

Whether notified of a COVID-19 exposure or not, you should routinely monitor for symptoms of COVID-19 and stay home if you feel unwell or develop symptoms.

Self-monitoring

Monitor for symptoms of COVID-19 listed below, even if you are fully vaccinated or had COVID-19 in the last 90 days.

If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19.

- Runny nose
- Sneezing
- Fever or chills
- Sore throat
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have no symptoms of COVID-19, you do not need to be tested for COVID-19.

You are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms.

More details on risk factors for severe disease are available on the [BCCDC website](#).

Testing and results

If you need to get tested, find the nearest testing location: healthlinkbc.ca/covid19test

