First Nations Health Authority
Health through wellness

COVID-19

What is it?
How can you protect yourself?
How can you prepare?
Where can you find reliable information?

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What is it?

COVID-19: What is it?

- The new coronavirus is a virus that causes lung infections in people
- The disease that the virus causes is called COVID-19
  - Corona Virus Disease 2019 = COVID-19
- Coronaviruses are not new and have been infecting humans for ages
    - Example- the common cold is a type of Coronavirus

COVID-19: What kind of illness does the new coronavirus cause?

- The new coronavirus causes a respiratory (lung) infection. People who are sick with COVID-19 can have a fever and/or a cough. They may also have muscle aches or sore throat. Some people may feel short of breath.

- Most healthy people who are infected with COVID-19 will have a mild illness like a cold. A smaller number will be more sick, and will need to be in the hospital

- From BCCDC: "Until more is understood about the virus, older people and people with a weakened immune system or underlying medical condition are considered at higher risk of severe disease."

COVID 19 Symptoms

Note that not all people infected with COVID-19 will have these symptoms

- Cough
- Fever
- Runny nose
- Sore throat
- Difficulty breathing

- There is no specific group of symptoms that indicate a COVID-19 infection. Many of these symptoms are seen in cold and flu cases as well
- Not everyone with symptoms will be tested for COVID-19. Call 811 if you suspect that you have COVID-19 for more information

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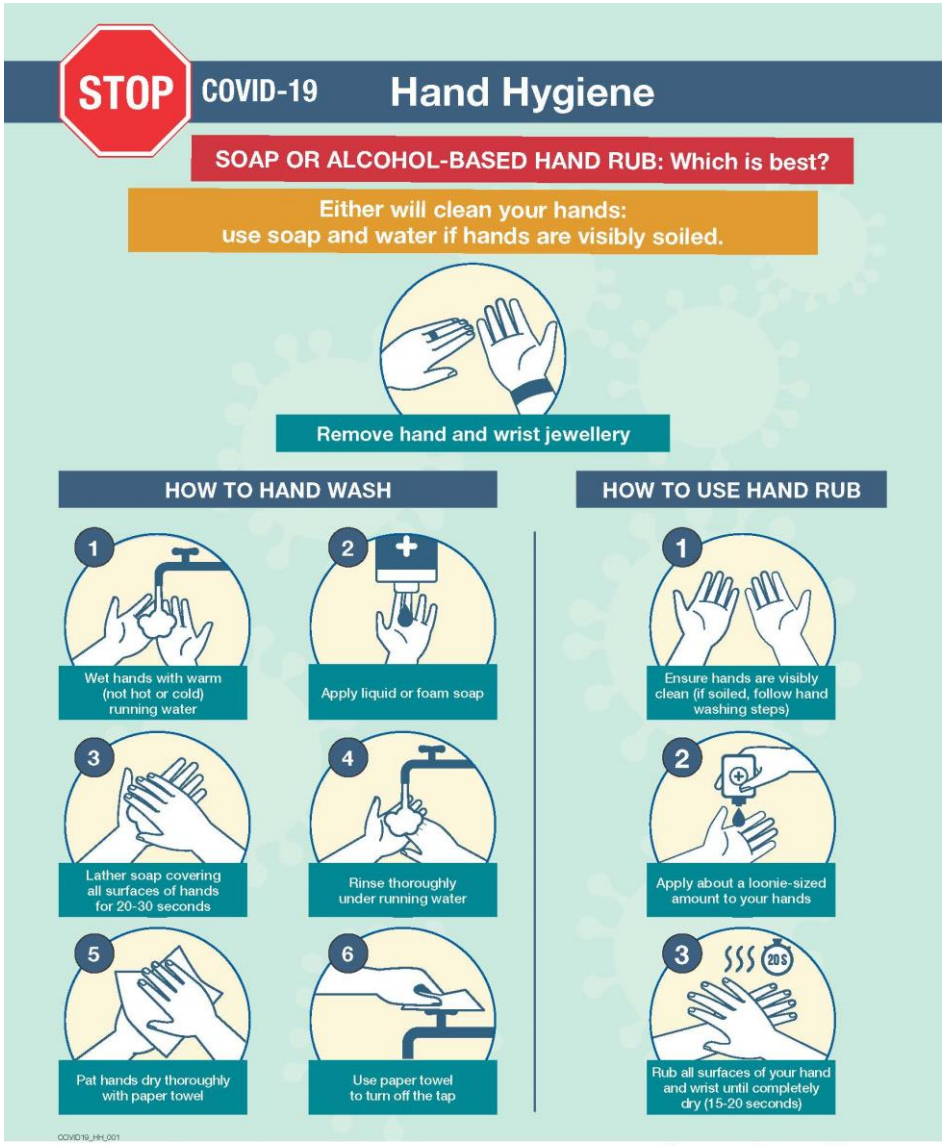
How can you protect yourself?

