

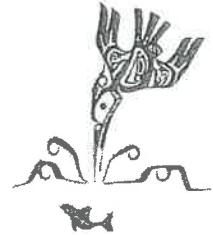
Ditidaht First Nation

New Covid – 19 Orders

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Ditidaht First Nation

PO Box 340 Port Alberni, BC V9Y 7M8 Tel.: (250) 745-3333 Fax: (250) 745-3332
Toll-free 1-888-745-3366 Email: admin@ditidaht.ca



Ditidaht Chief and Council Order to the Community

Addressing the Covid19 Pandemic within the Community

Ditidaht Governance continues to adopt the BC Public Health directive:

We declare that Ditidaht First Nation does have Community Members who have tested positive. We are following all best Practices to keep the Community as safe as possible. Ditidaht Chief and Council, Emergency Coordinator and Administrator are working closely with FNHA, Island Health and the RCMP.

Due to the high increase in Covid19 virus cases throughout the Province of BC there have been new Provincial Health Orders which we must all follow. These orders are in place until further notice, effective as of today February 1, 2021. There are limited health services in our Community. West Coast Hospital in Port Alberni and Duncan General Hospital are 1.5 hours away and have limited space. Ditidaht has a simple clinic and no hospital beds in our community. Everyone's safety is a huge concern.

Travel:

Please postpone all Non-Essential Travel

- No one will travel outside of Ditidaht Community at this time unless it is for medical appointment or dental emergency that cannot be postponed.
- For work related where there is minimal risk, utilizing all necessary safety measures.
- Travelling employee must provide a work safety plan to Ditidaht EOC
- All travel must have approval prior to leaving the Community.

FOR MEMBERSHIP – If you bring a member into the Community to stay with you, the whole household must self-isolate for 14 days. They cannot come into the Community to visit for a couple of days and go out to another residence.

No Social Gatherings of any size are not permitted

- All community gatherings and meetings must be cancelled
- Stay within your household
- People can go outdoors with Social Distancing guidelines
- Do not gather outdoors outside your household occupants
- Do not have play dates for your children
- Do not invite people over to visit
- Intoxicant Parties must be stopped, and individuals will be fined and possibly removed from the Community for breaking this order.

Food

- Is considered an Essential need
- One individual may be permitted to leave the community by receiving a pass/approval from Ditidaht EOC. Contact Ditidaht Emergency Operations Center at eoc@ditidaht.ca to request to leave Ditidaht for essential shopping
- Ditidaht Store will be open 4 days a week, check Facebook page for hours of operation and in the weekly Newsletter

Masks are mandatory in all

- Workplaces
- Public places
- Schools

Essential Service into Ditidaht

- Submit request to EOC
- EOC will investigate if the request is urgent

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Ditidaht members and Essential Service, traveling from Vancouver Coastal and Fraser Health regions are restricted from traveling into Ditidaht community until Provincial Health order is lifted.

Medical transportation:

- Must provide hand sanitizer to passengers
- Disinfect and clean after each trip
- Masks must always be worn
- Only Ditidaht residents are permitted to request Medical travel from someone outside of their cohort
- All others must provide approval proof from Ditidaht EOC
- Will abide by Parental or Family and/or relative "pleas" to not transport intoxicated community members into or out of Ditidaht

Ditidaht Gym, Library and Recreation Centre will remain closed until further notice

Curfew in effect 9 pm - 6 am – Anyone breaking this order will be subject to a fine up to \$500.00. This will be in effect until further notice

This is a living document and EOC is receptive to recommendations; submit your recommendations to adminassistant@ditidaht.ca. Any questions please call EOC 250-745-3333 Monday to Friday 9am – 4pm

After hours **Emergency Contact** – adminassistant@ditidaht.ca

A Message from FNHA's Office of the Chief Medical Officer

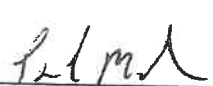
In BC, and across Canada, some First Nations communities are taking the step of establishing checkpoints or closing the borders of their communities. Many BC First Nations are looking for ways to restrict movement in and out of our communities to contain the spread of COVID-19. Our Elders are very precious to us – especially their roles in holding language, knowledge, and culture – and therefore need increased protection from COVID-19.

Decisions to "close" a First Nations community or reserve, and the assessment of related security needs, rest solely with the authorities of each BC First Nation. First Nations benefit from informing these decisions through collaborative conversations with their local Health Director, FNHA's Office of the Chief Medical Officer, BC's Provincial Health Officer, and/or the Chief Medical Health Officer or Medical Health Officers of their RHA.

Like any public health intervention, we must consider the benefits and risks of checkpoints and community closures. Those benefits and risks vary depending on whether the community is using checkpoints to provide public health education and other relevant information, or whether the community is using the checkpoint to try and force compliance, or some combination of both.

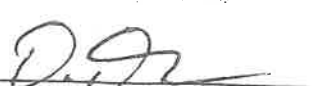
Sincerely,


Chief Brian Tate


Councilor Paul Sieber


Councilor Anne Pettet


Councilor Kelly Sport


Councilor Darryl Tate



First Nations Health Authority
Health through wellness

New Covid-19 Orders



Dr. Bonnie Henry Issues New Orders as COVID-19 Case Numbers Rise Across the Province

Coast Salish Territory – BC Provincial Health Officer Dr. Bonnie Henry has issued new orders to help contain the rising number of COVID-19 cases across the province.

The orders are aimed at reducing virus transmission in people's homes and workplaces in response to an increase in the number of cases, hospitalizations and outbreaks in health care facilities.

Here is a summary of the orders:

LIMITS ON SOCIAL GATHERINGS

- No social gatherings of any size with anyone other than your household or core bubble (such as a partner or co-parent that lives in another household).

*These activities are **not** considered a social gathering:*

- Going for a walk. You must make sure a walk does not turn into a group of people meeting outside
 - Parents carpooling kids to and from school
 - Family members providing child care
 - Construction workers or tradespeople providing services
- Those living on their own may socialize with the same one or two people in their core bubble in each other's homes.
 - Places of worship are to have no in-person services with the exception of certain ceremonies including baptisms, weddings and funerals with a maximum of 10 people in attendance. Associated receptions are not allowed.

PHYSICAL ACTIVITIES / SPORTS

- High-risk indoor group physical activities must be suspended, including spin classes, hot yoga, and high-intensity interval training. Further guidance on other physical activities is being developed for gyms, dance studios and other facilities.
- Sporting games, competitions and practices can continue with no spectators and no travel outside regions.

NOVEMBER 20, 2020

MASK REQUIREMENTS

- Masks are now required for everyone in all public indoor settings and workplaces. People who cannot wear a mask or who cannot put on or remove a mask on their own are exempt, as well as those two years old and younger.
- Masks are required in all workplaces for shared work areas such as hallways, kitchens and bathrooms and areas where physical distancing cannot be maintained.

