

# What to do if you have COVID-19

A positive test result means you have COVID-19. Rapid point-of-care tests are done at home. PCR test results may be accessed online at [MYHEALTH.GNB.CA](https://myhealth.gnb.ca)

## IF YOUR TEST RESULTS ARE POSITIVE FOR COVID-19 YOU MUST:

Isolate - follow the guidance below. Your isolation period starts from the date of your first positive test.

- These are the days when you are most infectious and more likely to transmit the virus to others.
- Notify your employer that you have tested positive for COVID-19 without delay. If you work in a vulnerable setting, you may be provided modified isolation guidance.
- You do not need any further testing during your isolation.
- Register your positive rapid point-of-care test result at [gnb.ca/positiveresult](https://gnb.ca/positiveresult)

### If you are fully vaccinated (2 doses)

- Isolate for 5 days from the date of your first positive test.
- Once you have completed your 5-day isolation, you must mask continuously, avoid vulnerable settings and gatherings for the next 5 days.

### If you are not fully vaccinated (0 or 1 dose) or are immunocompromised

- Isolate for 10 days after your test date.

## YOU MAY STOP ISOLATING WHEN ALL THREE OF THESE CRITERIA HAVE BEEN MET:

1. You have completed your isolation period; AND
2. You have been fever-free for at least 24 hours without using fever-reducing medications; AND
3. Your symptoms are improving.

## NOTIFY YOUR CLOSE CONTACTS

You must tell your household contacts and community close contacts about your positive COVID-19 test result. These are the people who were within two metres (six feet) of you for at least 15 minutes without masking or barriers in place during the 48 hours before you developed symptoms OR 48 hours before you tested positive (whichever came first). If any of your contacts are experiencing 1 or more symptoms of COVID-19, they must get tested.

### Household Contacts:

These are the people who live with you, who share common spaces such as a kitchen, living room and bathroom. It also includes anyone with whom you may have had intimate contact when you were infectious.

Contacts who work in a vulnerable setting must notify their employer without delay. They may be provided with modified isolation guidance.

#### Fully vaccinated (2 doses) household contacts who do not have any symptoms must:

- Isolate for 5 days unless otherwise directed by Public Health.
- Monitor for symptoms.
- Get tested if 1 or more symptoms develops.
- Once you have completed your 5-day isolation, you must mask continuously when outside your home, avoid vulnerable settings and gatherings for the next 5 days.

#### If you aren't fully vaccinated or are immunocompromised and do not have any symptoms you must:

- Isolate for 10 days, unless otherwise directed by Public Health.
- Monitor for symptoms.
- Get tested if 1 or more symptoms develops.

### Community Close Contacts:

Regardless of their vaccination status, they must:

- Closely self-monitor for symptoms for 10 days after the last time you were together, when you were infectious.
- Mask continuously when outside the home, wash hands often and physical distance in public settings.
- Avoid gatherings or visiting places where vulnerable people may live (i.e. nursing homes, correctional facilities and shelters).
- Get tested if 1 or more symptoms develops.

## TO BOOK A COVID-19 TEST:

- Visit [GNB.CA/GETTESTEDCOVID19](https://gnb.ca/gettestedcovid19)
- If you do not have access to a computer or need help, call Tele-Care at **811**

For guidance on how to isolate visit [GNB.CA/ISOLATE](https://gnb.ca/isolate)