

# COVID-19



Q'wemtsin  
HEALTH SOCIETY

# COVID Information

## Reputable Websites for information on COVID-19:

<http://www.bccdc.ca/>

BC Centre for Disease Control

<https://www.interiorhealth.ca/Pages/default.aspx>

Interior Health Authority

<https://www.who.int/>

World Health Organization

<https://www.fnha.ca/>

First Nations Health Authority

<https://www.canada.ca/en/public-health.html>

Public Health Agency of Canada

## Phone Resources for COVID-19:

- [1-888-COVID-19](tel:1-888-COVID-19) or [text 604-630-0300](tel:604-630-0300) for details, advice and further information on the virus.
- [811](tel:811) Health Link BC
- Public Health Agency of Canada COVID-19 telephone information line at: [1-833-784-4397](tel:1-833-784-4397)
- [911](tel:911) for Emergencies

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## How to Get Tested

- Anyone who thinks they may have the virus is being urged not to panic, and most importantly to stay home.
- Anyone in B.C. who develops symptoms should first call HealthLink BC, by dialing 811, to talk to a health care worker and determine the most appropriate next steps.
- The nurses at HealthLink BC will complete an exposure risk assessment of callers with compatible symptoms, such as cough or influenza-like symptoms. In some cases, nurses may suggest a caller go see a health care provider for assessment and testing, either at an urgent primary care centre or walk-in clinic.
- It is highly recommended that anyone who may have COVID-19 call ahead to tell the clinicians that they are coming.
- COVID-19 testing is done through a nasopharyngeal swab or throat swab.
- Anyone who is tested may be told to self-isolate until the tests can be analyzed in a laboratory. Test results can be found by calling the B.C. Centre for Disease Control coronavirus hotline at 1-833-707-2792.



## What Happens if you Have COVID-19

- Anyone with COVID-19 is being placed in quarantine, at their home or in the hospital, for at least 14 days.
- In order to be released from quarantine, an infected person must have two consecutive negative tests at least 24 hours apart.
- The BC CDC suggests that if you are sharing your home to stay and sleep in a room with good airflow that is away from others.
- Other precautions include using a separate bathroom, if you can, avoid sharing household items, flush the toilet with the lid down, and clean and disinfect common areas twice a day.



## Environmental Cleanliness

- Viruses can live on hard surfaces. Washing hard surfaces (sinks, counters, etc.) with a disinfectant or a bleach solution will kill the virus.
- The common cold virus can survive up to three days outside the nasal passages on objects and surfaces. We are not sure how long the COVID virus can live on surfaces, so cleaning is important to stop the spread within the home.
- Surfaces that are frequently touched with hands should be cleaned often at least twice a day (doorknobs, rails, fridge handle, cupboard handles).
- If a member in the household is ill with the virus keep their personal items separate, such as towels, facecloths, pillows, etc.
- Do not share eating utensils with anyone that is sick.
- Ensure you have adequate supplies for hand washing and cleaning.



## How to Clean and Disinfect

### Surfaces

- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date.
- Never mix household bleach with ammonia or any other cleanser.
- Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water
  - For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
    - If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.



## How to Clean and Disinfect, *continued*

### **Linens, clothing, and other items that go in the laundry**

- Do not shake dirty laundry; this minimize the possibility of dispersing virus through the air.
- Wash items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry that has been in contact with an ill person can be washed with other people’s items.
- Clean and disinfect hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.



## How to Self-Quarantine

- If you are well, but you have been in close contact with a case of coronavirus you will need to self-quarantine. You will also need to self-quarantine if you have returned from certain countries. This is to stop other people from getting coronavirus.
- Self-quarantine means avoiding contact with other people as much as possible by staying at home or in your hotel.
- You can still go outside for walks, runs or cycles on your own. But you should not spend time in close contact with other people.
- Other household members do not need to restrict their activities unless they are told to.

**Don't** **Do not** go to school, college or work.

**Do not** use public transport.

**Do not** go to meetings, social gatherings, group events or crowded places.

**Do not** have visitors at your home.

**Do not** go shopping—where possible, order your groceries online or have some family or friends drop them off.

**Do not** contact older people, people with chronic health problems and pregnant women.



## How to Self-Isolate

- If you develop symptoms you will need to **self-isolate** and phone your GP. Do not go to a GP surgery, pharmacy or hospital. The GP will assess you over the phone. If they think you need to be tested for coronavirus, they will arrange a test.
- You will need to self-isolate if you have coronavirus or have symptoms of coronavirus. This could be before you get tested for coronavirus, while you wait for test results or when a positive result is confirmed.
- Most people with coronavirus will only have mild symptoms and will get well within weeks. Even though the symptoms are mild, you can still spread the virus to others.
- If you have to self-isolate, stay indoors and avoid contact with other people.
- Only stop self-isolation when both of these apply to you:
  - you have had no fever for 5 days
  - it has been 14 days since you first developed symptoms



## How to Self-Isolate, *continued*

- Do** **Stay at home**, in a room with the window open.
- Keep away from others** in your home as much as you can.
- Check your symptoms**—call a doctor if they get worse.
- Phone your doctor if you need to**—do not visit them.
- Cover your coughs and sneezes** using a tissue  
—clean your hands properly afterwards.
- Wash your hands properly and often.**
- Use your own towel**—do not share a towel with others.
- Clean your room every day** with a household cleaner or disinfectant.

