



Nlaka'pamux COVID-19 Testing

Have you been experiencing the following symptoms for 24 hours or more?

Mild Symptoms:

- ⇒ Low-grade fever
- ⇒ Cough
- ⇒ Malaise (overall discomfort)
- ⇒ Muscle aches
- ⇒ Runny nose
- ⇒ Nasal congestion
- ⇒ Loss of sense of smell
- ⇒ Painful swallowing
- ⇒ Loss of appetite
- ⇒ Fatigue
- ⇒ Sore throat
- ⇒ Nausea, vomiting, and/or diarrhea

Severe Symptoms:

- ⇒ Fever
- ⇒ Shortness of breath
- ⇒ Difficulty breathing
- ⇒ Chest pain

****If you are having any of these severe symptoms please call your nearest emergency department to make arrangements to be seen by a health professional**

Self-Assessment

DETERMINE IF TESTING IS REQUIRED & ACCESS THE NEAREST COLLECTION CENTRE

The symptomatic individual can:

- Call their primary care provider (including Community Health Nurse (CHN), Nurse Practitioner (NP), or family physician)
- Call HealthLink BC at 8-1-1. If the individual chooses, they can share that they are First Nations during this call.
- Use the COVID-19 BC Support App
- Complete the BCCDC COVID-19 Symptom Self-Assessment Tool and self-refer to a testing site by calling the site to book an appointment.
- Call their nearest IH COVID-19 Testing and Assessment Centre.
- Locate the nearest testing centre on the BCCDC Collection Centre Finder.

Testing is done by appointment only,

to book an appointment please contact your local

Health Centre/Hospital:

Location	Booking	Dates/Times	Address	Phone Number (leave message)
Lytton FNHA nurses	by appt only	M-F 1:00pm-2:00pm	1535 St. Georges Rd	250-455-2715
Lillooet FNHA nurses	by appt only	M-F	296 Main St. Lillooet	250-256-7017
St. Bartholomew's Hospital—in ER	by appt only	M, W, F 11:00-12:00pm	575A Main St. Lytton	250-455-2221
Lytton First Nation Lisa Colwell	by appt only	M, T, W 8:30—2:00pm	To be booked	250-256-8182
Ashcroft Hospital & Community Health Centre	by appt only	M, W, F 1:00 -2:00pm	700 Hwy 97C	250-453-1905
Nicola Valley Hospital and Health Centre	by appt only	M, W, F 12:45pm-2:15pm	3451 Voght St. Merritt	250-378-3407
Lower Nicola Health Irene Howe Rainbow Acoby	by appt only	T & Th 9:30am—1:30pm	To be booked	250-378-4089
Scw'exmx Community Health—Rose Dionne	by appt only	M-F 9am—1pm	Tailgate test at home/ Drive-in 2090 Coutlee Ave	250-378-9745
Nlaka'pamux Health Terri Stockwell	by appt only	To be booked	To be booked	250-315-7120