



## KEEPING PEOPLE SAFE

### COVID-19: Keeping People Safe

#### In this update:

- FNHA Funded Treatment Centres Operating
- General Recommendations
- In the Administration Offices or Other Band Buildings (printable to post, if necessary)
- Safe Meeting Guidelines (printable to post, if necessary)
- When Someone Has Symptoms (includes link to online self-assessment tool)
- Fraser Health's Revised Testing Criteria
- What does self-isolation look like? (printable to post, if necessary)
- How to Access Medications You Need (printable to post, if necessary)
- Printable infographic/Information sheet on COVID-19 (excellent visual)
- Printable poster from the World Health Organization on Shaking Hands
- Printable poster from the World Health Organization on Safe Greetings
- Printable poster about the power of social distancing from SignerLab
- Printable poster on social distancing from FS Regional Team

#### FNHA Funded Treatment Centres Operating

Based on FNHA's recommendation, all FNHA funded treatment centres are operating, except Nenqayni. They are taking precautionary measures, by reducing the number of clients and staff and not going to external AA meetings, but are working to remain open.

#### General Recommendations

Please see the attached FNHA handout, **COVID-19 Frequently Asked Questions**, which provides excellent information on the various aspects of this situation. You can stay up to date on the FNHA website here: <https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus>.

Yesterday, March 17, British Columbia announced a public health emergency after 83 new cases of COVID-19 were announced, along with 3 new deaths. The announcement included an order from Provincial Health Officer Dr. Bonnie Henry to close all bars and clubs indefinitely.

On March 16, Prime Minister Trudeau urged all Canadians to stay home whenever possible. Limiting exposure to other people is the most important step we can all take that will help keep everyone safe.

Following is some general information to help you keep your workplace and community safe during the outbreak, compiled from the Fraser Health Authority website, and the World Health Organization document "*Getting Your Workplace Ready for COVID-19.*" We have set up this file so that these can be printed to post in your workplace if needed.



## KEEPING PEOPLE SAFE

### In the Administrative Offices or Other Band Buildings

- If employees can work from home, they should be encouraged to do so. Where people need to work in the office, the following is recommended:
- Maintain a 2 meter (6 ft) distance between each other.
- Make sure workplace is clean and hygienic.
- Wipe surfaces (e.g. desks and tables) and objects (e.g. telephones and keyboards) regularly with disinfectant.
- Promote regular and thorough handwashing by employees and contractors.
- Put sanitizer dispensers around the workplace and refill them regularly, and ensure access to stations where people can wash their hands with soap and water.
- Fraser Health states that masks can reduce the risk to others when you are sick. However, it is not known how effective wearing a mask is in preventing transmission if you are not sick.
- Make paid sick leave available to those who need to stay home.



## KEEPING PEOPLE SAFE

### Safe Meeting Guidelines

There are options (which you may already be using) for virtual meetings which can be quite effective. If you do choose to continue to hold meetings, here are some guidelines to create an environment with minimized risk.

- Ensure there is enough space to allow 2 metres between attendees. Evidence suggests that COVID-19 transmits readily through respiratory droplets, and these fall within 2 metres of their source.
- Recommend only essential members/parties attend, and refrain from including children.
- Provide alcohol-based hand rub at each table or at stations in the room, and ensure adequate supply of disposable towels at sinks.
- Now that spring is almost here, consider holding meetings outdoors, where higher ventilation may lower risk.
- Forgo physical contact like hugging and hand-shaking.
- If you are providing a meal, opt for individual packages over any shared food/beverages. Have participants dispose of their own waste and unused portions.
- Consider forgoing songs.
- Remind attendees to monitor for the primary symptoms (fever and cough) for the full 14 days after the meeting, and provide a contact number for them to advise of any illness.
- Disinfect surfaces (e.g. desks and tables) and objects (e.g. telephones and keyboards) regularly, using an alcohol-based sanitizer. Preliminary research on this new virus form is showing that it is detectable up to at least 72 hours post-application.
- Register the contact information of all attendees (mobile telephone number and email) and advise them that these details will be shared with public health authorities should any participant become ill. Retain these for one month after the meeting.



## KEEPING PEOPLE SAFE

### When Someone Has Symptoms

Right now, not everyone who has symptoms is being tested. Testing at this stage is limited to those who have travelled, those who have been in contact with someone who has either travelled or has the virus.

The BC Government has an online assessment tool: [BC COVID-19 Self-Assessment Tool](#)

If you do develop symptoms, Fraser Health is asking people to avoid going to the emergency room to be tested. Anyone concerned that they may have been exposed to, or are experiencing symptoms of, the novel coronavirus COVID-19 should contact their primary care provider, local public health office, or call 8-1-1. Extra resources are being put in place at this number due to volume of calls.

The Public Health Agency of Canada has set up a 2019 novel coronavirus telephone information line at: 1-833-784-4397. Please call ahead. The BC Government also has a new phone line for non-health related questions about COVID-19: 1-888-COVID19.

### Fraser Health's Revised Testing Criteria

**Fraser Health has advised that the testing criteria has changed, effective March 16, 2020:**

*Those being tested are people with symptomatic with respiratory symptoms who are:*

- Hospitalized or likely to be hospitalized
- Residents in a long term care facility
- Health care workers
- Contacts or cases from a known cluster/outbreak (direction from PH)

*Those NOT being tested:*

- People who are asymptomatic
- Returning travelers with mild symptoms
- Others with mild symptoms

If you are tested, you are asked to continue self-isolating until you receive your test results, which should be within 96 hours. You can inquire about your test results at the BC Centre for Disease Control (BCCDC) Coronavirus Hotline at 1-833-707-2792. They will also provide guidance on self-isolation.



