

HOW TO TALK TO YOUR FRIENDS ABOUT COVID-19



As health authority employees, medical staff and volunteers, your personal networks may be looking to you for information about COVID-19.

Here's what you can say:

Stay informed

Use trusted sources for up-to-date information, travel advisories and other updates:

- **BC Centre for Disease Control**
bccdc.ca
1-888-COVID19 (268-4319)
- **Interior Health**
interiorhealth.ca
- **Public Health Agency of Canada**
canada.ca
1-833-784-4397
- **World Health Organization**
who.int

Know the signs and symptoms



Cough



Sneezing



Sore throat



Fever



Difficulty breathing

Follow the proper procedures

The BCCDC self-assessment tool will help determine whether you may need further assessment or testing for COVID-19:
covid19.thrive.health/



If you do need a test, call your health care provider before you go to ensure they are prepared and can keep clinic staff and other patients safe.

No family doctor? Call 8-1-1. Nurses at 8-1-1 can assess your risk and provide instructions.



Practice good hygiene

"Wash your hands like you've been chopping jalapeños and you need to change your contacts"
- Dr. Bonnie Henry, BC's Provincial Health Officer

Wash your hands thoroughly and often with soap and water



Use hand sanitizer after touching surfaces



Avoid touching your face



Cover your mouth and nose when coughing or sneezing



Maintain a distance of about 2 metres from others



Avoid others who are unwell and stay home when you are sick

Protect patient privacy

Our commitment to patient privacy and confidentiality is imperative.

Our public health response is most effective when people can trust that when they come forward and contact us for help, they will get the care they need to protect themselves and those around them.

We are committed to being as open as possible, while protecting patient privacy.

