

COVID-19 Pandemic



Key Facts:

- COVID-19 is a respiratory illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.
- Symptoms of COVID-19 are similar to the FLU and may be very mild or more serious:
 - ✓ Fever
 - ✓ Cough
 - ✓ Difficulty breathing / shortness of breath
- For most people, the immediate risk of becoming seriously ill from COVID-19 is low.
- Elders and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19 and influenza.
 - Common medically compromised conditions: Asthma, COPD (Chronic obstructive pulmonary disease), Rheumatoid Arthritis, Diabetes, Organ transplant, Cancer, Malnutrition, Substance Use Disorders or Addictions/Alcoholism, Kidney or Liver disease.
 - Indigenous communities have a high burden of medically compromised people – we must protect those at risk by staying home.
- Symptoms may take up to 14 days to appear after exposure to the virus.
- Children often have reduced symptoms with COVID 19
- COVID 19 and the FLU are most commonly spread:
 - respiratory droplets when you cough or sneeze
 - close personal contact, such as touching or shaking hands
 - touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands
- We do not have a vaccine yet for COVID. Influenza is also a very serious threat to Elders, young children and medically compromised people as well!

What You Can Do:

- Adhere to social/physical distancing, this means:
 - Remain 2m or 6 feet apart when in public
 - Stay home, going outside for walks is ok with 2 m apart
 - Limiting in town shopping and errands (have one person go, instead of the whole family)
 - All Social gatherings must be postponed. Please speak with your community leaders about Funeral protocols during the pandemic.
 - Protect our Elders and medically compromised members by staying home, not visiting in person but calling and checking in on them regularly.
 - Telephone meetings over face to face meetings

The best way to prevent the spread of infections is to:

- Protect our Elders and medically compromised by staying home, not visiting in person, but calling them regularly. No sharing food, drinks, cigarettes.
- Wash your hands often with soap and water for at least 20 seconds; Avoid touching your eyes, nose or mouth, especially with unwashed hands; Cough and sneeze into your sleeve and not your hands; and
- Avoid close contact with people who are sick;
- If sick to remain home isolated unless going to the hospital. If sick talk to nurse to discuss what to do when in public ie: going to the hospital
- If you are advised to quarantine or home isolate - stay home, this means finding a family member to assist with your shopping, and personal errands.
- Increase cleaning in homes and work space: phones, counters, keyboards, door handles, bathrooms, dishes, etc...
- Notify the Health Society if family member has become ill or you are worried about them or yourself
- Take care of yourself, talk to people on the phone, go for a walk, eat healthy and call the Health Society if you are struggling, needing support or feeling overly stressed.

Health Society & Health Center Responsibility:

- Remain closed to the public (only offer arranged appointments). The Nurses and NP are still available
- Health Society provides telehealth or phone appt with our Nurse Practitioner and nurses
- All non-essential services will be on hold (is: foot care, dental care, physiotherapy, routine checkups or forms)
- Nurse Practitioner will offer thorough telehealth assessment and prescriptions – can use video appt with ZOOM
- Nurse and Nurse Practitioner will complete a standardized COVID-19 assessment if people have respiratory, cold/flu like symptoms and will swab for the COVID-19 virus if patient meets the swabbing criteria
- Prescription refills to be requested for one month minimum dispensing
- Nurses will be calling to check in on Elders, and medically compromised
- Urgent care services include: injections, wound care, transplant and cancer follow up, etc.
- Following up with community members to ensure all postponed appointments, and medical travel is rearranged once the pandemic resolves
- Mental health resources, and phone calls are available for people suffering with depression, anxiety, and addictions

Contact: (We are here for you!)

Nurse Practitioner:

Catherine Birtwistle NP: 250-398-9814 (ask for Glenda)

Schedule a telehealth (telephone appt): Glenda McCulloch gmcculloch@threecornershealth.org

Speak to a Nurse:

**Three Corners Health Services Society: 250-398-9814 or Text 250-305-4162 (M-F) 9am-8pm
(Sa-Su)12pm-4pm**

Esk'etemc Health Center: 250-440-5651

White Feather Health Center (Canim Lake): 250-397-2717