



For Immediate Release | December 28, 2021

When to get a COVID-19 test: Updated guidelines

IH WIDE – 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 seven days. Notify your close contacts so they can self-monitor for symptoms.

A COVID-19 test is recommended if:

- You are experiencing **one or more** of the following symptoms: fever or chills; cough; loss of sense of smell or taste; or difficulty breathing.
- You have experienced one or more of the following symptoms **for longer than 24 hours with no improvement**: sore throat; loss of appetite; headache or body aches; extreme fatigue; nausea or vomiting; diarrhea.

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

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

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

Rapid COVID-19 tests at IH Community Collection Centres – week of Dec. 27

Rapid COVID-19 tests will be available at [Interior Health Community Collection Centres](#) (testing centres), beginning the week of Dec. 27. Where available, rapid tests may be provided to individuals experiencing symptoms of COVID-19 and according to risk factors.

No appointment is required to pick up a rapid test. Access may be temporarily limited depending on the supply available.

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 Interior Health COVID-19 immunization clinics and other resources visit: <https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/immunization-clinics>

PUBLIC SERVICE ANNOUNCEMENT