



Prevent the spread

Good hand washing (soap and water or hand sanitizer)

- 20 seconds with running water
- Before and after using washroom
- After touching high touch surface
- Before and after handling food
- Before and after entering a building

Cover your cough and sneezes

- Into flexed elbow
- Into tissues and then discard

Stay healthy

- Eat nutritious foods
- Get exercise
- Be calm and grounded
- Quit or reduce smoking/vaping
- Avoid close contact with people who are sick (ten feet)

Other measures

- Avoid touching your face with unwashed hands
- No hugs, no hand shakes
- Close lid of toilet before flushing

COVID- 19

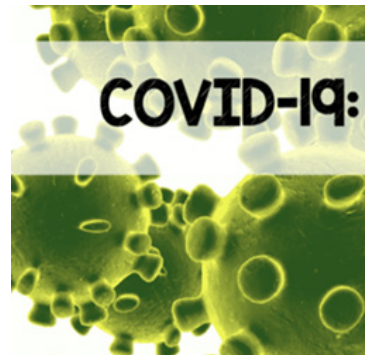
Brand new virus so no-one has immunity

Similar to the cold/flu (cough, fever, short of breath)

Risk for elderly, people with chronic diseases, smokers

Spread by droplet (cough/sneeze)

Spread fecal to hand/mouth



Seabird Island Health

Phone: 604-796-2177

#2895 Chowat Rd. PO Box 765
Seabird Island, Agassiz BC V0M 1A2

Coronavirus COVID-19 Update

The Novel Corona Virus is spreading quickly throughout the world.

While it is in Canada, it hasn't hit our region.....YET!

Many of us will likely get the virus if/when it arrives. Most of us will experience something similar to a cold or flu. Some people will be sicker. Some will need to be hospitalized.

Be informed and be prepared.

SEABIRD
ISLAND
HEALTH



Cleaning at home

Clean high touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach and 9 parts water)

- Toys
- Toilets
- Phones
- Electronics
- Door handles
- Bedside tables
- Television remotes

Wearing a mask

If you are healthy, it's not recommended. It gives you a false sense of security and risk is touching your face to adjust mask and use when it's no longer effective.

If you have a cough, fever, cold, flu, wearing a mask will help you keep your bugs in and prevent spread while you are outside of your home.

Don't be scared; Be prepared

How to prepare at home

Update your family emergency plan....who is there to help?

How will you ensure care for children, elders if you become sick?

Shop for supplies you need on hand at all times

- Medications
- Essentials such as dried goods
- Toilet paper
- Feminine hygiene
- Diapers
- Fever reducing medications
- Household bleach

If you are unwell

- Stay at home if you are sick
- Call ahead before visiting any health facility if you have symptoms of cold or flu
- Ask family and friends for help

Testing for the virus is available for:

- Symptoms of cough, fever, shortness of breath

AND

- Travel to affected area
- Close contact with a traveler to affected area
- Close contact with a known/suspected person with COVID 19

How to care for the ill

If you or a family member has COVID-19, you will be asked to stay at home.

- Keep a close watch on anyone over 50
- Step up cleaning in the home
- Keep distance between members
- Watch for worsening symptoms like shortness of breath
- Call for 811 for direction
- Take to Emergency if breathing is severely compromised.