



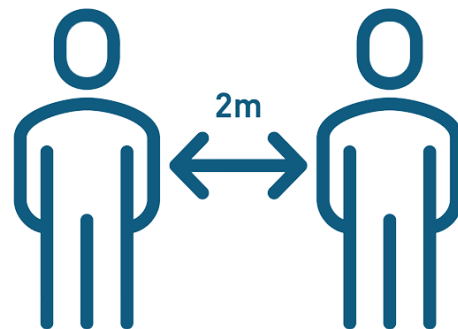
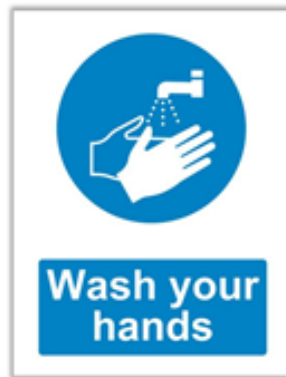
Nursing Services

**SPECIAL COVID-19
ISSUE**

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5 things to protect yourself and limit the spread of COVID-19



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Vulnerable community members

- Anyone who is:
 - Elders over 65 yrs. Of age
 - Those with pre-existing chronic conditions (e.g. cancer, HIV/AIDS, diabetes, asthma, renal disease, heart disease, high blood pressure, lung disease)
 - People with weakened immune system
 - People with chronic disease are at higher risk of death if they become ill



While testing has expanded, **not everyone needs a test. COVID-19 testing is not recommended for people without symptoms.**

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- | | |
|-----------------------|--------------------------|
| • fever | • stuffy or runny nose |
| • chills | • loss of sense of smell |
| • cough | • headache |
| • shortness of breath | • muscle aches |
| • sore throat | • Fatigue |
| • painful swallowing | • Loss of appetite |

Island Health COVID-19 Testing Call Centre

If you do not have a primary care provider, please call Island Health's Call Centre at **1-844-901-8442** to be assessed to determine if you need testing

If unable to reach the Call Centre you can also call the nursing line 811.

Making a COVID-19 testing appointment

Appointments for COVID-19 testing must be pre-booked through a primary care provider or Island Health's Call Centre. Testing sites are unable to accommodate unscheduled or walk-in visits.

Island Health asks members of the public to ***please not go to a hospital emergency department seeking COVID-19 testing.*** However, people experiencing a medical emergency should call 911 or go to the nearest emergency department