



RECOMMENDED STEPS FOR A COVID-19 CASE - FROM THE BMHA EXECUTIVE -

****Please note these are only recommendations and with any situation the Individuals and association is to follow the direction from BC Public Health and CCDC.**

Contact 811 Health Link with any questions

When a COVID-19 test is recommended by the Health Authorities (Fraser Health):

If the COVID-19 test is positive, you should stay home until you are told by public health to end self-isolation. In most cases this is minimum 10 days after the onset of symptoms. Public health will contact everyone with a positive test. Note to return to activities not required as per PH.

If the COVID-19 test is negative, you can return to school/activities (Hockey) once symptoms have improved and you feel well enough. Symptoms of common respiratory illnesses can persist for a week or more. Re-testing is not needed unless you develop a new illness.

If a COVID-19 test is recommended, but is not done because you choose not to have the test, or you do not seek a health assessment when recommended, and your symptoms are not related to a previously diagnosed health condition, you should stay home from school/activities (Hockey) until a minimum 10 days after the onset of symptoms, and then you may return if you are feeling well enough.

Here are some examples from BCCDC: (BC Centre For Disease Control)

Example 1: You've been diagnosed with COVID-19, only had fever at the start and symptoms are gone: you can stop isolating after day 10.

Example 2: You been diagnosed with COVID-19 and still have a fever on day 10 of isolation. On day 12 your fever stops and your symptoms have improved. You can now stop isolating.

Example 3: You were contacted by BC public health because you were in close contact with a confirmed case and were told to self-isolate for 14 days from when you were in contact with the case. On day 5, you developed symptoms and tested positive for COVID-19. By day 10, your symptoms have resolved but you must continue to self-isolate for 14 days because you are a contact of a confirmed case.

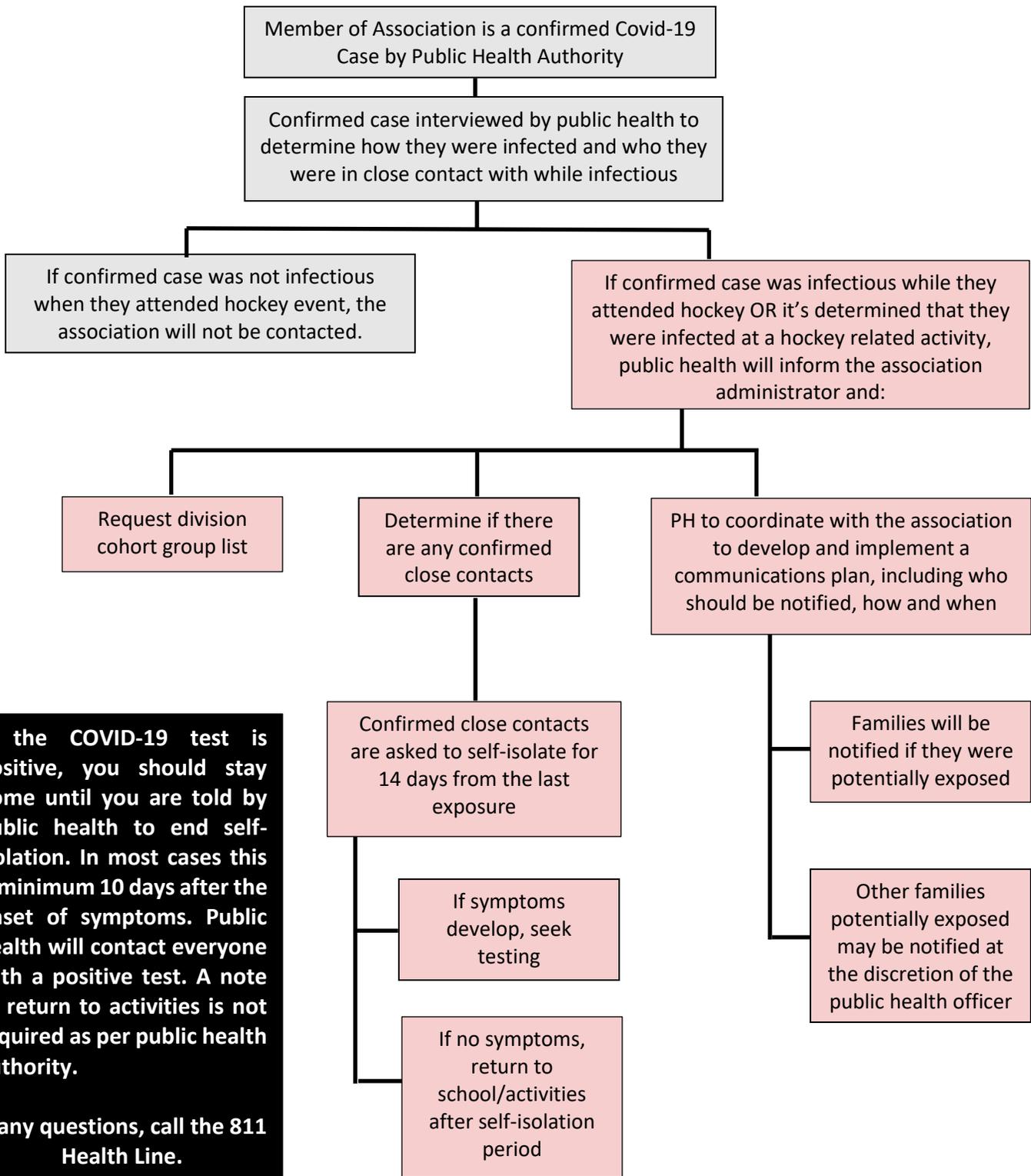
It can be a bit tricky to figure out when your fever has disappeared. It's easier if you keep a note of your temperature and your symptoms every day, so you know when to stop isolating safely.

You've been diagnosed with COVID-19:

- Self-isolate for a minimum of 10 days since your symptoms started, AND
- Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, Advil), AND
- You are feeling better (e.g. improvement in nausea, vomiting, diarrhea).
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate.

SOURCE: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

PUBLIC HEALTH ACTIONS IN RESPONSE TO CONFIRMED CASE OF COVID-19 IN A HOCKEY RELATED EVENT



If the COVID-19 test is positive, you should stay home until you are told by public health to end self-isolation. In most cases this is minimum 10 days after the onset of symptoms. Public health will contact everyone with a positive test. A note to return to activities is not required as per public health authority.

If any questions, call the 811 Health Line.

Confirmed close contacts are determined based on the length of time of exposure and nature of the interaction. Only public health can determine who is a close contact.