

## Respiratory Illness Guidelines for Community Members

**If you have symptoms such as fever, cough, aches and pains, headache, runny nose, or nausea with or without travel history, you can be safely managed at home with self-isolation.**

- Drink plenty of fluids and take acetaminophen (Tylenol) for fever and pain.
- Do **NOT** take ibuprofen (Advil, Motrin), naproxen (Aleve), or any other nonsteroidal anti-inflammatories.
- AVOID direct contact with anyone else in the household.

**It is imperative if you do have these symptoms to self-isolate for 14 days.** After 14 days, if you no longer have a fever, you may return to routine practices. Most people will recover fully without any complications, but in the first week you are at high risk of spreading the infection.

Please be aware that Doctors' notes are NOT required by your employers.

The Helping House can be reached at 604-929-4133 if you have any questions. Alternatively, please call 811 for further information on COVID19. If you require emergency services, call 911.

Please note, as per current BC Centre for Disease Control (BCCDC) guidelines, COVID19 testing centers (i.e. the North Vancouver Urgent Primary Care Centers are **ONLY** testing the following people who display respiratory symptoms:

- 1. Patients admitted to the hospital (beyond the Emergency Department)**
- 2. Health care workers (who are symptomatic)**
- 3. Long-term care residents**

**Anyone else with respiratory symptoms is asked to self-isolate at home for 14 days.**

Recommendation for testing and swabs may change in the future. Please seek out any extra information from the BCCDC website: [www.bccdc.ca](http://www.bccdc.ca)