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.

**REMAIN CLOSE...AT A DISTANCE**
Use virtual means to connect with friends and loved ones.

**EMBRACE YOUR HOME BASE**
Stay home if you have mild respiratory symptoms. Most people will get better on their own at home.

**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.

Still have questions? Visit our website at BCCFP.BC.CA/COVID-19/
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. 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) or via text message at 1-888-268-4319.

Adapted from the Ontario College of Family Physicians.