



## COVID-19 Household Guide

Here is a quick guide and links for your household in case someone in your house gets sick or possibly has Covid-19.

### **TOOLS FOR THE PUBLIC**

If you are feeling unwell, self isolate and do one of the following actions:

- Use the BC CDC online Self-diagnostic tool at <http://covid-19.bccdc.ca/> OR
- BC Ministry of Health App for self-assessment: <https://bc.thrive.health/>
- Call Northern Health: o Virtual Health Clinic - dial **1 844 645 7811** for initial medical calls

If you have questions related to COVID19 that are NON-MEDICAL in nature, please:

- Dial **1-888-COVID19 OR 1-888-268-4319** o Note that these are for non-clinical questions
- Questions for First Nations Health Authority: [covid19.northern@fnha.ca](mailto:covid19.northern@fnha.ca)

### **If a Community member has symptoms**

- Call the number
- Appointment is made
- If sick before test, self isolate 14 days
- Or call family doctor- same thing, self isolate, test, await test results
- Isolation days will be set by Northern health or your family Doctor
- Name, confidential, only recognized as first nation residence
- Check in, ask questions, who you dealt with, who you shared a living space with, etc etc.
- Positive case- daily monitoring,
- CHR/Nurse to be involved- Northern Health is responsible due to Kitselas having no nurse
- Emergency call 9-1-1, they will ask questions if covid19 related

### **Multi-People living in a home**

Who are the vulnerable members within the household?

Choose one person be designated to pick up groceries and medications.

### **Communication**

If tested positive- Make sure community member contacts health dept for check in (Daily)

- Is there need for Help with medications, & groceries?
- Daily check-ins

- Any Questions, information sharing, educate on virus and symptoms
- If your test for COVID19 and the test results comes back NEGATIVE, there is no need to self isolate moving forward

### **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
  - Self isolate in their bedroom
  - Try establish the use of one washroom if house has 2 washrooms
  - If only one washroom, Sanitize, wash, and clean daily
  - Garbage double bagged and out of the house in the bin daily
  - Bedding and laundry to be done daily
  - Sanitize everything, door handles, windows, bed frame, table stand, night stand (whatever is touched)
- Clean your hands with soap and water immediately after handling any laundry or garbage from sick people/person
- 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 caregiver 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

### **Arranging support:**

It is important given isolation protocols that you and your family arrange for support (for groceries, supplies and prescriptions). Please make sure you identify and communicate with 3 contacts in your social network who agree to provide this support if needed.

Also, if you have a positive test, you will be asked by Northern Health who can support you during this time and should know about the positive test result. We ask that you please identify Kitselas Health

Dept. and the Emergency Operation Centre team as being in receipt of this information as this will help us help you to the best we can.

Please contact Geri Inkster Health Director for any questions or concerns

Phone- 250-641-8423

Email- [health@kitselas.com](mailto:health@kitselas.com)

Or

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