

# COVID-19 Help on the Sunshine Coast

## ! Are you returning from travel outside of Canada?

You must strictly self-isolate for 14 days. If you develop any cold/flu symptoms during this period, you will need to continue to self-isolate for a further 10 days from the day your symptoms began. Review the do's and don'ts of self-isolation: [BC Centre for Disease Control website](#)

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### If you have new cold or flu symptoms, self-isolate for 10 days.

- For information on self-isolation: [BC Centre for Disease Control website](#)
- Use an online self-assessment tool: [BC Thrive Health](#)

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### If you experience these symptoms: fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea and vomiting, muscle aches

- Contact your family physician OR the Respiratory Assessment Clinic
- Clinic is open 8:30am to 4:30pm, 7 days per week
- If needed, you will be booked for an in-person assessment at the Clinic or your home
- Call or text **604-740-1252** or email [coastrespclinic@gmail.com](mailto:coastrespclinic@gmail.com)

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### If you have severe trouble breathing, severe chest pain, difficulty waking up, feel confused or are losing consciousness:

**Call 911 or go to the Emergency**

\*Call the ER *prior* to attending to allow for appropriate precautions

#### For non-COVID health concerns

All medical clinics on the Coast are offering telephone or virtual visits for their own patients as well as those without a family physician. Physical examination will be arranged if necessary.

Arbutus: 604-885-2384

Cowrie: 604-670-6222

Gibsons: 604-886-2868

Sechelt: 604-885-2257

Pender Harbour Health Centre: 604-883-2344

Upstream: 604-885-6400



Sunshine Coast

Division of Family Practice

A GPSC initiative

For information, call the COVID-19 hotline at 1-888-COVID19 (1-888-268-4319)