TRAVEL ADVISORY

- While not an order, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province.

ADDITIONAL CONSIDERATIONS

- Office-based workplaces should allow employees to work from home where possible for the rest of the year.
- At this time bars, restaurants and pubs will remain open.
- Public health inspections of retail establishments and workplaces will continue to support enforcement of Public Health Orders

Updated BC Government public health orders can be found at:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>

We recognize that these public health orders make it harder for the COVID-19 virus to spread but can also make it harder to feel connected to our families and friends. For support, we can lean into our cultural strengths, knowing that First Nations in BC have a long history of resilience. We have traditions and practices that ground us in the present and keep us well – spiritually, mentally, physically and emotionally.

For additional information on available mental health and cultural supports please visit:

<https://www.fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf>

For other information and services for First Nations people, see:

www.fnha.ca/coronavirus

Basic Cleaning Tips

Appendix B

It will be very important to disinfect your home, especially if you or a loved one at home who is sick. The following are a few tips on where to clean and how to clean.

As bleach has been proven to kill 99.9% of common household germs, such as E. coli, Staphylococcus (Staph), Salmonella and viruses that can cause colds and flu, your cleaning solution should be made up of 9 parts water and 1-part bleach.

The following common surfaces should be kept clean especially when someone is sick:

Refrigerator and microwave door handles
All sinks, tubs & faucets Toilet handles, seats & bowls TV remotes
Telephones Light switches Doorknobs
Computer keyboards & Mouse's Countertops

These surfaces can be cleaned by using the bleach/water cleaning solution, with just a few quick sprays of the cleaning solution and wiping the surface with a cloth. Be sure to give the surface a good rub, while wiping off the cleaning solution.

A sink drain needs to be cleaned at least weekly. After you've washed out the sink with the cleaning solution, flush the drain by pouring in 1 cup (8 Oz.) of bleach down the drain and flush again with hot water.

Sweep then mop kitchen and bathroom floors with the cleaning solution, and vacuum carpets at least weekly or as needed.

To clean plastic cutting boards, wash or rinse with liquid dishwashing detergent and water. Then soak in a solution using 1 tablespoon of bleach per gallon of water. Let stand 2 minutes, then air dry.

To clean wooden cutting boards, use approximately 3 tablespoons of bleach per gallon of water to create a sanitizing solution. Wash, wipe, or rinse with dishwashing detergent and water, then apply solution. Let stand 2 minutes. Rinse with a solution of 1 tablespoon of bleach per gallon of water. Do not rinse or soak overnight.

When cleaning telephones, be sure to clean both the receiver and the buttons on the phone, this way the entire phone is clean.

Scrubbing toys weekly is your safest bet. Clean washable, colorfast plastic toys with a solution of $\frac{1}{4}$ cup bleach per gallon of water. Soak for 5 minutes, rinse and air dry. Keep in mind that many toys can simply join your dishes in the dishwasher.

If your child has been ill, you will want to disinfect hard plastic toys with bleach as soon as your child shows symptoms of influenza.

Have your children use a plastic tub for the hard-plastic toys they've been playing with that day. This way, you can simply pick the whole thing up and clean in one batch. Don't forget to wipe down and rinse the toys and the bin!

Toys that trap water (like rubber ducky's) also need to be cleaned regularly, rinsed well and left to dry.

Suggested Shopping list for self-isolation

Appendix A

Food

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

Hygiene

- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

Health care

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

Cleaning

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products

Stop the spread of germs that can make you and others sick!



Wash your
hands often



Wear a mask



Cover your coughs
and sneezes



Keep **6 feet** of space
between you and
your friends



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



HOW YOU CAN SLOW THE SPREAD OF COVID-19

Take care of others by taking care of yourself.

Wash your hands, don't touch your face, and stay home if you are sick.

Stay at Home and Physically Distance

Stay at home whenever you can. Maintain 2 meters distance from those outside of your household.

Self-Isolation after a COVID-19 Test

May 1, 2020

Your health care provider has decided it is safe for you to go home after your COVID-19 test.

Next steps:

1. Return home and avoid contact with others (self-isolate) while you wait for your test result. The length of time until your result is available varies by testing location.
2. If you test positive, public health will contact you.
3. If you are a health care provider, please contact your employer or follow your organization's process.
4. There are many ways that you may be able to access your test result:
 - a. **Text Message:** Sign up to get a negative result by text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results.
 - b. **Online:** Go to myehealth.ca except for residents of Island Health and Interior Health regions.
 - c. **Online:** Residents of **Interior Health region** can check their result online on My Health Portal at www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx.
 - d. **Call:** Residents of the Island Health region can call the Laboratory Call Centre line (1-866-370-8355). Open Monday to Friday from 7:00 AM to 6:00 PM and weekends from 8:00 AM to 4:00 PM.
 - e. **Call:** BCCDC's COVID-19 Negative Results line (1-833-707-2792). Open from 8:30 AM to 4:30 PM daily.

Find more testing information at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing.

When to seek Medical Care

Mild Symptoms

- If your symptoms are mild and can be managed at home (e.g., fever, cough, sneezing, or sore throat) continue self-isolating while you wait for your test result.

Important!

- **If seeking medical care, wear a medical face mask** (surgical or procedural).
- If a medical mask is not available, use a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.
- **Do not use public transportation.** This includes buses, taxis or ride-sharing where you would be in contact with others.



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

Non-medical inquiries (ex. travel, physical distancing): **1-888-COVID19 (1888-268-4319) or text 604-630-0300**



Worsening Symptoms

- If your symptoms worsen or you are concerned, complete the online Self-Assessment Tool at bc.thrive.health or call 8-1-1 any time.
- Examples include mild to moderate shortness of breath, inability to lie down because of difficulty breathing, any new chest pain and chronic health conditions that you are having difficulty managing because of difficulty breathing.
- **If your symptoms worsen, it is important to seek medical help early.** Please consult your family doctor or nurse practitioner. If you are unable to reach your regular care provider, seek care at an Urgent & Primary Care Centre (to find an Urgent & Primary Care Centre go to www.healthlinkbc.ca/services-and-resources/upcc) or Emergency Department.
- When going in person please call ahead and tell them your symptoms, and that you are self-isolating after a COVID-19 test.

Severe Symptoms require immediate medical attention.

- Examples include severe difficulty breathing (e.g., struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused or losing consciousness.
- Call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms and that you are self-isolating after a COVID-19 test.

How to self-isolate after a COVID-19 test

While waiting for your test result, you must self-isolate and avoid contact with other people.

- **Do not leave your home.** Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants. Cancel or reschedule all appointments.
- **Do not have visitors.** It is okay for friends, family or delivery drivers to drop off food or other necessities, but try to have them drop off deliveries outside your home or door.
- Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information.

