

QUESTIONS ABOUT COVID-19?



BC COLLEGE OF
FAMILY PHYSICIANS
The home of family medicine

As British Columbia's family doctors, we're here for our patients. Let's all do our part to help control the spread. **TAKE THE FOLLOWING ACTIONS:**

TURN TO TELEMEDICINE

Many family doctors can now meet with you by phone, email or video. Ask your doctor.



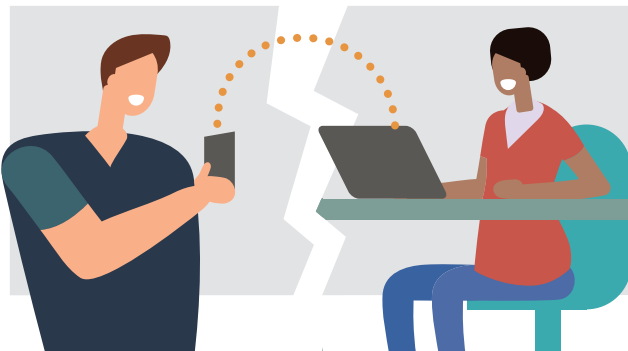
EMBRACE YOUR HOME BASE

Stay home if you have mild respiratory symptoms. Most people will get better on their own at home.



REMAIN CLOSE...AT A DISTANCE

Use virtual means to connect with friends and loved ones.



DON'T FRET IF NO TEST

Not everyone needs a COVID-19 test. Again, most get better on their own.



USE SOAP AND SLEEVES

Wash your hands.

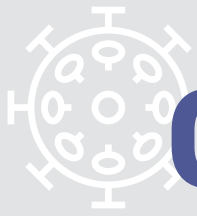


Sneeze into a tissue or your upper sleeve.



Don't touch your face.





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HERE ARE STEPS WE CAN ALL TAKE TO PUSH BACK AGAINST COVID-19:

Let's slow down the spread of this virus and get through this together.

1. TURN TO TELEMEDICINE

Family doctors can provide safe care that may not need an office visit. We are encouraging our patients to call by phone or see us virtually. That way, we can keep you and other patients safe and keep our staff healthy. If we have concerns, we'll make sure you get the care you need.

2. EMBRACE YOUR HOME BASE

Family doctors want to do everything possible to support our patients—one key way we'll do that is by telling those with mild symptoms to stay home. Most people will get better on their own.

3. REMAIN CLOSE...AT A DISTANCE

All of us need to avoid gatherings or large groups in order to slow down the spread of this virus. Social distancing can be difficult and unsettling—so let's make use of phone, email or video calls to connect with friends and loved ones in virtual ways. There's no need to panic but there is a need to be smart about our social interaction right now and follow the advice of public health.

4. DON'T FRET IF NO TEST

Not everyone needs a swab to test for COVID-19. You can do an online assessment tool to determine if you may have symptoms of COVID-19 online at [covid19.thrive.health](https://www.covid19.thrive.health). You can call 8-1-1 to discuss your symptoms and plan for action with a nurse, and many family doctors can discuss with you by phone or virtually.

5. USE SOAP AND SLEEVES

Proper hand washing; using a tissue or your upper sleeve to sneeze; and keeping your hands away from your face are still the best lines of defence against infection.

6. STAY INFORMED

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 from 7:30 am – 8:00 pm daily at [1-888-COVID19 \(1-888-268-4319\)](tel:1-888-COVID19) or via text message at [1-888-268-4319](tel:1-888-268-4319).

Adapted from the Ontario College of Family Physicians.