolation period, you feel better and at least 10 days have passed since your COVID-19 symptoms started or from your test date if you did not have symptoms.

**Please refer to the BCCDC web site for further information.**