SECOND EDITION • 2021

COVID-19

TKEMLÚPS TE SECWÉPEMC

SKEETCHESTN INDIAN BAND

Whispering Pines / Clinton Indian Band

Q'wemtsín
HEALTH SOCIETY

COVID-19 Information

Reputable Websites for information on COVID-19:

http://www.qwemtsin.org
Q'wemtsín Health Society

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:

- Q'wemtsín Health Society **250-314-6732**
- **1-888-COVID-19** or **text 604-630-0300** for details, advice and further information on the virus.
- **811** Health Link BC
- Public Health Agency of Canada COVID-19 telephone information line at: **1-833-784-4397**
- TteS COVID-19 Call Centre Phone Line: **1-877-346-0792** for TteS members with any COVID-19-related questions, concerns, or if in need of supplies to isolate safely.
- **911** for Emergencies

If you or a family member
have tested positive for COVID-19
please call our clinic at **250-314-6732**
and ask to speak to one of our
community health nurses.

**This will help us slow the spread
of COVID-19 in your community.**

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Provincial restrictions

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel. There are to be no social gatherings of any size at your residence with anyone other than your household or core bubble.

For example:
- Do not invite friends or extended family to your household
- Do not host gatherings outdoors
- Do not gather in your backyard
- Do not have playdates for children
- Stick to your core bubble

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling.

QHS recommends following the PHO's guidelines and restrictions as outlined on the website below:

https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions#social-gatherings

Privacy statement

Protecting and Retaining Your Personal Information

All QHS employees are required to adhere to the regulative protections set forth by the Personal Information Protection Act (PIPA). QHS ensures that all information obtained by the Society maintains confidential at all times. If you have any questions regarding our privacy practices, please contact the QHS Health Director or Human Resources department.

How secure is your information?

Safeguards are in place to protect the security of your information. These safeguards include a combination of physical, technological and administrative security measures that are appropriate to the sensitivity of the information. These safeguards are aimed at protecting personal information against loss or theft, as well as unauthorized access, disclosure, copying, use, modification, or destruction.

COVID-19 testing

You need a COVID-19 test if you have new or worsening symptoms.

If you have **1 or more** of these key symptoms, seek testing as soon as possible:
- Fever or chills
- Cough
- Shortness of breath (difficulty breathing)
- Loss of sense of smell

If you have **2 or more** of the symptoms below for more than 24 hours, and they are not related to any other pre-existing conditions, seek testing:
- Sore throat or painful swallowing
- Headache
- Body aches
- Fatigue or extreme tiredness
- Nausea or vomiting
- Diarrhea

If you have only one of these symptoms, or a symptom that is not on this list and you are able to manage the symptoms at home, stay home until you feel better.
If you have any questions or symptoms please contact QHS at 250-314-6732 during our regular business hours or 811 during the evening or weekends.

Testing for COVID-19 contacts

You need a COVID-19 test if:

- You are a close contact of someone who tested positive for COVID-19 **AND**
- You have 1 or more of any of the symptoms listed below

A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when health and safety measures were not in place or were insufficient. This includes up to two days before someone develops symptoms.

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting

Awaiting results

1. If you have been tested for COVID-19,
    please stay away from others while
    you await your results.

2. If you know someone that is being tested,
    please remember to use all safety precautions
    if you must be in contact. Stay at a safe distance
    and wear a mask for your protection and to
    decrease the possibility of spreading the virus.

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 COVID-19, they will arrange a test.

- You will need to self-isolate if you have COVID-19 or have symptoms of COVID-19. This could be before you get tested for COVID-19, while you wait for test results or when a positive result is confirmed.

- Most people with COVID-19 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.

Tips for caregivers of COVID-19 patients

If you're caring for or living with someone who has COVID-19 or respiratory symptoms, you are considered a 'close contact.' You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact. Be sure to tell health care providers that you are a close contact of someone with COVID-19, and:

- **Wash your hands often**
- **Wear mask and gloves**
- **Dispose of gloves and mask after use**
- **Do not have visitors to your home**
- **Avoid sharing household items**
- **Clean and disinfect your home often**
- **Be careful when touching household waste**

If the symptoms of the person you are caring for begin to worsen, contact a health care provider for medical attention. If it is an emergency, such as severe chest pains or struggling to breathe, call 9-1-1 or go to the nearest Emergency Department and notify them the person you are caring for has COVID-19 or symptoms.