Avoid contact with others at your home

- If possible, seniors or people with a chronic medical condition such as diabetes, lung problems, heart disease or weakened immune system should stay somewhere else. As this may not be possible, please see the advice below on how to limit your contact with others in your home.
- Stay in a separate room and use a separate bathroom if possible.
 - Stay and sleep in a different room away from other people in your home as much as possible.
 - Make sure that any shared rooms have good airflow (e.g., open windows).
 - Use a different bathroom if available. Flush the toilet with the lid down as the virus may be in poop (stool/feces).

Keep a physical distance

- If you are in a room with other people, keep a physical distance of at least two metres apart (about 6 feet or the length of a queen-size bed).

If you cannot avoid being in the same room as others, wear a medical face mask (surgical or procedural) that covers your nose and mouth. Read more about medical face masks below (under [How to stop the spread of germs](#)).



Ending self-isolation

Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information.

If you test positive for COVID-19 please self-isolate until the following criteria are met:

- At least 10 days have passed since the start of your symptoms, AND
- Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND
- You are feeling better (e.g., improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).
- **If public health provides you with different advice, follow their instructions.**

If you test negative for COVID-19 and

- **Your symptoms worsen**, contact your health care provider or call 8-1-1.
- **You have symptoms of illness**, continue to isolate until your symptoms resolve.
- **You are a health care provider**; speak with your employer about return to work policies.
- **You are a contact of COVID-19 case**, continue to self-isolate for 14 days from your last contact.
- **You are a traveller returning to Canada**, you must continue to isolate for 14 days from arrival back in B.C.

How to stop the spread of germs

Wear a face mask if in the same room as others

- Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks for more information.
- When you are sick a medical face mask (surgical or procedural) acts as a barrier and helps stop tiny droplets from spreading when you cough or sneeze. Wearing a face mask can help to prevent the spread of germs at home.
- If your medical face mask gets wet or dirty, change it. Do not reuse masks. Throw used medical face masks in a lined trash can, and wash your hands with soap and water.
- If a medical mask is not available, use a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.

Wash your hands

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Hand washing is preferred over alcohol-based hand sanitizers. Only use an alcohol-based hand sanitizer if soap and water are not available.
- It is best to dry your hands with a paper towel and throw it away into a lined trash can. If using your own cloth hand towel, no one else in the home should use it.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined trash can, and wash your hands with soap and water.

Shared items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick. After use, these items should be washed with soap or detergent in warm water. No special soap is needed and you can use the dishwasher.

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



Ministry of
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Clean and disinfect household surfaces

- Learn more about cleaning and disinfecting your home to limit the spread of COVID-19 at www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting.
- Use precautions when cleaning surfaces in contact with respiratory secretions or body fluids (e.g., someone coughs, sneezes, throws up or has diarrhoea).
- Use disposable gloves and a medical mask, or if not available, a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), and protective clothing (e.g., plastic aprons, if you have one) when cleaning surfaces soiled with body fluids.

Step 1: Clean away dirt, crumbs etc.

- Use soapy water to wipe away dirt, soils and other debris. Plain dish soap or any kind of household cleaning product will remove dirt; soils and other debris from surfaces.

Step 2: Disinfect

- Frequently touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables should be cleaned and disinfected at least daily. Less frequently touched surfaces should be cleaned regularly when visibly dirty.
 - If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have ingredients that will work against the COVID-19 virus.
 - If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) to disinfect areas in your home (20 ml bleach to 1 litre of water).

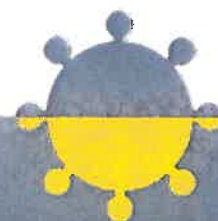
Laundry

- Use precautions when doing laundry for the person who is sick. Laundry can have respiratory secretions or body fluids on it. This can happen when someone coughs, sneezes, throws up or has diarrhoea. This laundry should be placed into a laundry bag or basket with a plastic liner and should not be shaken.
- When doing laundry, wear gloves and a medical mask, or if not available, a non-medical mask or facial covering.
- Clothing and linens belonging to the person who is sick can be washed together with other laundry, using regular laundry soap and hot water (60-90°C). Laundry should be thoroughly dried. Wash your hands after touching the laundry and after removing gloves.
- If the laundry container comes in contact with the laundry of the person who is sick, it can be disinfected using store bought disinfectant or a mix of household bleach (20 ml bleach to 1 litre of water).

Be careful when handling garbage

- All used paper towels, masks and tissues should be put into a trash can lined with a plastic bag to make garbage disposal easier and safer.
- Wash your hands with soap and water immediately after handling garbage.

May 1, 2020
Self-Isolation after a COVID-19 test

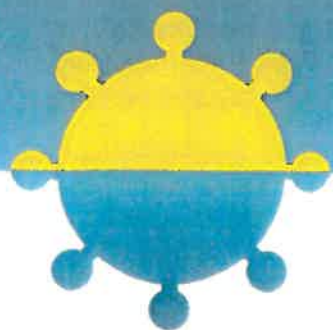


Ministry of
Health



BC Centre for Disease Control

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Dos and don'ts of self-isolation

For people who may have been exposed but do not have symptoms

May 22, 2020

If you have come into contact with an infected person, you are required to self-isolate. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

-
- | | |
|--|--|
| <ul style="list-style-type: none">✓ Do stay home for 14 days<ul style="list-style-type: none">▪ Work from home▪ Use food delivery services or online shopping✓ Do keep in contact with friends<ul style="list-style-type: none">▪ Use technology, such as video calls, to keep in touch with friends and family▪ Host virtual meetings, hangouts, family dinners or playdates for your kids✓ Do get creative to prevent boredom in kids<ul style="list-style-type: none">▪ Get creative by drawing, painting or running back yard obstacle courses and games✓ Do monitor your symptoms<ul style="list-style-type: none">▪ If you develop symptoms, you should get tested for COVID-19 at a collection centre▪ If you are unsure or have questions, you can use the COVID-19 Self-Assessment tool by visiting bc.thrive.health or call 8-1-1 for advice.▪ If you are having trouble breathing, call 9-1-1▪ If travelling by ambulance, notify the dispatcher that you may have COVID-19 | <ul style="list-style-type: none">✓ Do protect others<ul style="list-style-type: none">▪ Wash your hands frequently (hand hygiene)▪ Cough into your sleeve (respiratory etiquette)▪ Keep 2 metres away from others (physical distancing)▪ Greet with a wave instead of a handshake, a kiss or a hug✓ Do continue to exercise<ul style="list-style-type: none">▪ Exercise at home▪ Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others✓ Do clean all high-touch surfaces<ul style="list-style-type: none">▪ High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute▪ If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol |
| <ul style="list-style-type: none">✗ Do not go to school, work or other public areas<ul style="list-style-type: none">▪ (e.g. malls, fitness centre, place of worship)✗ Do not have visitors<ul style="list-style-type: none">▪ Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres | <ul style="list-style-type: none">✗ Do not use public transportation✗ Do not share personal items with others<ul style="list-style-type: none">▪ Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers) |
-

If you develop symptoms of COVID-19, continue to isolate for a minimum of 10 days after onset of symptoms. People who have been exposed to a case of COVID-19 and those who are returning travellers must continue to isolate for 10 days from when your symptoms started OR 14 days from when you started self-isolating, whichever is later. If your condition worsens, contact your family doctor or call 8-1-1.