- Don't** **Do not** go to work, school, religious services or public areas.
- Do not** share your things.
- Do not** use public transport or taxis.
- Do not** invite visitors to your home.

Keep away from older people, anyone with long-term medical conditions and pregnant women.

It's OK for friends, family or delivery drivers to drop off food or supplies. Make sure you're not in the same room as them, when they do.



## If you Live with Other People

Stay in a room with a window you can open.

If you can, use a toilet and bathroom that no one else in the house uses.

If you have to share a bathroom with others, use the bathroom last and then clean it thoroughly.

Do not share any items you've used with other people. These include:

- dishes
- cups
- towels
- drinking glasses
- eating utensils
- bedding

## Meals

If possible, have someone leave your food on a tray at your bedroom door.

When you have finished, leave everything on the tray at the door.

This should be collected and put in a dishwasher and hands washed properly afterwards.

If you don't have a dishwasher:

- wash in hot soapy water, wearing rubber gloves
- leave to air dry
- wash the rubber gloves while you are still wearing them
- remove gloves and wash your hands



## If you Live with Other People, *continued*

### **Face masks**

You may have to go into the same room with other people while you are self-isolating. If you do, wash your hands and wear a face mask if you have one. If you don't have a face mask, stay at least 1 metre away from other people.

If possible, anyone in a room with you should also wear a face mask. Do not touch the front of the mask when you are taking it off. Clean your hands with gel or wash them with soap and water after you take it off.

You do not need to wear a face mask when there is no one else in the room with you.

### **Wash your hands often**

Wash your hands properly and often with soap and water or clean them with an alcohol-based hand rub.

Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.

Put used tissues into a bin and wash your hands.



## If you Live with Other People, *continued*

### **Use a detergent or disinfectant to clean your home**

Many cleaning and disinfectant products sold in supermarkets can kill coronavirus on surfaces.

Clean the surface as usual with a detergent, disinfectant or disinfectant wipe. This includes:

- counters
- doorknobs
- toilets and toilet handles
- keyboards
- bedside tables
- table-tops
- bathroom fixtures
- phones
- tablets

If you have them, wear rubber gloves when cleaning surfaces, clothing or bedding. Wash the gloves while still wearing them, then clean your hands after you take them off.

### **Laundry**

Put your laundry in a plastic bag. Have someone collect it from your bedroom door. If possible, they should wear rubber gloves.

They should:

- wash the laundry at the highest temperature for the material, with a laundry detergent
- clean all surfaces and the area around the washing machine
- wash the rubber gloves while still wearing them
- wash their hands thoroughly with soap and water after removing the gloves

If possible tumble dry and iron using a hot setting or steam iron.

**Do not take laundry to dry cleaners.**



## If you Live with Other People, *continued*

### **Managing Garbage**

Put all the waste that you have used, including tissues and masks, in a plastic garbage bag. Tie the bag when it is about three-quarters full. Place the plastic bag in a second bin bag and tie the bag.

Treat all cleaning waste in the same way.

Do not put the garbage bags out for collection for 72 hours. After that, the bags can be put out for collection in regular domestic waste.

Stay in touch with your GP or doctor.

If your symptoms develop or get worse, phone your GP.



## Caring for a Child or Someone Else in Self-Isolation

You may be caring for a child, family member or someone who needs support while they are in self-isolation. If you are, follow the previous advice.

You should also:

- stay away from them as much as possible (at least 1 metre) and avoid touching them –use your phone to communicate
- wash your hands properly every time you have contact with the person
- if you have face masks, wear one and have them wear one when you have to be in the same room
- if you have to clean phlegm or spit from their face use a clean tissue, put it into a waste bag and wash your hands
- put them in a well-ventilated room alone
- limit their movement in the house
- get them to use a different toilet if possible
- limit the number of caregivers
- keep them away from older people, people with long-term conditions or pregnant women

If possible, only one person should look after the person self-isolating. Ideally, this would be someone who is in good health.



## Keeping Well

Keep yourself mobile by getting up and moving around as much as possible. If you have a garden or backyard go out and get some fresh air, but keep more than 1 metre away from other people.

Self-isolation can be boring or frustrating. It may affect your mood and feelings. You may feel low, worried or have problems sleeping.

You may find it helps to stay in touch with friends or relatives by phone or on social media.







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This book of instructions is for educational purposes. The instructions for working with bleach must be followed to decrease risk of injury. QHS and the bands will not be liable for any injury.