Wash your hands frequently!

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water
- When to wash your hands
  - After touching "high touch" surfaces: doorknobs, shared items, etc.
  - After blowing your nose or coughing into a tissue
  - After using the washroom
  - When returning home from an outing
  - Before preparing or eating food
  - Before touching your face

Hand Hygiene

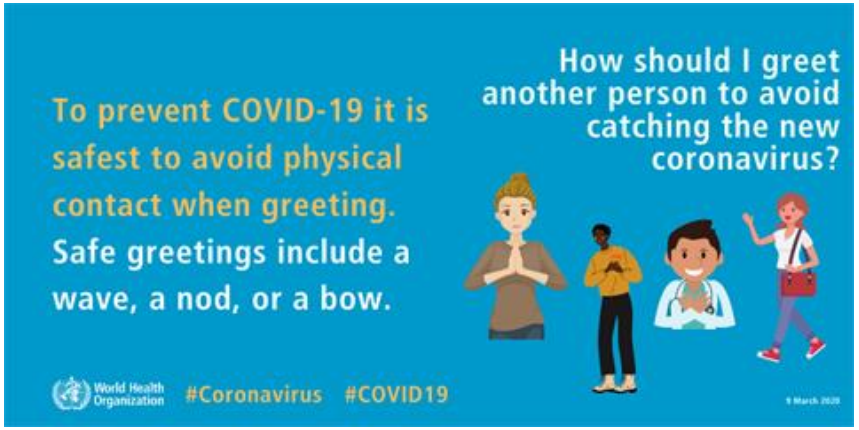


Avoid touching eyes, nose and mouth

- Hands touch many surfaces and can pick up viruses.
- Once contaminated, hands can transfer the virus to your eyes, nose or mouth.
- From there, the virus can enter your body and can make you sick.

Social Distancing

- Maintain distance between yourself and others
- Stay away from others if you are sick



Travel Advisory

- As of March 17th 2020:

> An official global travel advisory is in effect: **Avoid non-essential travel outside Canada** until further notice.
> Check our Travel Advice and Advisories and our Pandemic COVID-19 travel health notice for more information.

> Avoid all cruise ship travel due to COVID-19.

Up to date travel information is found on the PHAC Website: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html

Practice respiratory hygiene

Protect others from getting sick

When coughing and sneezing **cover mouth and nose** with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

World Health Organization

If you have fever, cough and difficulty breathing, seek medical care early

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance

- Anyone who is concerned they may have been exposed to, or are experiencing symptoms of the coronavirus should stay home and call 8-1-1
  - If you require medical attention, call your health care provider before going into the clinic

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How can you prepare?

Public Health Agency of Canada: Be Prepared (COVID-19)

BE PREPARED (COVID-19)

PLAN AHEAD

There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
  - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
  - Renew and refill your prescription medications.
- **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
  - Have backup childcare in case you or your usual care provider become ill.
  - If you care for dependents, have a backup caregiver in place.
  - Talk to your employer about working from home if possible.
- **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
  - Shop and use public transit during off-peak hours
  - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE

- Share your plan with your family, friends and neighbours.
- Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED

- Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- If the news media is making you feel anxious, take a break from it.

