

## Useful Resources for COVID-19

There is a lot of information about COVID-19. Below is a list of the useful, trusted sources we use at HealthLinkBC **8-1-1** to provide British Columbians with health information and advice. If you find information online or in social media that you are not sure you can trust, call us at **8-1-1** and we can help.

### BC Centre for Disease Control

BC Centre for Disease Control (BCCDC) is the provincial source of information on COVID-19.

BCCDC provides health promotion and prevention services, and diagnostic and treatment services. They work to reduce communicable and chronic disease, preventable injury and environmental health risks. BCCDC also provides analytical and policy support to government and health authorities.

To find health information about COVID-19 for the public and for health care professionals, and to use the self-assessment tool for COVID-19 testing, visit the BCCDC website.

- [BC Centre for Disease Control: COVID-19 Community Settings](#)
- [BC Centre for Disease Control: COVID-19 data](#)
- [BC Centre for Disease Control: COVID-19](#)
- [BC Centre for Disease Control: COVID-19 Care](#)
- [BC Centre for Disease Control: COVID-19 self-assessment for testing](#)

### B.C. Government, Provincial Supports for COVID-19

The province of B.C. is taking steps to contain the spread of COVID-19. There are many programs in place to support British Columbians through these unprecedented times. For information from the B.C. Government on essential services, news and updates, education, child care, business, travel, housing and monthly bills, reduced services and more, visit [B.C. Government: B.C.'s response to COVID-19](#).

## **COVID-19 Updates from the Province of B.C.**

The Provincial Health Officer, Dr. Bonnie Henry and the Minister of Health, Adrian Dix provide weekly briefings on the province's response to COVID-19. Watch on your preferred news channel or on the Province of B.C.'s Facebook or YouTube channel, or visit the B.C. Gov News room updates.

- [Province of B.C., BC Gov News: COVID](#)
- [Province of B.C., YouTube: Important Information about COVID-19](#)
- [B.C. Government Facebook](#)

## **Employers & Businesses**

Find guidance on developing plans for operating as safely and normally as possible during the pandemic. WorkSafe BC protects workplace safety of British Columbians in partnership with workers and employers. For more information on COVID-19 information and resources for employers and businesses, see:

- [BC Centre for Disease Control: Employers & Businesses](#)
- [WorkSafeBC: COVID-19](#)

## **Health Authority information**

For information about COVID-19 from your local health authority, see:

- [First Nations Health Authority: COVID-19 \(Novel Coronavirus\)](#)
- [Fraser Health: COVID-19](#)
- [Interior Health: Information you can trust about COVID-19](#)
- [Island Health: COVID-19](#)
- [Northern Health: COVID-19 information](#)
- [Vancouver Coastal Health: COVID-19](#)

## **Hospital Visiting Guidelines**

Hospitals have changed their visiting guidelines and have new restrictions in place to prevent the spread of COVID-19. Restrictions may vary and change. Make sure you check what the visiting policy is at the facility before you visit it. For more information on visitor guidelines in your region see:

- [Fraser Health](#)

- [Interior Health](#)
- [Island Health](#)
- [Northern Health](#)
- [Vancouver Coastal Health](#)

Taking care of our loved ones and remaining connected is still possible even with physical distancing requirements at hospitals. Here are some ideas on how to do this:

- Use technology to check in and share good wishes
- Select a family member who will be the main contact person who can call the hospital each day for an update to pass along. Check with hospital staff to find out what the best time would be for a daily call
- Ask hospital staff if you can deliver a care package for your loved one and if there is anything that is not allowed (e.g., plants and flowers)

## **Medical Services Plan (MSP)**

Medical Services Plan (MSP) is British Columbia's health insurance program. It covers the cost of medically-necessary hospital and doctor services for B.C. residents. The program pays for required medical services provided by physicians, nurse practitioners, and midwives. Other paid services include dental and oral surgery performed in a hospital, and diagnostic services.

For more information on MSP and its response to COVID-19, see:

- [Coverage Wait Period](#)
- [MSP response to COVID-19](#)

## **Post-COVID-19 Interdisciplinary Clinical Care Network**

The [Provincial Health Services Authority: Post-COVID-19 Interdisciplinary Clinical Care Network](#) aims to support the best possible outcomes for people recovering from lingering symptoms after COVID-19 infection, through research, education and care. The Network is a partnership between B.C.'s health authorities, Ministry of Health, patients and research organizations across the province and offers:

- Resources to help those affected with their recovery:
  - [Provincial Health Services Authority: Living with Persistent Post-COVID Symptoms](#)

- Supports for primary care providers:
  - [Provincial Health Services Authority: Post-COVID Recovery Care](#)
- A virtual interdisciplinary clinic serving all of B.C.s:
  - [Provincial Health Services Authority: Living with Persistent Post-COVID Symptoms-Clinical Care](#)

## Provincial Health Officer Orders

Dr. Bonnie Henry, Provincial Health Officer, declared a public health emergency for British Columbia. In a Provincial State of Emergency, the Provincial Health Officer can make orders as needed. These include orders about mass gatherings, personal services, notices about regional events, notices for retail food and grocery stores and more.

To find information on orders, notices, guidance, and more from the Provincial Health Officer see:

- [Government of BC: Province-wide restrictions](#)
- [Government of BC: Office of the Provincial Health Officer, Current Health Topics, Orders, Notices & Guidance](#)

## Public Health Agency of Canada (PHAC)

The Public Health Agency of Canada promotes health, prevents and controls chronic diseases and injuries and infectious diseases. The PHAC responds to public health emergencies. For more information about COVID-19, including travel advisories, see:

- [Government of Canada: Coronavirus disease \(COVID-19\)](#)
- [Government of Canada: Coronavirus disease \(COVID-19\) Awareness resources](#)
- [Government of Canada: Coronavirus disease \(COVID-19\): Outbreak update](#)
- [Government of Canada: COVID-19: Travel, testing and borders](#)
- [Government of Canada: Travel health notices](#)

## Translink

Learn tips about safely using transit.

- [Translink: Coronavirus \(COVID-19\)](#)

## World Health Organization (WHO)

The World Health Organization provides leadership on global health matters. The WHO monitors and assesses health issues such as COVID-19, provides technical support to countries and sets health standards. For more information about 2019-nCoV, see:

- [WHO: Coronavirus disease \(COVID-19\)](#)
- [WHO: Coronavirus disease \(COVID-19\) pandemic](#)

For more information about COVID-19 and how to protect yourself, your family and your community, see [Coronavirus disease \(COVID-19\)](#).

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