**In the next few days,** we would like you to talk with your loved ones about your illness and your goals and wishes for your care. We would like you to start planning what to do if you catch the Coronavirus and get sick enough to consider going to hospital.

If you have a serious chronic illness and you get COVID-19, you have a higher risk of getting very sick with it than healthy people. We understand that these are scary times. Your health care team are here to support you and your family wherever you are in your illness journey.

**People who think through what is important to them and what their wishes are often feel less anxious, more at peace, and more in control.**

We like to start talking about this when people are doing okay. Now is a good time to talk about what might happen and do some planning for the future. It is important for you to think about whether admission to hospital, or an intensive care unit for ventilation (using a machine to help you breathe) is consistent with your goals and values. If you make these decisions now, your loved will know what to do if you cannot speak for yourself.

**Please take time to think about these questions:**

* What would you like to know about your illness, COVID-19, and what may happen if you were sick?
* What information do you need to help you make decisions about your future?
* How do you like to make decisions? Who would you like to help you?
* What are you afraid of about your illness and COVID-19?
* Are there some kinds of medical care you may not want? What makes you feel that way?
* How do you feel about sharing these thoughts and feelings with the people who support you?
* If you have not already asked someone to be your substitute decision maker, who could fill that role?

**If you have any of the following, let us know:**

* No Cardiopulmonary Resuscitation (CPR) form (also known as “DNR”)
* Medical Order for Scope of Treatment (MOST) form
* Advance Care Plan
* Advance Directive
* Representation Agreement

If you do not have any of these, or have questions about them, you can find information at:

* **HealthLink BC:** <https://www.healthlinkbc.ca/health-feature/advance-care-planning>
* **Government of B.C. Advance Care Planning:** <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

You may find it helpful to have someone with you or on the phone when you read about these. You can also call **8-1-1** toll-free in B.C. for additional advice (**7-1-1** if youare hard of hearing).

**Why is this important?**

We need to support each other at this difficult time, and to make the best decisions for us, our loved ones and our communities.