



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?



First Nations Health Authority
Health through wellness

COVID-19

What is it?



COVID-19: What is it?

- The new coronavirus is a virus that causes lung infections in people. The disease is called COVID-19.
- There are other coronaviruses that have and are causing diseases in people.



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.



First Nations Health Authority
Health through wellness

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.





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



1 Wet hands with warm (not hot or cold) running water



2 Apply liquid or foam soap



3 Lather soap covering all surfaces of hands for 20-30 seconds



4 Rinse thoroughly under running water



5 Pat hands dry thoroughly with paper towel



6 Use paper towel to turn off the tap

HOW TO USE HAND RUB



1 Ensure hands are visibly clean (if soiled, follow hand washing steps)



2 Apply about a loonie-sized amount to your hands



3 Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19_HH_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.





Maintain social distancing

- Maintain distance between yourself and anyone who is coughing or sneezing.

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





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 contact their primary care provider, local public health office, or call 8-1-1.



First Nations Health Authority
Health through wellness

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



First Nations Health Authority
Health through wellness

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))