

## If you have symptoms:

- **Stay home if you feel unwell**, even if you have **mild** symptoms.
- Do the online Covid-19 Self-Assessment/Symptom checker (<https://bc.thrive.health/>).
- If you are concerned about your symptoms, call the 24-hour BC Nurse Line (811), or your doctor.
- If you have more distressing symptoms (fever, cough and difficulty breathing, altered level of consciousness), seek medical attention and call in advance (call 911, or go to the Emergency Room, but you **must** call first).