

A COVID-19 Guide for Youth

Since this past spring, our lives have been turned upside down. We may have felt stressed or unsure, and that's okay! It's important to listen to yourself – rest, and take things slow when you need to. It will take some time to find a routine that works for you in this “new normal”.

We've put together some tips to help you. If you're curious about what BC is doing, take a look at [BC's Response to COVID-19](#). It can help you understand and what to expect as we work through these uncertain times.



Taking Care of your Health

With so much change and uncertainty, it's normal to feel worried and overwhelmed. Here are some strategies that might help:



Set aside time for yourself and practice self-care

[Learn more](#)

Accept what you're feeling and try some simple mindfulness exercises.



[Learn more](#)



Find ways to be there for others and connect with friends and family.

[Learn more](#)

Eat healthy food and drink plenty of water.



[Learn more](#)



Get enough sleep and try to stick to a regular sleep schedule.

[Learn more](#)



Get extra help and support when you need it from counsellors or peer support workers.

[Learn more](#)

Exercise and get outside regularly.

[Learn more](#)



Follow COVID-19 Health Advice from Trusted Sources



Use the [BC COVID-19 Assessment Tool](#). If you have any symptoms (even mild ones) this tool can help you find a testing location.

For non-medical information about COVID-19 call 1 888 COVID19 (1-888-268-4319) seven days a week, from 7:30 a.m. to 8 p.m. or text message 604-630-0300.

Some General Things to Remember...



Stay at home when you're sick, even if symptoms are mild

Wash hands properly and often

Sneeze or cough into your elbow

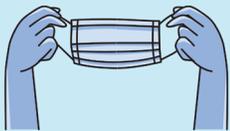
Avoid touching your face often

Keep physical distancing as much as possible when out in the community

Clean frequently touched surfaces regularly

Greet people with a wave instead of a handshake, kiss or hug

Masks



Non-medical masks can be worn to help protect those around you. Masks can act as a barrier and help stop the spread of droplets from a person's mouth and nose when talking, laughing, yelling, singing, coughing or sneezing.

Wearing a mask should be combined with other important preventative measures such as frequent hand washing and physical distancing. Using only a mask is not enough to prevent the spread of COVID-19.

Social gatherings: what to consider