Frequently asked questions

What is the point of self-isolation?

This is one way every Canadian can help slow the spread of this virus in their community and protect their friends, family, and health care workers.

Why should I self-isolate myself for 14 days if I don't have symptoms?

You can be sick and not know it yet. It is important to stay at home because you can develop symptoms at any time.

Can I go to work?

No. You could put your co-workers at risk. Many employers have made arrangements for working from home.

Can I use taxis/public transit/ride share?

No. You cannot ensure sure that you are 2 metres from other people. Using taxis, public transit, and ride shares puts the public at risk.

Should I go to a medical appointment?

If you must seek medical care, wear a mask. Try to expose as few people as possible and notify your health care provider in advance so they can make arrangements to see you safely. Walk or drive yourself to your appointment if possible.

Can I go for a walk outside?

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. You should wash your hands before you leave your home and when you return.

Can I go to the pharmacy to pick up my medication?

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

Can I get the mail and newspaper?

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick-up and deliver to you.

Can I go through a drive-through for coffee/food?

No. There is a risk of infecting other community members, including food service workers. Use delivery services or ask someone to deliver coffee or food to you.

Should I cancel my haircut/pedicure/spa treatment?

Yes. These are examples of non-essential appointments. You would be exposing your service providers and the public to unnecessary risk.

Can I have visitors?

No. Use technology, such as video calls, to keep in touch with friends and family.

Can I have playdates for my kids or playdates in my home?

No. Consider novel ways to keep in touch like virtual meetings, hangouts, family dinners or playdates for your kids.

Can children play outdoors together? Can my child have a sleepover with children who are also self-isolating?

No. Children need to keep 2 metres away from other people.

Learn more at bccdc.ca/covid19

May 22, 2020
Dos and don'ts of self-isolation: For people who may have been exposed but do not have symptoms



Ministry of
Health



BC Centre for Disease Control

**If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.**





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



COVID-19 Pandemic – Be Prepared, Be Well: How to care for yourself and others

April 14, 2020

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



Acknowledgements

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- Fraser Health Authority
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1. Introduction

This guide is designed to provide advice relating to the outbreak of COVID-19, and how you can care for yourself and/or others through a pandemic.

Pandemic: For the purposes of this guide, the term “pandemic” refers to worldwide spread of a new disease, including sustained community transmission within British Columbia.

The new coronavirus SARS-CoV-2 that is circulating around the globe causes a disease called COVID-19. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

The symptoms of COVID-19, are similar to other respiratory illnesses, including the flu and common cold. They include cough, fever, and difficulty breathing. Until more is understood about the virus, older people and people with a weakened immune system or underlying medical conditions (like chronic heart, lung, or kidney diseases) are considered at higher risk of severe disease.

Coronaviruses are a large family of viruses found mostly in animals. In humans, they cause diseases that range from the common cold to more severe diseases like Severe Acute Respiratory Syndrome (SARS).

The viruses are spread through large liquid droplets when a person infected with a coronavirus coughs or sneezes; the virus in these droplets can enter through the eyes, nose, or throat of another person if they are in close contact with the person who coughed or sneezed. The virus does not transmit through particles in the air and is not something that can come in through the skin.

2. Pandemic: Prevention and Preparedness

2.1 Avoiding and Limiting the Spread of Infection

It is very important to remember that every pandemic is different, and necessary preventive actions will vary between events. The advice below is focused on actions for limiting the spread of COVID-19.

Personal health and hygiene

- Stay at home if you are sick to avoid spreading illness to others.
- When at all possible, minimize leaving your home
- When outside your home, practice physical distancing by maintaining at least six feet of space between you and others
- Wash your hands regularly and frequently with plain soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol content
- Practice cough etiquette. Cough into your elbow or cover your mouth and nose with a disposable tissue when you sneeze. Immediately dispose of all used tissues in an appropriate waste bin and wash your hands right away.
- Avoid touching your eyes, nose, and mouth with your hands, especially if they are unwashed
- Avoid sharing utensils, cups or towels without washing them first with soap and hot water
- Do not share cigarettes, vaping devices, joints or bongs.
- If you smoke, try to quit (www.quitnow.ca), and do not allow others to smoke in the house or car
- If you live with domestic or farm animals take special care to wash your hands after contacting them
- Eat nutritious foods, including plenty of fruits and vegetables
- Get plenty of sleep and exercise regularly

At home

- Clean and disinfect areas that are touched by many people regularly such as bathrooms, kitchens, door handles.
- Remember that regular household cleaners are effective against a wide variety of viruses and bacteria (See Appendix C)
 - **Cleaning** physically removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from a cleaning cloth
 - **Disinfection** kills viruses and bacteria and is only applied to objects; **never** on the human body

At work

- Stay home if you are sick and encourage others to do the same
- When at all possible, work from home / tele or virtual work
- Use a disinfectant to clean objects and hard surfaces that are handled by many (See Appendix C)
- Consider using teleconferencing, video conferencing, telephone, e-mails or fax instead of in-person meetings
- Wash your hands regularly and frequently with plain soap and water for at least 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol content
- Practice cough etiquette. Cough into your elbow or cover your mouth and nose with a disposable tissue when you sneeze. Immediately dispose of all used tissues in an appropriate waste bin and wash your hands right away.
- Avoid touching your eyes, nose, and mouth with your hands, especially if they are unwashed.

Visit the following sites for information regarding hand washing:

- https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/handwash_soap.pdf
- https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/handwash_sanitizer.pdf

Print and post this information in kitchens and bathrooms at home, work or school.

2.2 Preparing for Illness at Home

If you or a family member becomes ill, you should be prepared to cope at home if the symptoms are mild or moderate. For COVID-19, the expected time frame for self-isolation is 10 to 14 days, regardless of whether the diagnosis of COVID-19 is confirmed by laboratory testing or not.

Supplies to stock up on, especially if you live alone

- Non-perishable food items, such as canned or frozen soups, juices, fruits and vegetables, canned fish, crackers, and peanut butter
- Household cleaning supplies, such as bleach or disinfectant, dishwashing soap and paper towels
- Personal hygiene products such as soap, hand sanitizer, shampoo and toilet paper
- A fever thermometer
- Over-the-counter fever medications, such as acetaminophen or ibuprofen
- Prescription medications with 2-3 months supply, if possible

Housekeeping

- Wash hard surfaces such as taps, counters, doorknobs, telephones and railings with a disinfectant or commercial cleaner, ideally multiple times per day (See Appendix C)
- Keep the personal items such as toothbrush, cups, cell phones of those who are sick separate from everyone else's
- All used paper towel, masks and tissues should be put into trash cans lined with a plastic bag
- Empty garbage frequently, and be careful to wash your hands afterwards
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick
- Laundry should be placed in a laundry basket with a plastic liner and can be washed with regular laundry soap and hot water (60-90°C).

