

BETHEL ASSEMBLY
222 OCEANVIEW DRIVE, QUEEN CHARLOTTE, B.C. V0T1S0
250-559-4294

CORONAVIRUS

Information

- www.Bccdc.ca (detailed symptoms, self assessment tools, instructions etc.)
- www.canada.ca
- Info Hotline: 1-888-268-4319
- Global News Updates from BC Medical Officer Dr. Bonnie Henry

Instructions @ a Glance

- **IF SICK.....STAY AT HOME!**
- Call before going to hospital. Most medical calls are covered by phone.
- Tests for the Coronavirus are NOT for those with mild or no symptoms
- **14 day Self isolation for anyone returning to the island from off island**
 - See www.Bccdc.ca
- **2 Meter social distancing order**
- **14 day quarantine for travellers from out of country or having direct exposure from infected person. – ORDER**
 - See www.Bccdc.ca
- Disinfect household surfaces regularly 1-9 ratio with bleach/water or use Lysol wipes
- Hand sanitizer use – 60% alcohol or higher
- Wash hands with soap and water frequently
- Clean phones by spraying Lysol spray on cloth and wipe phone surface.
- Check up on each other by phone. Remember the elders and shut-ins in you community
- Bethel Assembly is here if you need help: call Pastor Wes 250-983-6763
- Social media: caremongering
- NO contact with delivery of items
- Business will have customer limits and certain hours for senior shopping

**EAT HEALTHY...GET YOUR SLEEP. ..KEEP YOUR
DISTANCE...WASH HANDS OFTEN.**