The importance of vaccination

1. Vaccines save lives

Vaccines have saved more lives in Canada than any other medical intervention in the past 50 years. Before we had vaccines, many Canadians died from diseases that we can now prevent. Vaccines also prevent diseases that are rarely deadly but can cause pain and long-term health problems.

2. Vaccine-preventable diseases are still out there

Many of the diseases vaccines prevent are now rarely seen in Canada, mostly because of vaccine programs. But the germs that cause these diseases still exist, and we still see some of these diseases such as pertussis (whooping cough), measles, and mumps in small numbers in Canada. If vaccination rates drop, these small numbers of diseases could quickly become outbreaks and epidemics of disease. We have seen this happen in other countries.

3. Vaccines protect everyone

Vaccines don't just protect the people getting vaccinated; they protect everyone around them too.

The more people in a community who are vaccinated, the harder it is for a disease to spread. If a person infected with a disease comes in contact only with people who are immune (have been vaccinated), the disease will have little opportunity to spread. The type of protection created when most people are vaccinated is called "**herd immunity.**" It means that many of us are protecting each other, and especially the most vulnerable among us.

QHS vaccination plan

In preparation for the anticipated COVID-19 vaccination rollout QHS would like to notify community members:

- Please be aware QHS has NOT received any COVID-19 vaccines as of 02/02/2021.
- Vaccination clinics are yet to be announced.
- Once dates and venues have been announced, community members can book appointments through QHS.
- After the administration of the initial vaccine, it is recommended that clients return for a follow-up vaccination 35 days later. This second appointment will also be a booked appointment.
- Priority will be given to Indigenous elders over 65 years of age, followed by all other Indigenous peoples over the age of 18.
- The vaccine has not yet been approved for individuals under the age of 18.
- Clients wanting to receive the COVID-19 vaccine, who are immunosuppressed due to disease, treatment, or an autoimmune disorder are recommended to contact their Health Care Provider to inquire about all potential risks and benefits.
- All COVID-19 safety measures will be in place including hand sanitizer/hand washing stations and enhanced cleaning and sanitization. Appropriate social distancing will be followed.

Stay tuned for more information.

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 COVID-19 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.

Cleaning and disposing of masks

Medical masks should not be cleaned and reused because putting them in the washing machine may damage the protective layers, reducing their effectiveness. All masks should be changed frequently. Fabric masks should be cleaned frequently. If a mask is wet or visibly dirty it should be thrown-out or cleaned. A wet mask should not be used for an extended period of time.

Homemade or cloth masks should be cleaned and changed often:

- To clean a homemade cloth mask, wash it using the directions on the original material. You can wash with soap by hand or in a washing machine. Warmer water is better. Dry the mask completely.
- If dirty cloth masks have been in contact with someone who is sick, they can still be washed with other people's laundry.
- Any damage, fabric break down or change in fit will reduce the protection of cloth masks.
- Reusable face shields should be cleaned and disinfected after each use.

To dispose of medical masks after use:

- Wash or sanitize your hands before and after taking your mask or face shield off.
- Disposable face shields should only be worn once.
- Put the used masks in a garbage bin. Do not litter.
- After taking off your mask, wash or sanitize your hands again.
- When emptying garbage bins, don't touch used masks or tissues with your hands. All waste can go into regular garbage bins.

Non-medical masks and face coverings: Sew and no-sew instructions

Fabric, filters and layer considerations

Homemade masks should:

- be made of at least 3 layers
- include 2 layers of a tightly woven fabric, such as cotton or linen
- include a third (middle) layer of a filter-type fabric, such as:
  —non-woven polypropylene fabric, which is washable
  —a disposable filter

If possible, use different fabrics for each side of the face covering, so you know which side faces your mouth and which side is out.

