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As more information is becoming available regarding COVID-19, Gold Country Communities Society will be working diligently to provide accurate and current information to our stakeholders, residents and travelers.

We will be working together with businesses and tourism partners to ensure updated information is available at www.exploregoldcountry.com.

It is vital that we all do our part to keep those at risk safe and protected. As this virus has been spreading quickly, we all need to keep informed and work together. It is important at this time to stay home and stay safe.

All meetings, concerts and sporting events have been cancelled/postponed and we will be updating our events calendars as the information comes in.

Provincial Health Officer Dr. Bonnie Henry recommends fresh air and sunshine are important for your over-all health and your back yard is now your safest place to do that. As spring break comes to an end, parents and caregivers will be wanting to get the kids outside, please adhere to the restrictions. Click on this link for valuable information [local public health advice](#).

More links with valuable information:

[Government of Canada](#)

[BC Center for Disease Control](#)

[World Health Organization](#).

[Practise Social Distance:](#)

The [Centers for Disease Control and Prevention \(CDC\)](#) offers a list of tips and resources to help people come up with a personal and household plan.

- Practice everyday preventive actions to reduce your risk of getting sick, especially older adults and people who have severe chronic medical conditions.
- Make a list of your medicines and refill them.
- Make an emergency contact list.
- Plan for potential changes at your workplace.
- Stay informed

Information on COVID-19

If you are concerned that you have been exposed to COVID-19 call your local health care provide or 8-1-1 for instructions.

[BC COVID-19 Symptom Self-Assessment Tool](#)

About 8-1-1

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The **8-1-1** phone line is operated by [HealthLink BC](#), which is part of the Ministry of Health. By calling **8-1-1**, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you **get the information you need to manage your health concerns, or those of your family.**

[Managing COVID19 Stress, Anxiety and Depression](#)

For non-medical information about COVID-19:

The province has created a phone service to provide non-medical information about COVID-19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 am - 8 pm at **1-888-COVID19 (1-888-268-4319)** or via text message at **604-630-0300**.

If you require access to health care for other concerns while in the Gold Country region here are the nearby facilities:

Health Care Facilities in Gold Country

[Ashcroft](#)

[Lillooet](#)

[Logan Lake](#)

[Lytton](#)

[Merritt & Nicola Valley](#)

Health Care Facilities Closest to Gold Country

[100 Mile BC](#)

[Kamloops Royal Inland Hospital](#)

Again, if your concerns are about the COVID-19 call your local health care provide or call 8-1-1.

As guidelines and restrictions are put into place more resources will be made available. Current information can be found at the following sources and as more information becomes available this will be updated.

Stakeholder Resources:

[Applying for EI During the COVID19 Pandemic](#)

[BC Public Service Response](#)

[Employment and Social Development Canada](#)

[Support for Entrepreneurs](#)

[Tourism Industry Association of BC](#)

[Indigenous Tourism](#)

[Western Economic Diversification Canada](#)

[Destination BC](#)

[Downloadable signs for your business](#)

[Travel between borders](#)

[Information for those in the music industry](#)

Service Providers information regarding bill payments during this time of concern:

[Telus](#)

[Fortis BC](#)

[BC Hydro](#)

[ICBC](#)

[Government of Canada Tax Information](#)

[Provincial Coordination Plan](#)