

Health Screening



**If you have any of these symptoms,
go home, stay away from other people,
and get tested.**

- FEVER OR FEELING
FEVERISH**
- CHILLS**
- COUGH**
- SHORTNESS OF BREATH**
- SORE THROAT**
- MUSCLE ACHES**
- LOSS OF SMELL OR TASTE**

If you have any of these symptoms,

STOP!



Fever



Difficulty breathing



Loss of taste or smell



Muscle pain



Nausea, diarrhea, or vomiting



Chills



Cough



Runny nose or congestion



Sore throat



Headache



Fatigue

STAY SAFE

**If you have a fever,
cough, or difficulty
breathing, STOP!**



Please call **8-1-1** before entering.

They will give you instructions
to help protect others.

Visit : www.healthlinkbc.ca

Thank you for your cooperation.

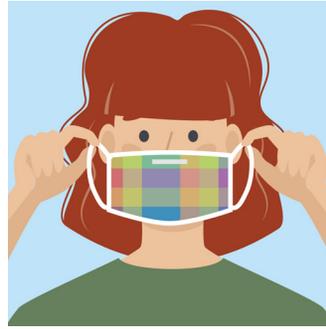
How to Safely Wear Your Mask



Step 1: Wash or sanitize your hands.



Step 2: Make sure the top of the mask is over your nose and the bottom is under your chin.



Step 3: Place the mask over your nose and mouth before you place the ear loops or head straps behind your head.



Step 4: Move the mask around so it covers nose, mouth, and chin completely.



Step 5: The tops of some masks can bend. Press your fingers on the top of the mask to make them fit tight around your nose.



Step 6: Do not touch the mask while wearing it. Adjust the ear loops or head straps if you need to make it fit better.



Step 7: Use the mask ear loops or head straps to take it off. Do not touch the front.



Step 8: Wash cloth masks between uses. Throw away disposable masks.



Step 9: If wearing N95/KN95 again, store in a paper bag. Do not wash.



Step 10: Wash or sanitize your hands again.

Who should not wear a mask?

- Children under age 2.
- Anyone needing help to remove the mask.
- People who have trouble breathing.

DO:

Tips for Wearing a Mask



Wear a mask that fits well and is comfortable.



Choose a mask that offers the best protection. N95 or KN95 masks are best, if you can.



Or, a mask with at least two layers of tightly woven fabric.



Make sure your mask completely covers your nose, mouth, and chin.



Clean your hands before and after touching your mask.



Wash your cloth mask after each use. Do not wash N95/KN95 masks, but store in a paper bag.

DO NOT:



Wear a mask that is dirty, damp, or damaged.



Wear your mask below your nose.



Wear a mask with gaps on the sides of face or nose.



Pull the mask down under your chin.

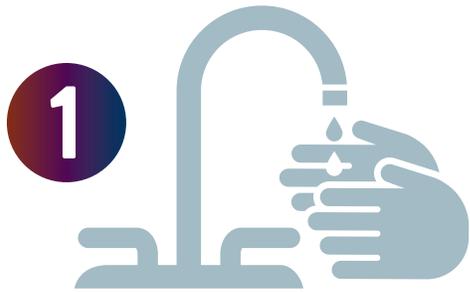


Touch the front of your mask while wearing it.



Share your mask with other people.

Do not forget to wash your hands!



WET YOUR HANDS



APPLY SOAP



**WASH YOUR HANDS
FOR 20 SECONDS**



*Need a timer?
Sing the ABC song!*



RINSE WELL



DRY YOUR HANDS

**Remember to scrub between your fingers, under your nails,
and the top of your hands.**