



## Okanagan Indian Band

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### HEALTH BULLETIN

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#### Health bulletin: Symptom Self-assessment Tool

March 17, 2020 - Here is some information for community members about testing for COVID-19:

The BC Ministry of Health has a [COVID-19 Symptom Self-assessment Tool](#) that you can use.

#### Who should be tested for COVID-19?

People with respiratory symptoms who are:

- Hospitalized, or likely to be hospitalized
- Health Care Workers
- Residents of long term care facilities
- Part of an investigation of a cluster or outbreak

#### Who does not need to be tested for COVID-19?

- People without symptoms
- Patients with mild respiratory symptoms who can be managed at home, including returning travellers with an onset of illness within 14 days of return to Canada

The BC Ministry of Health strongly urges anyone who has symptoms - including a fever, cough, sneezing, sore throat, or difficulty breathing to [self-isolate](#) for 14 days.

To protect yourself while out in public, wash your hands frequently and maintain a distance of about 2 metres from others.

For more information on COVID-19, check out to [HealthLink BC's COVID-19 website](#).

The province has created a phone service to provide **non-medical** information about COVID-19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 am to 8 pm at **1-888-COVID19** (1-888-268-4319) or via text message at **604-630-0300**.