SHOPPING LIST

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

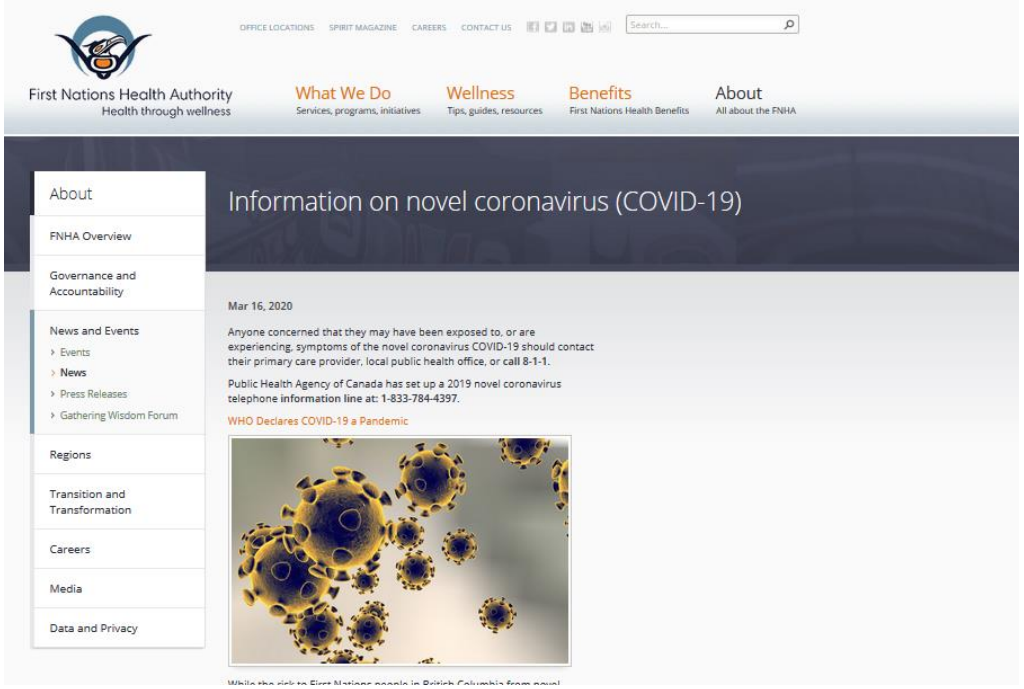
FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397 canada.ca/coronavirus phac.info.aspc@canada.ca

Public Health Agency of Canada / Agence de la santé publique du Canada

Canada

FNHA Information for the Public

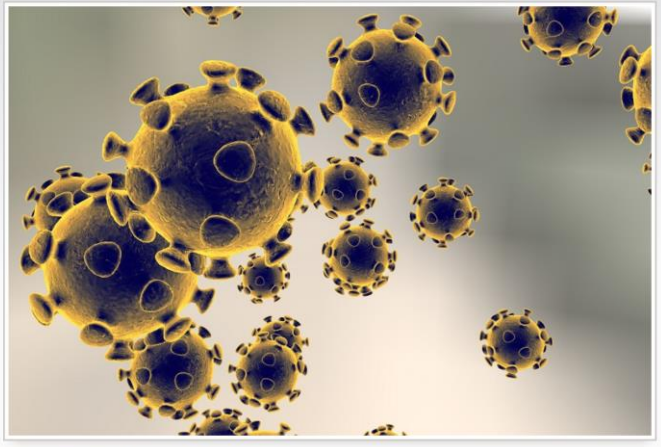


https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus

Information is changing on a daily basis. Make sure to check the FNHA or BCCDC website for up to date, accurate information

FNHA Webpage for Health Care Providers

COVID-19 (Coronavirus) Resources for First Nations Community Health Care Providers



Last updated: March 11, 2020

Contact

If you have questions or general CD related consults, please email cdmgmt@fnha.ca or call 1-844-364-2232 (toll-free, option 3).

If your Community's Communicable Disease Emergency Response Plan (formerly known as Pandemic Influenza Plan) is out of date, please request a template to update your CDE plan by contacting cdmgmt@fnha.ca.

- Links to forms
- Links to information that can be shared with community
- Contact information

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Where can I find reliable information?

There is a lot of misinformation about COVID-19 For information you can trust, please see:

- HealthLinkBC (811) Webpage
  - https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19
- Public Health Agency of Canada Webpage
  - https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html
- BC Centre for Disease Control Webpage
  - http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel)
- FNHA Webpage
  - https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus (Public information)

Inquiries about COVID-19

For **Nurses** who have clinical questions about COVID-19, please contact cdmgmt@fnha.ca

For questions about screening or symptoms, please direct Community Members to call 811 for direction

For non-clinical COVID-19 questions, please email covid19@fnha.ca