What to do if you test positive for COVID-19

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.)

Notify your employer that you tested positive for COVID-19 if you work in a vulnerable setting. 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

When to get help:

- Call your health care provider or 811 if symptoms continue to get worse, or if you do not notice improvement after 5 or 6 days
- Call 911 for emergencies, including difficulty breathing, confusion or not able to remain awake, chest pain that does not go away with pain medication, or pale, grey or bluish-colored skin that is cold

COVID-19 TREATMENT

- Paxlovid is an at-home treatment for COVID-19. It is used to treat mild to moderate symptoms of COVID-19 in people who are at higher risk for severe illness, hospitalization, or death
- Paxlovid MUST be taken within the first 5 days of symptom onset to be effective

Paxlovid may be beneficial for people who are:

- 80 years of age and older
- 50 to 79 years of age and not fully vaccinated
- 50 to 79 years of age who are residing in a long-term care setting; or living in, or from First Nations communities or those receiving home care services
- 18 years of age or older who are moderately to severely immunocompromised

Eligibility criteria:

- Positive test result confirmed by PCR, Point of Care Test (POCT), or Abbot ID Now test in First Nations Communities
- Having mild to moderate symptoms (fever, cough, shortness of breath, loss of appetite, loss of smell and/or taste, fatigue, runny nose, muscle aches, etc)
- Symptoms have started in the past 5 days

How to access Paxlovid:

- Contact your health care provider
- Tell your provider that you have tested positive and you would like to be assessed for Paxlovid
- If you do not have or cannot reach your health care provider, call 811 or visit evisitnb.ca to see a New Brunswick nurse practitioner or doctor online

Register your positive rapid point-of-care test result at GNB.CA/POSITIVERESULT  PCR test results may be accessed online at MYHEALTH.GNB.CA