

HEALTH RESOURCES AVAILABLE FOR PARENTS, STUDENTS AND STAFF

What are the services and resources available to parents, students and staff to learn about COVID-19 and combat the spread of it?

- B.C. has launched a new non-medical information line for British Columbians who have questions about COVID-19: 1-888-COVID19. Phone lines are open 7 days a week from 7:30 AM to 8 PM, and information is available in more than 110 languages.
 - B.C.'s COVID-19 website has many resources available at www.gov.bc.ca/covid19
 - The BC Centre for Disease Control (BCCDC) [website](#) also has many resources for British Columbians who want more information about COVID-19.
- If you think you have symptoms the Ministry of Health has developed an online self-assessment tool at covid19.thrive.health. If you have symptoms you can call 8-1-1 to pre-arrange health testing. If you have symptoms associated with COVID-19, self-isolate.

What can everyone do to stop the spread of COVID-19?

- Each of us has a role to play in reducing the spread of this virus and protecting the people we love.
- The most important things people can do to limit the spread of the virus are:
 - Stay home as much as possible and limit contact with other people.
 - Wash your hands frequently with soap and water, for at least 20 seconds.
 - Avoid touching your face.
- We are asking everyone to play their part – every level of government, every community, every business, everyone in B.C.

What are the options for COVID-19 testing?

- Testing is available for all who need it, but not everyone requires a test. No test is needed if you have no symptoms, mild symptoms, or are a returning traveller self-isolating at home.
- Testing continues to focus on those who are part of an active investigation or outbreak cluster, those who are hospitalized, and residents of long-term care facilities and health-care workers.
- The COVID-19 testing strategy in B.C. is being adapted to ensure testing is available to those who need it most.
 - Testing will focus on people in hospital, long term care facilities and those involved in ongoing investigations around identified cases.
 - Health authorities will announce new testing centres in the coming days.
- The Province is developing plans for mobile testing sites conducted by regional health authorities.