



## Southern Region COVID-19 Testing

**COVID-19 testing is not recommended for people without symptoms.**

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- fever
- chills
- cough
- shortness of breath
- sore throat
- painful swallowing
- stuffy or runny nose
- loss of sense of smell
- headache
- muscle aches
- fatigue
- loss of appetite

### Island Health COVID-19 Testing Call Centre

If you do not have a primary care provider, please call Island Health's Call Centre at **1-844-901-8442** to be assessed to determine if you need testing.

Call centre hours are 830-430pm, 7 days a week.

IF UNABLE TO GET THROUGH TO CALL CENTRE PLEASE CALL NTC  
NURSE FRANCINE GASCOYNE 250-735-0416 OR CATHERINE GISLASON  
250-720-1763

**If you would like to be tested in your home community please let them know when you call.**

