



## If you are presenting with concerns about COVID-19 and requesting a test, please read the following:

As per new BC Centre for Disease Control (BCCDC) guidelines, we are ONLY testing the following people:

- 1) Patients admitted to the hospital (beyond the Emergency Department)
- 2) Health care workers (who are symptomatic)
- 3) Long-term care residents

If you have symptoms such as fever, cough, aches and pains, headache, runny nose, or nausea with or without travel history, you can be safely managed at home with self-isolation.

Drink plenty of fluids and take acetaminophen (Tylenol) for fever and pain. Do **NOT** take ibuprofen (Advil, Motrin), naproxen (Aleve), or any other nonsteroidal anti-inflammatories. **AVOID** direct contact with anyone else in the household.

**It is imperative if you do have these symptoms to self-isolate for 7 days.** After 7 days, if you no longer have a fever, you may return to routine practices. Most people will recover fully without any complications, but in the first week you are at high risk of spreading infection.

Please be aware that Doctors' notes are **NOT** required by your employers.

Please call 811 for further information. If you require emergency services, call 911.

Recommendation for testing and swabs may change in the future. Please seek out any extra information from the BCCDC website: [www.bccdc.ca](http://www.bccdc.ca)