Filters and filter material

Filters add an extra layer of protection against COVID-19 by trapping smaller infectious particles. When making homemade face coverings, consider using a piece of filter fabric as one of the layers, such as non-woven polypropylene. You can also use a pattern that includes a pocket for a disposable filter.

Disposable filters are widely available for purchase. However, you can also prepare your own filter using:

- non-woven polypropylene fabric, which can be found as:
  —a craft fabric
  —the non-woven fabric that's used to make some reusable shopping bags
- a folded paper towel

Filters should **not** interfere with your breathing. Plastic films or pieces of non-breathable plastic are **not** a suitable filter material.

Filters made of non-woven filter fabrics can be washed multiple times.

Disposable filters should be changed daily or as directed by the manufacturer.
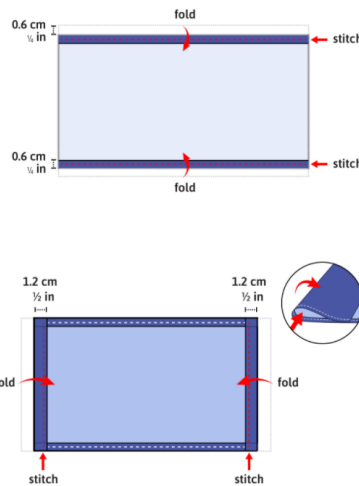
Sew method

Cut out two 25.5 cm by 15 cm (10 in by 6 in) rectangles of tightly woven cotton fabric. Cut out one 25.5 cm by 15 cm (10 in by 6 in) rectangle of non-woven polyester fabric. Place the rectangle of non-woven polypropylene fabric between the 2 rectangles of tightly woven cotton fabric. You'll sew the face covering as if it was a single piece of fabric.


15 cm
6 in

25.5 cm
10 in
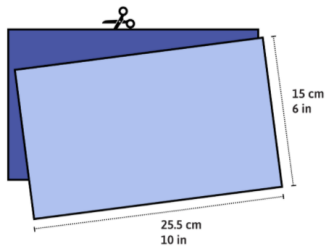
Step 2.

Fold over the long sides 0.6 cm (1/4 in) and stitch down. Then fold the double layer of fabric over 1.2 cm (1/2 in) along the short sides and stitch down.

0.6 cm
¼ in

fold

stitch

0.6 cm
¼ in

stitch

fold

1.2 cm
½ in

1.2 cm
½ in

fold
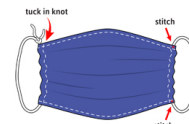
fold

stitch

stitch

Step 3.

Run a 15 cm (6 in) length of 0.3 cm (1/8 in) wide elastic through the wider hem on each side of the face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

Use hair ties or elastic headbands if you don't have elastic. If you only have string, you can make the ties longer and tie the face covering behind your head.

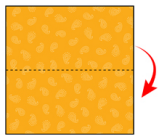

thread
through
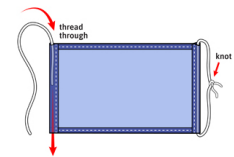
knot

Step 4.

Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the face covering on the elastic and adjust so it fits your face. Then securely stitch the elastic in place to keep it from slipping.

tuck in knot

stitch

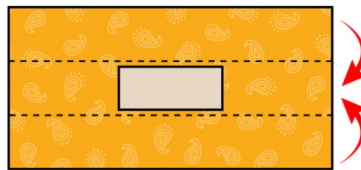stitch

No-sew method using a fabric square

Step 1.

Fold the fabric square in half.

Step 2.

Place the filter in the centre of the folded square. Fold the top of the fabric down over the filter. Then fold the bottom of the fabric up over the filter.

Step 5.

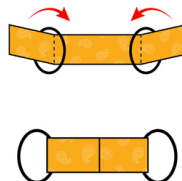Pull the bands or hair ties around your ears.

Step 3.

Insert the folded cloth into 2 rubber bands or hair ties, about 15 cm (6 in) apart.

Step 4.

Fold sides to the middle and tuck around the bands or hair ties.

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