

Use your **ER** wisely during **COVID-19**

Do not come to the ER to be tested for COVID-19. Call your Family Doctor or 8-1-1 for assessment and testing options.

Most people with mild symptoms do not require a test and should proactively self-isolate instead. A doctor's note is not required if you miss work to self-isolate.

Visit an Urgent and Primary Care Centre for non-life-threatening, urgent care needs.

Find a location at fraserhealth.ca/urgentcare.

Call your pharmacist about prescription refills.

Call 1-888-COVID-19 or text 604-630-0300 for answers to non-medical COVID-19 questions.

Call 9-1-1 or visit your nearest emergency room for critical or life-threatening conditions.



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