



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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# COVID-19

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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# COVID-19

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








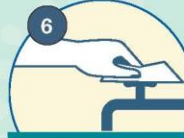

**STOP COVID-19 Hand Hygiene**

**SOAP OR ALCOHOL-BASED HAND RUB: Which is best?**

Either will clean your hands:  
use soap and water if hands are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH		HOW TO USE HAND RUB
 <p>1 Wet hands with warm (not hot or cold) running water</p>	 <p>2 Apply liquid or foam soap</p>	 <p>1 Ensure hands are visibly clean (if soiled, follow hand washing steps)</p>
 <p>3 Lather soap covering all surfaces of hands for 20-30 seconds</p>	 <p>4 Rinse thoroughly under running water</p>	 <p>2 Apply about a loonie-sized amount to your hands</p>
 <p>5 Pat hands dry thoroughly with paper towel</p>	 <p>6 Use paper towel to turn off the tap</p>	 <p>3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)</p>

COVID19\_HF\_001





# 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

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?



World Health Organization #Coronavirus #COVID19

8 March 2020





## Travel Advisory

- As of March 17<sup>th</sup> 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





## 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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# COVID-19

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



# FNHA Information for the Public

The screenshot shows the FNHA website's navigation menu and a news article. The navigation menu includes: OFFICE LOCATIONS, SPIRIT MAGAZINE, CAREERS, CONTACT US, and a search bar. The main navigation bar features: First Nations Health Authority (Health through wellness), What We Do (Services, programs, initiatives), Wellness (Tips, guides, resources), Benefits (First Nations Health Benefits), and About (All about the FNHA). The left sidebar menu includes: About, FNHA Overview, Governance and Accountability, News and Events (with sub-items: Events, News, Press Releases, Gathering Wisdom Forum), Regions, Transition and Transformation, Careers, Media, and Data and Privacy. The main content area displays a news article titled "Information on novel coronavirus (COVID-19)" dated Mar 16, 2020. The article text reads: "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. Public Health Agency of Canada has set up a 2019 novel coronavirus telephone information line at: 1-833-784-4397. WHO Declares COVID-19 a Pandemic". Below the text is an image of several yellow and blue coronavirus particles. A partial caption at the bottom reads: "While the risk to First Nations people in British Columbia from novel".

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

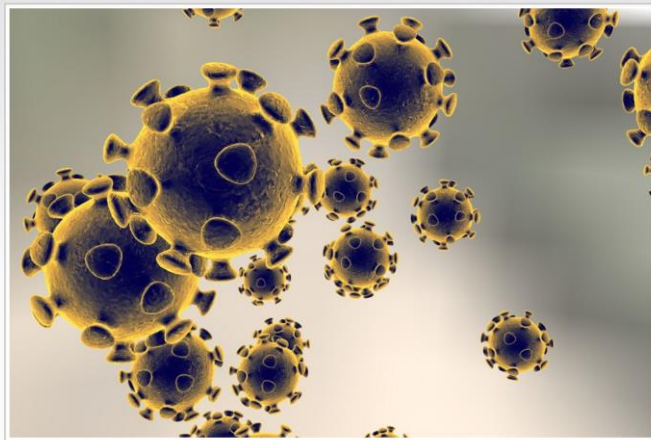
Information is changing on a daily basis. Make sure to check the FNHA or BCCDC website for up to date, accurate information





## 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](mailto: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](mailto:cdmgmt@fnha.ca).

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



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# COVID-19

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-\(novel\)](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](mailto: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](mailto:covid19@fnha.ca)