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

- **Fraser Health**
  fraserhealth.ca/coronavirus

- **Public Health Agency of Canada**
  canada.ca/en/public-health

- **World Health Organization**
  who.int

The Public Health Agency of Canada has created a toll-free phone number (1-833-784-4397) to answer questions from Canadians about novel coronavirus.

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

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

Know the signs and symptoms

Cough   **Sneezing**   **Sore throat**   **Fever**   **Difficulty breathing**

Follow the proper procedures

If you suspect you or someone in your close contacts has a COVID-19 infection, CALL ahead before seeking care.

- Call your family physician and explain your concern. This ensures that the clinic is prepared to test you, if needed, and keeps the clinic's staff and other visitors safe.

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

Protect patient privacy

Our commitment to patient privacy and confidentality 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.

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