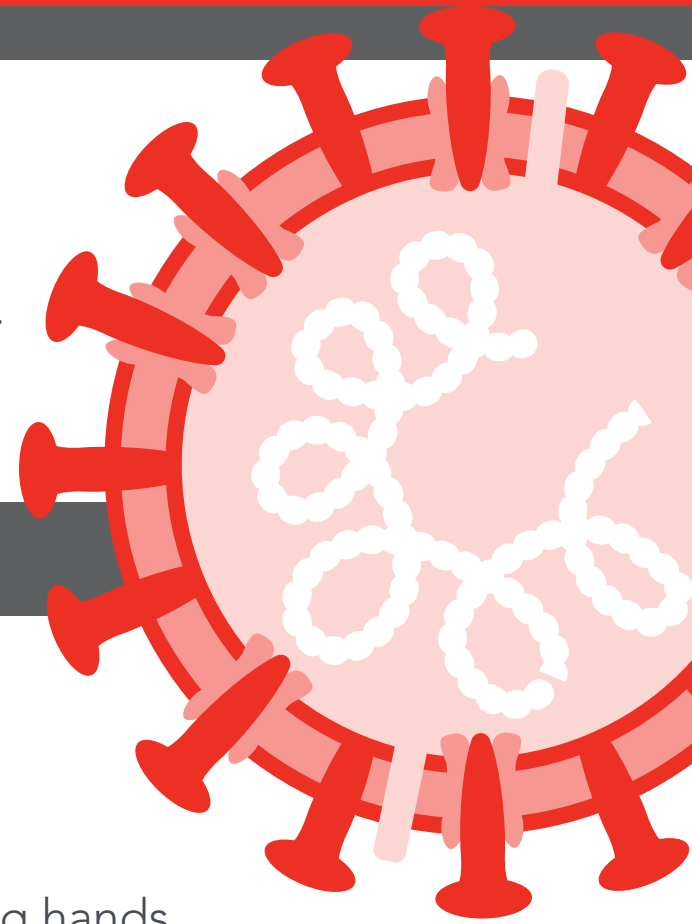


About Coronavirus (COVID-19)

# WHAT IS IT?

**COVID-19 is an illness caused by a coronavirus.**

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.



## HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- 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

These viruses are not known to spread through ventilation systems or through water.

## 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.

 Public Health Agency of Canada

Agence de la santé publique du Canada

Canada



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Northern British Columbia

**For more information on Coronavirus**




1-833-784-4397



[canada.ca/coronavirus](https://canada.ca/coronavirus)



[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)

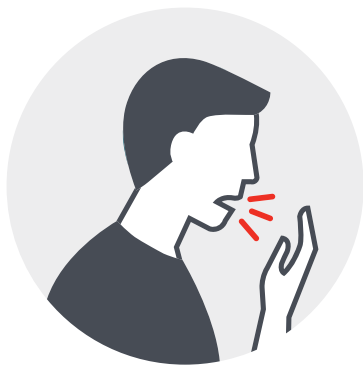
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# SYMPTOMS



FEVER



COUGH



DIFFICULTY  
BREATHING

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.

## IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:



Stay home to avoid spreading it to others

- If you live with others, stay in a separate room or keep a 2-metre distance



Call ahead before you visit a health care professional or call your local public health authority

- tell them your symptoms and follow their instructions

811

If you need immediate medical attention, call 811 and tell them your symptoms

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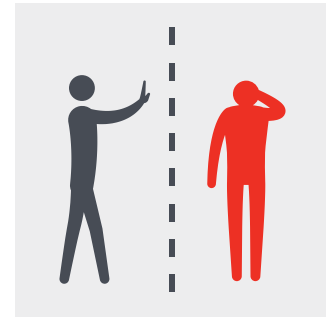
# PREVENTION