## KEEPING PEOPLE SAFE

### What does self-isolation look like?

- **Stay at home when sick**
- Stay and sleep in a room with good airflow that is away from others
- Use a separate bathroom if you can
- Do not share towels or face cloths
- Limit contact with others (ill or well) by standing or sitting at least 2 metres away from another individual, not shaking hands, etc.
- Frequently wash hands with soap and water (or use alcohol-based hand rubs to clean hands if they are not visibly soiled)
- Avoid touching the face/eyes/mouth with unwashed hands
- Cover mouths and noses when sneezing or coughing with a disposable tissue or the crease of your elbow
- Disinfect surfaces that are touched often
- Access COVID-19 information from trustworthy sources (such as Fraser Health ([fraserhealth.ca/coronavirus](https://fraserhealth.ca/coronavirus)) or the BCCDC)
- Complete needed activities at off-peak hours (for example, shopping for groceries on Wednesday at 8pm, instead of Sunday)
- Ask employers for virtual work that can be completed at home
- Do not travel outside of Canada, including the United States
- If you are elderly or have medical conditions, please avoid large gatherings. Consider having elders stay elsewhere for the 14 days
- Consider asking friends or relatives to help with buying groceries, other shopping or picking up medication. Alternatively, you can order groceries and medication by phone or online
- Limit the number of visitors in your home. Only have visitors who you must see and keep the visits short
- Avoid face to face contact; keep a distance of 1-2 metres (3-6 feet) from another person.
- Self-isolation can end 14 days after the last contact or return to Canada



## KEEPING PEOPLE SAFE

### How to Access Medication You Need

**If you are feeling unwell and require medications, please do not visit your pharmacy. Instead, call your pharmacy and they will arrange to safely provide you any medications you may need.**

*You do not need to stockpile medications.*

Older adults and those with chronic conditions or compromised immune systems may wish to refill their prescriptions so that they do not have to go to a busy pharmacy if they do become sick.

To avoid any non-essential visits with a doctor or nurse practitioner, a pharmacist can also provide you with a refill of your prescription or provide you with an emergency supply of medications you need.

The College's [Find a Pharmacy tool](#) can help you locate a pharmacy in your community.

### **MEDICATION DELIVERY**

If you need to stay at home and require medication, many pharmacies provide delivery services.

*Patients should contact their pharmacy to confirm that they are able to provide this service.*

### **SENDING SOMEONE TO PICK UP MEDICATIONS FOR YOU**

If you need to stay at home and require medication, you can ask someone to pick up your medications for you.

*Patients should contact their pharmacy to confirm the process for sending someone to pick up their medications on your behalf.*

### **ACCESS THE PHARMACARE NEWSLETTER HERE:**

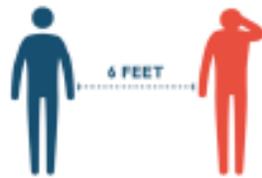
<https://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/newsletters/news20-003.pdf>

Pacific Blue Cross also has a Pharmacy

locator: <https://www.pac.bluecross.ca/pharmacycompass>

# HOME SUPPORT

## COVID-19 (Coronavirus) Information Sheet



The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.

### **SYMPTOMS OF COVID-19 INCLUDE:**



**COUGH**



**FEVER**



**SHORTNESS OF BREATH**

In rare cases, it can lead to severe respiratory problems, kidney failure or death.



**SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE** to the illness.



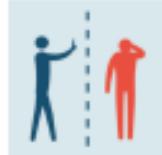
Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.

<sup>1</sup> Johns Hopkins University. Coronavirus at a Glance: Infographic. 2020. Adapted from:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-facts-infographic>

Last updated: March 16, 2020

**Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.**

**Greet people with a wave, a nod or a bow instead.**

**Should I avoid shaking hands because of the new coronavirus?**



**#Coronavirus #COVID19**

9 March 2020

**To prevent COVID-19 it is  
safest to avoid physical  
contact when greeting.  
Safe greetings include a  
wave, a nod, or a bow.**

**How should I greet  
another person to avoid  
catching the new  
coronavirus?**



**#Coronavirus #COVID19**

9 March 2020

# THE POWER OF SOCIAL DISTANCING





## KEEPING PEOPLE SAFE

You may have heard about **social distancing** in the media lately. What does it look like?

Social distancing means you maintain more than the usual distance between yourself and others. One meter (three feet) is recommended as a minimal distance, but two meters (six feet) is best.

There might be times when this isn't easy or even possible, but practicing it help us to protect each other. You don't have to be perfect at it! Every little bit helps. When waiting in line at the grocery store, try taking a step back and adding more space than usual. When placing a take-out order, step back from the counter and then step away while waiting for your order. When at the pharmacy or health building, try to keep space and avoid touching surfaces.

The most important way you can practice social distancing is by going out only when necessary. Cancel community gatherings, play dates, even social dinners. We are in a small window where we can make a BIG difference. Indigenous culture has always been focused on the responsibility of the individual and responsibility to each other. Nature has taught us that we are each a part of the whole, and we must each work together for the good of the whole. Our most vulnerable in our communities need us right now. They need us to practice social distancing to slow the spread of C-19. Slowing the spread will help ensure there are hospital beds available for our people if and when we need them.

### AVOID

- Sharing food or drinks
- Group gatherings
- Restaurants (dine in)
- Gyms
- Playgrounds with other families
- Public Transit
- Concerts
- Daycare
- Playdates

### USE CAUTION

- Pharmacy
- Grocery Store
- Restaurants (take out)
- Unnecessary travel

### SAFE

- Phone/text/email
- Go for a walk
- Play in your yard
- Family game night
- Reading a book
- Watching a favourite TV show
- Imagination play with kids
- Making dinner