

No Signs of a Cold or the Flu and COVID-19

Why am I not being tested for coronavirus (COVID-19)?

You do not need to be tested at this time because you do not have any signs of a cold or the flu.

The British Columbia Centre for Disease Control recommends we do not test people for COVID-19 if they are not experiencing any signs of a cold or the flu.

What can I do to protect myself and others around me?

Do all the same things we suggest during cold and flu season.

- Clean your hands often with soap and water or hand sanitizer.
- Try not to touch your eyes, nose, and mouth.
- Try not to get near any ill people.
- Cover your mouth and nose when you cough or sneeze.
- Disinfect surfaces that are touched often (such as counters, tabletops, doorknobs).

What do I do if I get sick?

If you notice signs of a cold or the flu (cough, fever, body aches, generally feeling unwell), call 8-1-1 or your family doctor.

Where can I learn more?

We have created a helpful webpage with information about the COVID-19 (novel coronavirus). It includes the answers to frequently asked questions. Go to fraserhealth.ca/coronavirus or scan this QR code to the page.



A QR code (short for 'quick response' code) is a type of barcode you can scan with your smart device's camera. Once scanned, it takes you to that web page.

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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