Look after others

- Find a person who can be your "buddy" so that if you get sick, they can go to the pharmacy or store for you - and you can be someone else's "buddy" too
- Use technology such as phone and video calls to keep in touch with friends and family or check up on your neighbours, especially those who live alone and/or are elderly. If you can only check with them in person, maintain physical distance when you see them.
- If you are providing direct care to someone who is ill, you are considered a contact and should avoid visiting others
- Offer to get groceries and run errands for people who are sick, or are at higher risk of getting serious complications if they become sick
- Keep emergency phone numbers and self-care instructions in a place where everyone in the household can find them

2.3 Treating those at home

Caring for yourself or others at home may be common during a pandemic, especially one involving a respiratory disease outbreak. Seeking medical care may also be appropriate (Appendix A offers some guidance on when this might be appropriate). Ask for help from family members or friends if you need it. The following specifics will help you respond to a COVID-19 infection.

Containing the virus if you are sick

- Do not go to work
- Do not go to public areas, including places of worship, stores, shopping malls and restaurants
- Do not take buses, taxis or ride-sharing where you would be in contact with others

- Do not have visitors to your home
- Keep away from seniors and people with chronic medical conditions, for example, those who have diabetes, lung problems, heart disease or weakened immune system.
- Keeping 2 metres distance (6 feet) between you and others
- Stay home for at least 10 days after you first get sick. You may return to your regular activities if: After 10 days you feel better, symptoms have improved AND you have had no fever for 72 hours, whichever is later.
- If leaving your home for medical care, call ahead and tell the medical facility that you are coming in so they can prepare for you
- Stay in your room as much as possible and keep 2 metres (6 feet) distance between you and others
- If more than one person in the home is ill with the same illness, they can share a room
- If you are sharing your home, stay and sleep in a room with good airflow that is away from others
- Use a separate bathroom if you can
- Cover your nose and mouth with a tissue when coughing or sneezing and discard immediately into a garbage-bag lined bin - or cough or sneeze into the crook of your arm
- Wash your clothes as you would normally in the laundry, using hot water
- Use regular laundry soap and hot water (60-90°C) in your washing machine and dry clothes well. Do not shake your clothes before you load them in the washing machine.
- Wear a surgical mask if possible to prevent the spread of fluids when you are around others

Caring for the sick at home

- Sick people will probably feel very tired and weak - resting allows their body to recover
- Water, juices, clear broths and soups will replace lost fluids, especially if there is a fever
- Try to drink a glass of water for every hour of being awake
- If urine is dark, that is a sign to drink more fluids
- Clean your hands with soap and water immediately after handling any laundry or garbage from sick people
- If possible, have only one person care for those who are sick to limit the number of people exposed
- If possible, you should not be a care giver if you are pregnant or at high-risk for complications such as diabetes, chronic lung, kidney, or heart disease
- After use, items that can be should be washed with soap or detergent in warm water. No special soap is needed. Dishes can be placed in the dishwasher

Medications and remedies

- If you need medications, use a pharmacy delivery service, ask a friend or family to pick up and bring them to your home.
- Anti-fever medications such as acetaminophen or ibuprofen can be helpful
- Never give products containing ASA (Aspirin™) to any child under the age of 16 years; use of ASA products by children can lead to Reye's syndrome, a serious condition affecting the nervous system and liver
- Over the counter cold medications can help with some symptoms, but should not be used in children under 6 years old

What to do for a fever

- Anti-fever medications such as acetaminophen or ibuprofen can be helpful
- Take off heavy clothing and blankets
- Dress in lightweight clothing and keep room temperature at 20°C
- Give lukewarm sponge or tub baths, never use alcohol rubs

2.4 Whom to Contact

BC residents can visit HealthLink BC's user-friendly website to directly access reliable, up-to-date information during a pandemic. Visit HealthLink BC online or call 24-hours a day/seven days a week if you have questions or concerns. Translation services are available in over 130 languages.

HealthLink BC: www.healthlinkbc.ca

8-1-1 (toll-free)

7-1-1 (deaf & hard of hearing)

In case of emergency, call: 9-1-1

For recommendations on protecting yourself and your community from COVID-19, visit:

<http://www.bccdc.ca/>

Use the self-assessment tool or download the app at: <https://bc.thrive.health/>

For non-medical questions about COVID-19, call 1-888-COVID-19 or visit: www.gov.bc.ca/covid19

For the latest videos and livestreaming of COVID-19 media availabilities: on Facebook:

<https://www.facebook.com/BCProvincialGovernment/> on Twitter: <https://twitter.com/BCGovNews>

Other Web Links

Government of BC: www.gov.bc.ca

HealthLink BC: www.healthlinkbc.ca

Immunize BC: www.immunizebc.ca

BC Centre for Disease Control: www.bccdc.ca

BC CDC COVID-19 Site: [http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

Health Authorities

Fraser Health: www.fraserhealth.ca

Interior Health: www.interiorhealth.ca

Northern Health: www.northernhealth.ca

Provincial Health Services: www.phsa.ca

Vancouver Coastal Health: www.vch.ca

Vancouver Island Health: www.viha.ca

Other important contact information that should be readily accessible:

- Doctor
- Local Walk-In Clinics: names, locations and hours of operation
- Local Pharmacies: names, locations and hours of operation

If leaving your home for medical care, call ahead and tell the medical facility that you are coming in so they can prepare for you.

The above information is also listed in Appendix E; you may want to print that page and put it on your refrigerator or near your telephone, or add these contacts to your phone directory

2.5 Vaccination

Because SARS-CoV-2 is a new virus infecting humans, there are no vaccines available to prevent this infection, although a variety of development efforts are underway. Use the advice in this guide to protect yourself against getting infected or from spreading it to others.

Routine vaccination continues to be recommended and is especially important for infants and young children. Immunization service providers are well versed in how to prevent transmission of COVID-19 in immunization clinics.

People at higher risk of respiratory complications such as older adults, special populations, and those who are immunocompromised should also ensure their vaccines are up to date, including pneumococcal pneumonia vaccine.

Appendix A: When to seek Medical Care

Pandemics can be extremely diverse, and the health impacts that they cause can vary greatly in their symptomology and severity. When individuals should seek medical care varies depending on what symptoms are associated with a particular event, and the current status of the health system. Below are some general guidelines for the general population, as well as caretakers.

A person should generally seek medical care if they experience shortness of breath or difficulty breathing, or if a fever continues more than three days despite taking anti-fever medication. For parents with a young child who is ill, seek medical care if a child has fast or labored breathing, or continuing fever. **A change in mental status, like confusion or lethargy, also is a warning sign.** In the event that you are unsure if other symptoms require medical attention, consult the resources listed in Appendix B.

