



Okanagan Indian Band

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HEALTH BULLETIN

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How to protect yourself and your family

February 27, 2020 - Follow the same advice that public health officials recommend for the cold and flu season:

- Wash your hands often with soap and water.
- Cover your mouth and nose when coughing or sneezing.
- Avoid others who are unwell.
- Stay home when you are sick.

The most important thing you can do to prevent coronavirus and other illnesses is to wash your hands regularly and avoid touching your face.

Cover your mouth when you cough so you're not exposing other people. If you are sick yourself, stay away from others. Contact your health-care provider ahead of time so you can be safely assessed.

Extra care should be taken around the elderly, babies, pregnant women and people with compromised immune systems.

If you are concerned that you may have been exposed to, or are experiencing symptoms of COVID-19, call HealthLink BC at **8-1-1**.