

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.

Stay informed

Use trusted sources for up-to-date information, travel advisories and other updates:

- Vancouver Coastal Health
vch.ca/COVID-19
@vchhealthcare
- BC Centre for Disease Control
bccdc.ca
@CDCofBC
- Public Health Agency of Canada
canada.ca/en/public-health
@CPHO_Canada (Dr. Theresa Tam)
@GovCanHealth
@HealthyCdns
- Government of British Columbia
gov.bc.ca
@BCGovNews
- World Health Organization
who.int
@WHO

Know the signs and symptoms



Fever



Cough



Difficulty Breathing

How to stay healthy

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 with your elbow when coughing or sneezing.



Avoid large gatherings.



Avoid others who are unwell.
Stay home if you're sick.



Know the proper procedures

If someone you know has symptoms of COVID-19, they should stay home. People with mild respiratory symptoms (including cold symptoms) should not be tested. COVID-19 presents as a mild illness in the majority of people. They should seek medical assessment if respiratory symptoms worsen. They can call 8-1-1 to speak to a nurse at HealthLink BC about their symptoms in more detail. 8-1-1 is experiencing heavy call volumes and will get to calls as quickly as possible.

A self-assessment tool from the Ministry of Health is available at <https://covid19.thrive.health/>

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.



Protect patient privacy

Our commitment to patient privacy and confidentiality 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.

For more information about VCH's privacy policies, please visit www.vch.ca/your-care/your-safety-privacy or email privacy@vch.ca

