

Stay Healthy and Safe this Winter

Help Our Communities Stay Healthy and Safe this Winter

As the Interior region and British Columbia continue to experience the impacts of COVID-19, you can help protect the people you care about.

Here are ways to stay safe this winter:

- **Get vaccinated.** Vaccines are our best defense against COVID-19. Vaccines are available to British Columbians age 5 and older. When you receive your invitation for your booster dose, book an appointment at a clinic or pharmacy.
- **Keep your personal gatherings small and to people who are fully vaccinated.** Ensure those attending are fully vaccinated (12+).
- **Ask your guests to do a health check before attending any gathering.** Anyone feeling unwell should stay home. Individuals who are not fully vaccinated and are close contacts of someone who has tested positive for COVID-19 should also self-isolate.
- **If you are feeling unwell, stay home and get tested if needed.** Take the BC COVID-19 Self-Assessment to see if you should book a test:
<https://bc.thrive.health/covid19>
- **Need to self isolate?** If you're feeling unwell, stay home and keep to a dedicated space in your house, away from others. Wash your hands often and use a separate bathroom if possible.
- **Gather outdoors rather than indoors.** Hiking, snowshoeing, or gathering around a fire is a safer alternative and limits potential spread of COVID-19.
- **Mask up.** Ensure you follow public health orders and wear a mask in indoor public settings and situations where physical distancing isn't possible. Make sure it fits snugly.
- **Keep gatherings spacious.** Provide enough space to avoid crowding and to make it possible for people to be physically distanced.
- **Minimize non-essential travel.** If possible, stay close to home. If you do have travel plans, gather only with family and skip larger organized events.
- **For the latest public health orders and public guidance, visit:**
<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>