



BRITISH COLUMBIA

BC COVID-19 Self-Assessment Tool

Powered by  thrive health

(<https://www.thrive.health>)

If you need help or guidance in another language, please call 8-1-1 which provides translation services in 130 languages.

The Ministry of Health in partnership with Thrive Health created this self-assessment tool to provide up-to-date guidance and recommendations for testing and follow-up for COVID-19 that follows BCCDC guidance. It is not a diagnostic tool and does not replace the advice of your healthcare provider.

Note that this self-assessment tool is intended for COVID-19 only. Your symptoms may not be related to COVID-19 and could require you to seek medical attention. If you are uncertain and/or feel very sick, contact your family doctor/nurse practitioner or call 8-1-1.

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Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness



Are you experiencing any of the following:


- Mild to moderate shortness of breath
- Inability to lie down because of difficulty breathing
- Chronic health conditions that you are having difficulty managing because of difficulty breathing

Are you experiencing cold, flu or COVID-19-like symptoms, **even mild ones?**

Symptoms include: Fever*, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea and vomiting, muscle aches.

While less common, symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discoloration of fingers or toes.

Fever: Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](https://www.healthlinkbc.ca/health-topics/fevr3)  (<https://www.healthlinkbc.ca/health-topics/fevr3>) and for [people age 12 and older](https://www.healthlinkbc.ca/health-topics/fevr4)  (<https://www.healthlinkbc.ca/health-topics/fevr4>).

Have you travelled to any countries outside Canada (including the United States) within the last 14 days? 

Did you **provide care** or have **close contact** with a person with confirmed COVID-19?

Note: This means you would have been contacted by your health authority's public health team.

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