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**BC Centre For Disease Control Recommendations:  
Novel Coronavirus (COVID-19)**

Current Threat Level in BC: **LOW**

Follow the same advice that public health officials recommend for the cold and flu season: avoid touching your face, wash your hands often with soap and water, cover your mouth and nose when coughing or sneezing, avoid others who are unwell, and stay home when you are sick.

The most important thing you can do to prevent coronavirus and other illnesses is to wash your hands regularly and avoid touching your face.

Cover your mouth when you cough so you're not exposing other people. If you are sick yourself, stay away from others. Contact your health-care provider ahead of time so you can be safely assessed.

The most at-risk populations are the very young, the elderly and those with chronic illness/low immunity. If you have any question about your own health, it is advisable to avoid potentially passing on any illness to these populations by minimizing contact.

For further information, visit the BCCDC web page below:

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))