Feeling sick?
Stop the spread

Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well — no matter what virus you have — help stop the spread.

Stay home if possible until you feel better

Cough or sneeze into your elbow

Clean hands often

20 seconds

Wear a mask when with others

Keep up to date with your vaccines.
Check with your healthcare provider for more information.

For more information, visit www.bccdc.ca

Questions? Call HealthLink BC at 8-1-1