



Village of Tahsis

January 21, 2021

Posted on behalf of Island Health:

Island Health continues to remind people across Vancouver Island to double down on their efforts to help stop the spread of the virus. COVID-19 can spread easily so everyone needs to continue to follow the steps we know are effective in reducing the risk of transmission.

Washing our hands regularly, keeping at least two metres apart, wearing a mask in public spaces, and getting tested if you feel unwell are fundamentals of defeating this virus. It is also so important that everyone limit their travel between communities and outside of the province, unless it is absolutely essential for work or medical care.

If you are experiencing cold, influenza, or COVID-19 symptoms, even if they are mild, please stay home, self-isolate and visit bc.thrive.health or Island Health's [website](#) to determine if you require testing. Testing is fast and easy – people aged 4 and older with symptoms of COVID-19 can be tested with a gargle test or nasopharyngeal swab and results are usually available within 24 hours.

For more information on COVID-19 case numbers, visit Island Health's COVID-19 [dashboard](#) or the BCCDC COVID-19 [data hub](#). You can find more information on COVID-19 at www.islandhealth.ca/covid19.

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