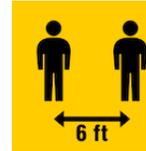




COVID-19 and Feeling Scared & Embarrassed

The Covid-19 virus has been in B.C. since January 2020. Lots changed this year, like:

→ Staying away from friends and people



→ Day programs and businesses closing for a long time



→ Lots of people wearing masks



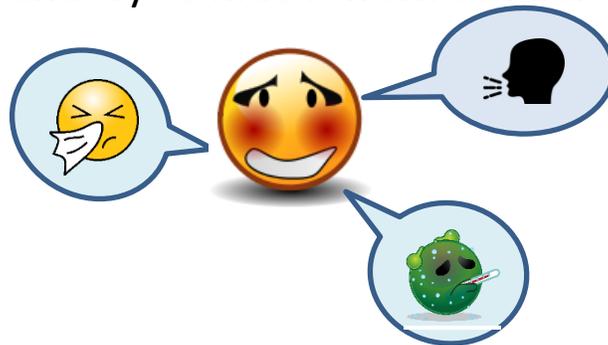
→ Thinking  more about your health. Like, do I have a runny nose, fever or a new cough?



If you have a cough, runny nose or fever knowing what to do and who to tell is confusing.



You might even feel embarrassed that you have a cough, fever or a runny nose and try to hide it from others.



It is important to remember it is very normal to get sick. Colds and the Flu are still here.



If you feel sick, you should talk to a Doctor or Health Professional. You can ask a support person for help with this. You might need to get tested for Covid-19.



So, what if I get Covid-19?

Getting Covid-19 does not mean you did something wrong!

Any person can get Covid-19.

If you get Covid-19 you might feel embarrassed, scared and not want to tell anyone.



There are lots of people who feel embarrassed and scared. The virus is new, this makes everybody more nervous and anxious.



If you have Covid-19, you will get help from a Health Care Professional.



They will call you or your support person to come up with a health plan. They will help you remember who you have spent time with lately.



The people you spend time with need to know you have Covid-19 because they will have to pay close attention to their own health and remember who they have spent time with.

You are NOT in trouble. Nobody is mad if you get Covid-19

If you are worried or feel stressed, talk to someone who you trust.



And, remember what Dr. Henry says:
“Be Kind, Be Calm, Be Safe”