

COVID-19 Update:

What you can do:

The most effective way to protect yourself and your family is to follow a few simple recommendations from public health officials:

- Wash your hands often with soap and water;
- Cover your mouth and nose when coughing or sneezing;
- Avoid touching your face;
- Avoid others who are unwell;
- Stay home when you are sick; and
- If you are out in public, try to keep 2 metres between yourself and others.

The symptoms of COVID-19, the disease caused by the new coronavirus, are similar to other respiratory illnesses, including the flu and common cold. They include cough, sneezing, fever, sore throat and difficulty breathing.

Use the [BC COVID-19 Self-Assessment Tool](#) to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Anyone concerned that they may have been exposed to, or are experiencing symptoms of the novel coronavirus, should contact their primary health care provider or call 8-1-1 (Health Link BC).

The province has created a phone service to provide non-medical information about COVID-19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 am - 8 pm at 1-888-COVID19 (1-888-268-4319) or via text message at 604-630-0300.