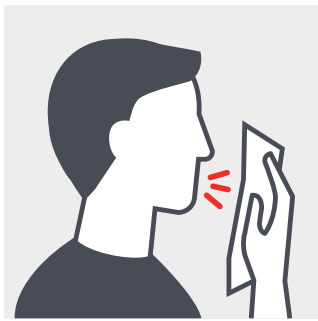
Wash your hands often with soap and water for at least 20 seconds



Avoid touching your eyes, nose or mouth, especially with unwashed hands



Avoid close contact with people who are sick



When coughing or sneezing:

- cover your mouth and nose with your arm or tissues to reduce the spread of germs
- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



Clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs



Stay home if you are sick to avoid spreading illness to others



About Coronavirus (COVID-19)

# PREPARE & PLAN

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

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# SELF-ISOLATION



Cover your cough or sneeze with a tissue, then throw the tissue in the trash



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer



Avoid sharing household items like dishes, drinking glasses, eating utensils



Clean and disinfect frequently touched objects and surfaces



If in a room with others, avoid contact, keep distance of at least 2 metres, wear a mask



## Possible Quarantine Shopping List

# 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



About Coronavirus (COVID-19)

# WHAT WE ARE DOING TO BE PREPARED

United Way of Northern BC (UWNBC) is taking internal and external steps to support the communities we serve. Internally, we have closed our physical location and are working from home. We can still take calls and emails and are conducting necessary meetings remotely via tele/videoconference. **Don't hesitate to reach out!**

We are also working with other United Ways in BC and United Way Canada to ensure we are informed of actions being taken across our regions and share ideas on how to support the people we serve.

We have initiated **COVID19 Relief Fund** to assist communities all across the region. We have been rapidly connecting with agencies and communities to find out what needs there are and it became evident that there is more need than we can handle on our own. We also are hearing that people want to help but it's a challenge due to the current need for social distancing. To respond to all of the needs being identified, we have opened a COVID-19 Relief Fund for Northern BC and donations to this fund could be made online at **[unitedwaybc.ca/donate](https://unitedwaybc.ca/donate)**.

Our partnership with 211 services is integral at a time such as this. We know that bc211 is regularly being updated with relevant, reliable links to provide essential information on the COVID-19 situation.

Bc211.ca is an important social service resource and referral platform, available all across Northern BC 24/7, that works to keep emergent issues at the forefront and provide free, public information at all times. **Please visit [www.bc211.ca](https://www.bc211.ca) for help whenever you need it.**

Externally, UWNBC is providing resources to agencies, businesses, corporates and other community stakeholders (like bc211.ca) to help inform and support those who we live and work with. We are working to connect with agencies around our region as soon as possible to see if there are any emerging needs that we can help with. As community connectors, we want to listen to the needs of those around us and do our best to connect resources where they are needed.

**Here for community, with community.**

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About Coronavirus (COVID-19)

# SCREENING CHECKLIST



Are you feeling unwell?



Have you been in contact with anyone who is feeling unwell?



Have you travelled outside of Canada or North America?

**IF SO, PLEASE REPORT  
TO YOUR LEADERSHIP**

 Public Health  
Agency of Canada

Agence de la santé  
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COVID-19 UPDATES

# IMPORTANT RESOURCES

## CORONAVIRUS (COVID-19)

Concerns surrounding COVID-19 are at an unprecedented level across the globe. Please get your information from reputable, evidence-based sources such as Government of Canada, BC Ministry of Health, and the BC Centre for Disease Control.

Please follow us on [Facebook](#) for updates and resources.

Our Northern BC communities are strong, resilient, and connected. We are known for working together and supporting each other in difficult times.

Please take care of yourself. And thank you for taking care of one another!

## Link to important resources

<http://www.bc211.ca/>

<https://covid19.thrive.health/>

<https://www.bchousing.org/COVID-19>

<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

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

<https://www2.gov.bc.ca/gov/content/family-social-supports/covid-19-information>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection/being-prepared.html>

<https://www.canada.ca/en/employment-socialdevelopment/corporate/notices/coronavirus-occupational-health-safety.html>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirusinfection.html>

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