

Protect Yourself and Your Family

...during the COVID-19 pandemic.



*Do your part to ensure that if you are diagnosed with COVID-19 your values are **Expressed, Documented, and Respected.***

ASK YOURSELF:

- What brings my life meaning and joy?
- What do I understand about my current health?
- Have I chosen a **Substitute Decision Maker**?
- Have I **shared my wishes** with those who are close to me and my health care provider(s)?
- Have I **recorded my wishes**?

Need Help or Have Questions?
Contact the Fraser Health Advance Care Planning Team:
1-877-825-5034

advancecareplanning@fraserhealth.ca

Resources are available at: www.fraserhealth.ca/acp

