

# Covid-19



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Kitselas First Nation*

# *Kitselas First Nation Emergency Response Division*

## **Covid-19**

*This document was prepared by Kitselas First Nation Emergency Response Division Manager Mr. Ken McDames Jr. with support from the Health Manager, Ms. Geri Inkster. The objective of this document is to provide Kitselas community members with health information and resources related to COVID-19.*

*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.*

*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 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.*

*The virus is spread through liquid droplets when a person infected with COVID-19 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.*

# Covid-19 Kitselas Emergency Response Division

Avoiding and limiting the spread of infection is very important. The recommendations below are focused on 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 bongos.
- If you smoke, try to quit ([www.quitnow.ca](http://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. Cleaning physically removes, rather than kills, viruses and bacteria. It is done with water, detergents, and steady friction from a cleaning cloth o 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
- 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_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](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.

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 ensure you have, 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
- 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 neighbor's, 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 coming in contact with 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

### **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. Ask for help from family members or friends if you need it. The following specifics will help you respond to a COVID-19 infection.

## **What to do if you have COVID-19 symptoms**

- 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

## **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](http://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](http://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](http://www.gov.bc.ca)

HealthLink BC: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

Immunize BC: [www.immunizebc.ca](http://www.immunizebc.ca)

BC Centre for Disease Control: [www.bccdc.ca](http://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

Northern Health: [www.northernhealth.ca](http://www.northernhealth.ca)

Provincial Health Services: [www.phsa.ca](http://www.phsa.ca)

Other important contact information that should be readily accessible:

Spruce Medical Centre

102-4630 Lazelle Avenue

778-634-2525

[www.sprucemed.online](http://www.sprucemed.online)

HG Health Centre  
4610 Lazelle Avenue  
250-975-0133 or  
778-634-2300  
[www.hghealthcentre.ca](http://www.hghealthcentre.ca)

Park Avenue Medical  
4634 Park Avenue  
250-615-5030

### Pharmacies

-Shopper's Drug Mart  
4634 Park Avenue  
250-615-5151

-Shopper's Drug Mart  
4647 Lakelse Avenue  
250-635-7261

-Pharmasave-Skeena Mall  
4741 Lakelse Avenue  
250-635-2206

-Save On Food Pharmacy  
250-635-5950

-Safeway Pharmacy  
250-635-1375

## **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](http://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](http://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](http://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](http://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](http://www.cmha.bc.ca/covid-19)

#### **Virtual mental health supports for youth:**

- Foundry Virtual Clinic – Nine existing virtual Foundry centers 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](http://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](mailto:VictimLinkBC@bc211.ca)