

# COVID-19 UPDATE

## Stswecem'c Xgat'tem, T'exelc, Xatsull

### First Nations

**COVID-19 Testing is now recommended for individuals with any symptoms**

Guidelines for Covid-19 testing in BC are updated. It is critical to ensure timely identification of new infections and their contacts to prevent community spread of COVID-19.

1. Test all individuals with new respiratory or systemic symptoms compatible with COVID-19, however mild. Symptoms include fever, chills, cough, shortness of breath, sore throat, painful swallowing, runny nose, nasal congestion, loss of sense of smell, headache, muscle aches, fatigue, or loss of appetite.
2. Individuals in the following groups should be prioritized for testing:
  - a. Residents and staff of long-term care facilities
  - b. Pregnant individuals near term, patients on hemodialysis or cancer patients
  - c. Healthcare workers
  - d. Individuals with a higher probability of being infected with COVID-19
  - e. Resident of remote, isolated, or Indigenous communities
  - f. People living in congregate setting, work-camps, correctional facilities, shelters, or group homes
  - g. Homeless or have unstable housing
  - h. First responders
3. COVID-19 testing is not recommended for individuals without symptoms

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

**Please call our Nurses or Nurse Practitioner:**

**250-398-9814 – 9:00am – 4:30pm**

**250-305-4162 – Evenings (5pm-8pm)**

**Weekends (12pm-4pm)**

**Holidays (12-4pm)**

Update May 15, 2020

