



C&W Recommendations for Obstetrics and Gynecology Patients tested for Covid-19

Your COVID-19 test result can be accessed online via **my ehealth** (myehealth.ca) within 24-48 hours. If you are not currently registered for **my ehealth**, please call 1-888-522-7758 to obtain a Lab Visit Number (LVN) which you will require to register and access your results.

- If you are still under investigation or have tested + please call ahead should you need to seek medical care (clinic, hospital, urgent care centre, or physician's office).
- If your test is positive for Covid -19, you will be contacted via telephone by a physician from BC Women's Hospital + Health Centre.
- Your care provider will also receive your test result. We ask that you follow up with your care provider after testing.
- For patients who test positive, pay attention to your health and how you are feeling. You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC and get advice about how you are feeling and what to do next. 8-1-1 has translation services in 130 languages.
- **When to seek urgent medical care:** If you experience one of the following changes in your health and you need medical help right away:
 - If it becomes harder to breathe
 - If you can't drink anything
 - If you feel very unwell

You can seek medical care at BC Women's Urgent Care Centre (604-875-3070) or your closest Emergency Department. If you have chest pains or serious difficulty breathing, it could be a life-threatening emergency, **Call 9-1-1 immediately.**

If you are a gynecology patient and experience heavy vaginal bleeding or if you are pregnant and you begin to feel labour contractions or your water breaks, please call the hospital ahead of arrival and tell them that you have been tested for Covid-19 (604-875-3070).

Resources: The most up-to-date information on length of self-isolation and how to isolate can be found at www.bccdc.ca Please check this site regularly for updates.

It has been recommended that I self-isolate. What are my next steps?

1. Stay at home and avoid contact with others (self-isolate).
2. Call the provincial health line 8-1-1 (HealthLink BC) to receive advice about self-isolating if you have not already been in contact with public health officials. It is toll-free and has translation services available in more than 130 languages.
3. Your family must remain in isolation as well.
4. Please check the BC Centre for Disease Control (BCCDC) website for information on length of isolation. www.bccdc.ca

How do I avoid contact with others?

We know this is hard, but for the health of your family, friends & community you must stay at home.

- Do not go to work or school; if you need a note, ask your health care provider to provide you one.
- Do not go to public areas, including places of worship, stores, shopping malls and restaurants.
- No visitors to your home.
- Cancel or reschedule appointments.
- Do not take buses, taxis or ride-sharing where you would be in contact with others.
- It is okay to have family/friends drop off food or you can use delivery/pick up services for errands such as grocery shopping.

How do I avoid contact with others in my home?

Household members should stay in another home or place of residence if possible, especially if they have a compromised immune system or chronic health conditions. If you are sharing your home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can.

How do I stop the spread of germs?

Wear a face mask when you are around others. When you are sick, wearing a face mask (surgical) helps to stop the spread of germs from you to others. Even in the early stages of infection, people may be able to spread the disease while having very mild symptoms. If possible, wear a face mask when you are in the same room with other people and always wear a mask when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. You and those you live with do not need to buy and wear other types of masks, such as an N-95 respirator mask. A caregiver may be able to purchase face masks for you at a pharmacy.

Cover your coughs and sneezes. When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.

Wash your hands. Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Learn more at www.healthlinkbc.ca/healthlinkbc-files/hand-washing

Avoid sharing household items. Avoid sharing dishes, cups, eating utensils, towels, bedding, or other items. After using these items, wash them with soap and hot water.

Flush the toilet with the lid down. COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

Clean and disinfect common areas once a day. Each day, clean places and surfaces in the room(s) that you are staying in. Regular cleaning products are fine for this. Then disinfect (kill germs) by mixing 1 part bleach with 9 parts water and applying it to areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. It is especially important to use bleach to disinfect if you are sharing any common areas (such as a bathroom) with others or if others will be entering the room(s) where you are staying.