Supportive care at home - resting, drinking plenty of fluids and using a pain reliever for aches – can be effective in many cases, but you should monitor official sources for specific information regarding ongoing pandemics. See Appendix B for places you can find more information.

A-1: How to Measure Breathing

The information below is intended to be general information that is applicable for any pandemic that impacts respiratory function including COVID-19. The criteria below should not be considered a comprehensive list of symptoms that would require professional medical care.

Adults and older children:

Watch the chest rise and fall with each breath. Use a watch or clock and count the number of times the chest rises or expands in one minute (60 seconds).

Children and infants:

Watch the stomach rise and fall with each breath. You should uncover the child so you can see the stomach. Use a watch or clock and count the number of times the stomach rises or expands in one minute (60 seconds).

Compare the number you counted to the chart below. If the child's breathing rate is the same or over the number in the chart, it is a sign that the child is having trouble breathing and you should contact 8-1-1 or your family physician. If the child has other symptoms or behaviors that you are concerned about, like being lethargic or not wanting to be held, seek medical advice.

Breathing Rates – When to seek Medical Attention	
Age	Number of breaths per minute
Less than 2 months old	Over 60 breaths per minute
2 months to 1-year old	Over 50 breaths per minute
1 to 5-year old	Over 40 breaths per minute
5 years to adult	Over 30 breaths per minute
In children under 5 years of age, signs of troubled breathing include: <ul style="list-style-type: none">• grunting with breathing;• squeaking or wheezing noise with breathing;• flaring nostrils with each breath; and• chest rising opposite to the stomach rising.	

Appendix B: Contact Information

***Print this page and put it on your refrigerator or near your telephone.**

Add these as contacts to your phone directory*

Key Contacts

HealthLink BC www.healthlinkbc.ca

811 (toll-free)

General information, including risk and test information

711 (deaf & hard of hearing)

In case of emergency, call: 911

On the web

Government of BC: www.gov.bc.ca

General information from the provincial government

HealthLink BC: www.healthlinkbc.ca

General health resource for all British Columbians

Immunize BC: www.immunizebc.ca

Immunization information and tools

BC Centre for Disease Control: www.bccdc.ca

Specific information, including updates and resources

Health Authorities

Specific information from your health authority

Fraser Health: www.fraserhealth.ca

Interior Health: www.interiorhealth.ca

Northern Health: www.northernhealth.ca

Provincial Health Services: www.phsa.ca

Vancouver Coastal Health: www.vch.ca

Vancouver Island Health: www.viha.ca

Important contact information for you

Your Doctor _____

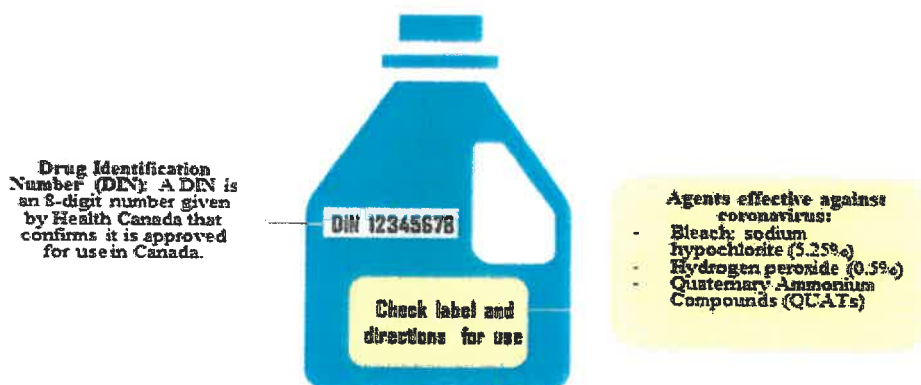
Local Walk-In Clinics (names, locations and hours of operation)

Local Pharmacies (names, locations and hours of operation)

Appendix C – Disinfection products active against coronaviruses

For frequently touched or contaminated surfaces, the below list will help you choose cleaning products. Often janitorial product outlets carry these products.

- ▶ Ensure disinfectant product has a Drug Identification Number (DIN) on its label.
- ▶ *Always follow the manufacturer's instructions* for dilution, contact time and safe use.
- ▶ Soiled surfaces should be cleaned before disinfecting (unless otherwise stated on the product).



List of disinfecting agents and their working concentrations effective against coronaviruses^{1,2}:

Agent and Concentration		Uses
1.	Chlorine: Household bleach – sodium hypochlorite (5.25%) 1:100 (500 ppm solution) 10 ml bleach to 990 ml water	Used for disinfecting general surfaces, e.g., hand railings, grab handles, door knobs, cupboard handles.
2.	Chlorine: Household bleach - sodium hypochlorite (5.25%) 1:50 (1,000ppm solution) 20 ml bleach to 980 ml water	Used for disinfecting surfaces contaminated with bodily fluids and waste like vomit, diarrhea, mucus, or feces (after cleaning with soap and water first). Allow surface to air dry naturally.
3.	Accelerated Hydrogen Peroxide 0.5%	Used for disinfecting general surfaces (e.g. counters, hand rails, door knobs).
4.	Quaternary Ammonium Compounds (QUATs)	Used for disinfecting of general surfaces (e.g., floors, walls, furnishings)

The BC Ministry of Health does not endorse or promote any specific brands of disinfectant products. If you have any questions about specific products for prevention of coronavirus, please contact PICNet at picnet@phsa.ca

¹ Dellanno, Christine, Quinn Vega, and Diane Boesenberg. "The antiviral action of common household disinfectants and antiseptics against murine hepatitis virus, a potential surrogate for SARS coronavirus." *American journal of infection control* 37.8 (2009): 649-652.

² Provincial Infection Prevention Control Network of British Columbia. "Infection Prevention and Control Guidelines for Providing Healthcare to Clients Living in the Community." (2014). https://www.picnet.ca/wp-content/uploads/PICNet_Home_and_Community_Care_Guidelines_2014.pdf

Appendix D Mental Health Support

During a pandemic, people can experience a wide range of mental health impacts due to personal infection, the infection of loved ones, or any number of other social factors. Below is collection of mental health supports that are available to people in British Columbia.

