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
- Wear a mask when with others
- Clean hands often
  - 20 seconds

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