

What to do if you test positive for COVID-19

If you or someone in your household has COVID-19

Updated March 14, 2022

IF YOU OR SOMEONE IN YOUR HOUSEHOLD HAS COVID-19

Isolation is no longer required for the general public; however, you are encouraged to stay home and work from home if possible:

- While sick
- Until your symptoms improve
- Until you have been fever free for 24 hours
- Until you have been diarrhea and vomit free for 48 hours

Once you are no longer feeling sick we encourage you for 5 days, or for 10 days if you are immunocompromised to:

- Wear a three-layer well-fitting mask
- Physical distance from others as best as possible
- Avoid gatherings
- Avoid visiting vulnerable individuals or settings (i.e. Long-term care homes, correctional facilities, hospitals, or shelters.)

You are encouraged to notify your employer that you tested positive for COVID-19 if you work in a vulnerable setting as your employer may provide you with additional guidance to follow.

Within vulnerable sectors, a five-day isolation period for anyone who tests positive for COVID-19 is still recommended by Public Health for people living in:

- long-term care facilities
- shelters
- correctional facilities

ASSESSING PERSONAL RISK

You are encouraged to assess and manage your personal risk and continue using public health preventive measures that can decrease your risk of contracting or spreading COVID-19.

When assessing personal risk, you should consider your own risk factors for severe illness and hospitalization as well as those of family members and friends, in addition to the settings in which they interact.

[GNB.CA/CORONAVIRUS](https://www.gnb.ca/coronavirus)

WHO IS AT HIGH RISK FOR SEVERE ILLNESS?

- Older adults (50 and older with increasing risk with each decade)
- Those with chronic medical conditions or who are immunocompromised
- People who are not fully vaccinated or boosted

IF YOU HAVE RISK FACTORS, YOU SHOULD CONSIDER ADDITIONAL PREVENTIVE MEASURES:

- Avoiding or limiting time spent in crowded or poorly ventilated indoor places
- Minimizing close contact with anyone who has cold-like symptoms
- Continuing to use a mask, distancing, and frequent hand washing

WAYS YOU CAN REDUCE THE SPREAD OF COVID-19

- Get fully vaccinated with two doses and get a booster dose, if eligible
- Wear a mask if you are:
 - Around vulnerable people
 - Indoors in crowded places
 - In poorly ventilated spaces
- Wash or sanitize your hands frequently
- Consider lower risk settings and activities if you are at a high risk
- Stay home if you are sick

PCR test results may be accessed online at [MYHEALTH.GNB.CA](https://www.mylab.gnb.ca).

Register your positive rapid point-of-care test result at [GNB.CA/POSITIVERESULT](https://www.gnb.ca/positiveresult)