Virtual mental health supports for everyone:

- **BounceBack** – Expanding access to free online, video and phone-based coaching and skills-building program so that more seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress or worry, can receive care. (Canadian Mental Health Association – BC Division). Available now. For more information, visit: www.cmha.bc.ca/covid-19
- **Virtual counselling services** – Expanding access to virtual community counselling for individuals or groups at low or no cost. A list of community counselling agencies offering virtual support is online. Available now. For more information, visit: www.cmha.bc.ca/covid-19
- **Peer support and system navigation** – Expanding access to virtual mentoring and supports by increasing the number of peer support and system navigation workers. (Canadian Mental Health Association). Available now. For more information, visit: www.cmha.bc.ca/covid-19
- **Living Life to the Full** – Launching access to free virtual Living Life to the Full peer support and practical skills courses for coping with stress, problem solving and boosting mood. The eight-week course is led by a trained facilitator. (Canadian Mental Health Association – BC Division). Available now. For more information, visit: www.cmha.bc.ca/covid-19
- **B.C. COVID-19 mental health self-assessment tool** – Launching a set of mental health screening self-tests alongside the COVID-19 self-assessment tool. (Canadian Mental Health Association). Available April 20. For more information, visit: www.cmha.bc.ca/covid-19

Virtual mental health supports for youth:

- **Foundry Virtual Clinic** – Nine existing virtual Foundry centres are now accepting virtual walk-in counselling. A new provincewide youth-focused virtual clinic with counselling, peer support, primary care and family support for young people aged 12 to 24 and their families will be available via voice, video and chat. Available April 20, 2020. For more information, visit: www.foundrybc.ca

Virtual mental health supports for seniors:

- **BC211** – The Province has already expanded bc211, a provincewide information and referral service, to match seniors whose support network has been affected by the COVID-19 outbreak with volunteers. This service will take calls from people who would like to volunteer to help seniors in their community with basic needs, including grocery shopping and pharmacy drop-offs and check-ins. Available now. For more information, visit: <http://www.bc211.ca/>

Virtual mental health supports for victims of family or sexual violence:

- **VictimLink BC** – Immediate 24/7 crisis support for victims of family or sexual violence is available by phone through VictimLink BC's 24/7 telephone service. Available now. For more information, call 1 800 563-0808 or email: VictimLinkBC@bc211.ca



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



HOW YOU CAN SLOW THE SPREAD OF COVID-19

Take care of others by taking care of yourself.

Wash your hands, don't touch your face, and stay home if you are sick.

Stay at Home and Physically Distance

Stay at home whenever you can. Maintain 2 meters distance from those outside of your household.

COVID-19 information for those with chronic health conditions

April 24, 2020

Q 1. Who is at higher risk for COVID-19 complications?

We are still learning about COVID-19. For people infected with COVID-19, there is a wide range in infection severity from no symptoms to severe pneumonia and risk of death. According to the Public Health Agency of Canada, there are people who are at a higher risk of developing more severe illness or complications from COVID-19.

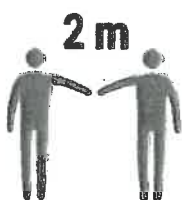
Although most people with COVID-19 recover, people with chronic diseases are also at higher risk of death if they become ill. This includes:

- People with medical conditions such as heart disease; hypertension (high blood pressure); lung disease; diabetes; and cancer.
- People with weakened immune systems from a medical condition or treatment, such as chemotherapy
- Older adults, seniors and Elders.

Q 2. How can I avoid getting sick with COVID-19?

The best way to currently protect yourself from COVID-19 is protective self-isolation and maintaining physical distance. Stay away from other people who are ill. If you are sick yourself, stay away from others. Avoid contact with others if they have travelled or are a contact of a COVID-19 case.

Physical Distancing



- When outside of your home, practicing physical distancing by keeping two meters (six feet) away from others.
- Give a friendly wave instead of a handshake, kiss or hug if you see someone you know
- Keep any interactions as brief as possible
- Wash your hands regularly and avoid touching your face.
- If you have to cough or sneeze, try to do it into your elbow or a tissue, and then wash your hands afterwards.
- Washing your hands properly means using soap and water and washing for at least 20 seconds. Handwashing is preferred over alcohol based hand sanitizer. If your hands have dirt or food or anything else on them, you should use soap and water because hand sanitizer may not work.

Q 3. Will wearing a mask protect me from being infected?

- Wearing a medical face mask (surgical or procedural) does not protect against COVID-19 infection.



- Our advice for patients with chronic health conditions is the same as for others. In general face masks should be used by sick people to prevent the spread of germs to others, health care workers, or those caring for a person with COVID-19 symptoms. Learn more about masks on the [BCCDC website](#).

Q 4. Should I still go to my medical appointments?

If possible, only leave your home for medically necessary appointments. It's important to ensure you continue to receive medical care for your chronic conditions.

If you have to leave your home:

- Avoid touching your mouth, nose, and eyes and/or food with your hands.
- Avoid touching high-touch surfaces such as doorknobs, handrails and elevator buttons in public places.
- If you need to touch surfaces in public places, use a tissue or your sleeve to cover your hand.
- Wash your hands frequently. Carry alcohol-based hand sanitizer if you have it to clean your hands when you don't have access to a sink.

Q 5. What if I get sick? Do I need a test?

Pay attention to your health. If you develop cold, influenza or [COVID-19-like symptoms](#), use the [BC COVID-19 Self-Assessment Tool](#) to help determine if you need further assessment for COVID-19 testing by a physician, nurse practitioner or at a [BC COVID-19 collection centre](#). You can also call 8-1-1 to speak with a nurse anytime.

When to seek Medical Care

Mild Symptoms

- If your symptoms are mild and can be managed at home (e.g., fever, cough, sneezing, or sore throat) continue to self-isolate at home.

Worsening Symptoms

- If your symptoms worsen or you are concerned, complete the [BC COVID-19 Symptom Self-Assessment Tool](#) or call 8-1-1 any time.
- Examples include mild to moderate shortness of breath, inability to lie down because of difficulty breathing, any new chest pain and chronic health conditions that you are having difficulty managing because of difficulty breathing.
- If your symptoms worsen, it is important to seek medical help early. Please consult your family doctor or nurse practitioner. If you are unable to reach your regular care provider, seek care at an [Urgent & Primary Care Centre](#) or Emergency Department. When going in person please call ahead and tell them your symptoms, and that you have a chronic health condition.

Severe Symptoms require immediate medical attention.

- Examples include severe difficulty breathing (e.g. struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused or losing consciousness.
- Call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms and that you have a chronic health condition.



Seeking medical care

- **Wear a medical face mask** (surgical or procedural). If a medical mask is not available, use a non-medical mask or facial covering, e.g. homemade cloth mask, dust mask, bandana or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.
- **Do not use public transportation.** This includes buses, taxis or ride-sharing where you would be in contact with others.

Q 6. Should I have medication and other supplies on hand in case I can't go out?

- The Public Health Agency of Canada has issued guidance for all [Canadians on preparedness and COVID-19](#)
- Stock up on the supplies you would need if you were to have to stay home for a few weeks, such as groceries, pet food and cleaning products.
 - Prepare to stay connected with others by phone or email.
 - Ask family, a neighbor or friend to help with essential errands (e.g., picking up prescriptions, buying groceries).
 - Identify which services are available to deliver food or medications to your home.
- Talk with your health care provider about how to protect yourself and ensure you have enough of your prescribed medications and medical supplies. If possible, have at least a two-week supply of your medications on hand.

