

COVID-19 UPDATE

***** COVID-19 Testing is now recommended for individuals with at least 24 hours of symptoms who are:**

- **Residents of remote, rural, or Indigenous Communities**

What are symptoms of COVID-19?

Mild Symptoms may include some or all of the following:

- Low-grade fever
- Cough
- Malaise (overall feeling of discomfort)
- Rhinorrhea (runny nose)
- Fatigue (extreme feeling of tiredness)
- Sore throat
- Gastrointestinal symptoms such as nausea, vomiting, and/or diarrhea

Severe Symptoms may include any of the mild symptoms, as well as:

- Fever
- Shortness of breath
- Difficulty breathing and/or chest pain

**** If you are having any of the above symptoms please call for assessment and testing:**

Please call our Nurses or Nurse Practitioner:

250-398-9814 - (9:00am – 4:30pm)

250-305-4162 - Evenings and Weekends