Q 7. Should I stay at home?

- Yes, as much as possible. People with certain chronic conditions should practice **protective self-isolation**. Protective self-isolation means staying at home and being separate from other people as much as possible.
- For many people, staying at home for long periods will not be an option. As you have a chronic condition, plan for how you can avoid close contact with others outside your home.
- At this time, everyone in BC, not just those with chronic conditions are asked to stay at home and avoid contact with others to slow the spread of COVID-19 in our communities.
- All in-person gatherings of any size are strongly discouraged and it is important for everyone to avoid crowds and large gatherings.

Q 8. Should I change my travel plans?

- The Public Health Agency of Canada is advising travellers to avoid all non-essential travel outside of Canada and avoid cruises.
- [Health Canada travel advisories](#) should be consulted before any travel for people with chronic conditions.
- As of March 25, 2020, all persons arriving in Canada must self-isolate (quarantine) and monitor for symptoms for 14 days under the [Quarantine Act](#). Unless you [are exempt](#), all international travellers returning to B.C. are required by law to self-isolate for 14 days and complete a self-isolation plan. Travellers must [submit a self-isolation plan](#) for approval prior to their return to B.C., or upon arrival.

Q 9. Where can I get more health information?

- Visit our [BCCDC COVID-19 website](#) or call 8-1-1 to speak with nurse anytime. Translation services available in 130 languages.

Non-medical information

- For the most up to date non-medical information you can visit the [BC Government's COVID-19 Provincial Support](#)



- The province has created a phone service to provide **non-medical** information about COVID-19. You can call 7 days a week with translation services from 7:30 a.m. - 8 p.m. Pacific Standard Time. Call **1-888-COVID19** (1-888-268-4319) or via text message at **604-630-0300**.

April 24, 2020

COVID-19 information for patients with chronic health conditions



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Health



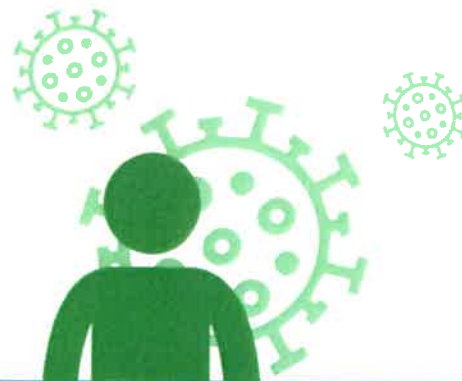
BC Centre for Disease Control

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



What's contact tracing?

When a person tests positive for COVID-19, someone from Island Health will contact them to get a list of the people they've been in contact with.



1. To help prevent the virus from spreading, Island Health staff trace the contacts of everyone who tests positive for COVID-19

- “Contacts” are anyone who has recently spent more than 15 minutes within 2 metres (6 feet) of someone who has tested positive

2. Island Health staff follow-up to make sure that:

- a. The contacts self-isolate
- b. If they develop any symptoms, they get tested

Stay COVID-safe:



Wash your hands often (for at least 20 seconds with soap and water), or use hand sanitizer.



If you have to cough or sneeze, do it into your elbow. Remember to wash your hands afterwards.



Avoid touching your face.



If you use a tissue, throw it away as soon as possible, then wash your hands.



Stay 2 metres (6 feet) away from other people.



When in public, the expectation is that you wear a mask.

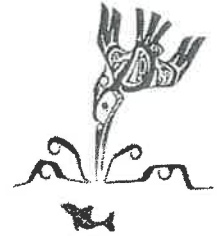
Contact tracing: It helps keep us all safe!

For more information, visit bccdc.ca/covid19, use bc.thrive.health to check symptoms, and call 1-844-901-8442 (8:30 a.m. – 8:00 p.m.) if recommended.



Ditidaht First Nation

PO Box 340 Port Alberni, BC V9Y 7M8 Tel.: (250) 745-3333 Fax: (250) 745-3332
Toll-free 1-888-745 -3366 Email: admin@ditidaht.ca



February 2, 2021

SUBJECT: VIRTUAL TOWN HALL MEETING

TO: Ditidaht Band Members

There has been a request for a virtual meeting from a few band members. Chief and Council are committed to open communication with their band Members.

Ditidaht Chief and Council are working on a virtual "TOWN HALL MEETING".
We have some technical work to complete before we can successfully schedule this type of meeting.

We are asking for you to please email your contact information to include an email address to EOC@ditidaht.ca. The email address will give you access to the virtual meeting.

When we have the data base completed as best we can with all of the updated information we will contact each of you with the sign in information.

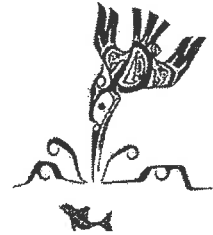
Thank you for your understanding and cooperation,

Sincerely,

Chief and Council and Administration

Ditidaht First Nation

PO Box 340 Port Alberni, BC V9Y 7M8 Tel.: (250) 745-3333 Fax: (250) 745-3332
Toll-free 1-888-745-3366 Email: admin@ditidaht.ca



February 2, 2021

COVID – 19 CONFIDENTIALITY

Chief and Council or Administration **does not** have the right to Breach Confidentiality with any Health concerns with any members. Please know that we are doing our very best to keep the community safe.

All aspects of case investigation and contact tracing must be voluntary, confidential, and culturally appropriate.

Minimum professional standards for any agency handling confidential information should include providing employees with appropriate information and/or training regarding confidential guidelines and legal regulations. All public health staff involved in case investigation and contact tracing activities with access to such information should sign a confidentiality statement acknowledging the legal requirements not to disclose COVID-19 information. Efforts to locate and communicate with clients and close contacts must be carried out in a manner that preserves the confidentiality and privacy of all involved. This includes never revealing the name of the client to a close contact unless permission has been given (preferably in writing), and not giving confidential information to third parties (e.g., roommates, neighbors, family members).

Maintaining confidentiality during COVID-19 case investigations and contact tracing can be particularly difficult in congregate settings. Prior discussions with the client can generate solutions for safeguarding confidentiality. Onsite administrators/employers who already know confidential information regarding a client or contacts can be asked to respect confidentiality, even if they are not legally bound to do so.

Legal and ethical concerns for privacy and confidentiality extend beyond COVID-19. All personal information regarding any COVID-19 clients and contacts should be afforded the same protections. This includes any and all patient records. Data and security protocols should include recommendations for password-protected computer access, as well as locked, confidential storage cabinets and proper shredding and disposal of notes and other paper records. Protocols should include instructions for the protection of confidential data and confidential conversations in a working-from-home setting (e.g., make telephone or video-conferencing calls from private room to avoid the conversation being overheard). Approaches to ensuring confidentiality and data security should also be included in training of staff.

[Confidentiality and Consent \(cdc.gov\)](https://www.cdc.gov/privacy/)

