

IMPORTANT Information on Coronavirus Disease (COVID-19)

Below are links with information that may assist you through the outbreak. As more information becomes available, we will update this document.

Have questions? Call the **National Coronavirus Information** line: 1-833-784-4397

Did you know that you can ask your family doctor or walk in clinic for a telephone or virtual visit? To support social distancing and self-isolation during the COVID -19, many clinics have already switched to offering such appointments when appropriate. Let's help keep our health care workers and fellow citizens safe.

Strathcona Regional District (SRD) launches an emergency assistance initiative – ‘SRD Delivers’. The SRD is providing sustainable funding for organizations that can offer assistance with grocery shopping, the delivery of food, prescriptions and other essentials for the benefit of the elderly (65+) and other vulnerable persons who must self-isolate in accordance with Public Health Orders. Click **HERE** to find out more information and to apply.

BC COVID-19 Symptom Self-Assessment Tool - This self-assessment tool, developed with the BC Ministry of Health, will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to. <https://covid19.thrive.health/>

Island Health – reminder to the public to keep updated with medically sound information from: <https://www.islandhealth.ca/learn-about-health/diseases-conditions/novel-coronavirus-information>

The **BC College of Family Physicians** has compiled COVID-19 information links for health care professionals and patients. This page is reviewed and updated regularly by the College - click on link to view their information. <https://bccfp.bc.ca/covid-19/>

Outbreak update: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

BC Centre of Disease Control - Coronavirus Disease (COVID-19): [http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

BC Pharmacy Update - <https://www.bcpharmacists.org/covid19#public>

If you are feeling unwell and require medications, please do not visit your pharmacy. Instead, call your pharmacy and they will arrange to safely provide you any medications you may need. *You do not need to stockpile medications.*

Older adults and those with chronic conditions or compromised immune systems may wish to refill their prescriptions so that they do not have to go to a busy pharmacy if they do become sick. To avoid any non-essential visits with a doctor or nurse practitioner, a pharmacist can also

provide you with a refill of your prescription or provide you with an emergency supply of medications you need.

CMA update: Information for physicians and the public on the coronavirus:

https://www.cma.ca/CMA-update-physicians-public-coronavirus?utm_source=covid-19-all-0320&utm_medium=email&utm_campaign=covid19&utm_content=public-health-info-en

Mass Gathering Information on Novel Coronavirus (COVID-19): Risk-informed decision-making for mass gatherings during COVID-19 global outbreak.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/mass-gatherings-risk-assesment.html>

Sick notes unnecessary during COVID-19 outbreak. To decrease the unnecessary burden on the health care system and to ensure existing resources are prioritized to help patients in need, BC's doctors are asking employers to not require sick notes during the COVID-19 outbreak. These sentiments are echoed by Provincial Health Officer Dr Bonnie Henry and Health Minister Adrian Dix, and Doctors of BC president Dr Kathleen Ross. For more information about sick notes and COVID -19 click on the link:

<https://www.doctorsofbc.ca/news/bc-doctors-urge-employers-stop-asking-sick-notes>

NEW Safe Seniors, Strong Communities Program - A program that matches seniors who need support with non-medical essentials, to volunteers in their community who are willing to help. <http://www.bc211.ca/>

Managing COVID-19 Stress, Anxiety and Depression - Information on how we, as individuals and collectively, can to deal with stress and support one another during these challenging times.

First Nations Health Authority:

- FNHA's **COVID-19 Portal** for Up-to-Date Information:
<https://firstnationshealthauthority.cmail20.com/t/ViewEmail/i/15951491731261E42540EF23F30FEDED/E27518A932F37F2BA0F01D70678E0DEE>
- First Nations Health Authority has information for its audiences here: <https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus>
- Nations Health Authority distributed an **FAQ Guide to COVID-19** [link here](#)
- First Nations Health Authority sent out a letter from their leadership covering **Safety and Returning Members** [link here](#)
- First Nations Health Authority created guidelines for **Mass Gatherings** [link here](#)
- If you are a **First Nations Community Healthcare Provider**, you may find this information helpful: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>
- FNHA also has information to help **First Nations communities prepare for Covid-19 cases**: <https://www.fnha.ca/AboutSite/NewsAndEventsSite/NewsSite/Documents/FNHA-Coronavirus-Info-Important-Steps-for-Communities-to-Take.pdf>

OVERDOSE EMERGENCY RESPONSE:

- BC Centre for Disease Control: [COVID-19: Harm Reduction and Overdose Response](#)
- Toward the Heart: Overdose in the Context of COVID-19 Outbreak: Droplet Precautions
- BC Centre of Substance Use: [COVID-19: Information for Opioid Agonist Treatment Prescribers and Pharmacists.](#)
- [BC Provincial Health Officer letter to all social sector stakeholders](#)
- BC Housing: [COVID-19 Update](#)

MENTAL HEALTH

- All British Columbians now have access to free, psychological first-aid thanks to a collaboration between UBC Okanagan, the BC Psychological Association, and the province. The BCPA Covid-19 Psychological Support Service is designed to help *any BC resident* who is experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic. Please read all of the information before completing the request form below. More resources can be found below the request form – BCPA Website: <https://www.psychologists.bc.ca/covid-19-resources>

FINANCIAL SUPPORT

Together Against Poverty Society (TAPS) – Information about Federal Benefits related to COVID-19: <https://www.tapsbc.ca/ei-federal-emergency-benefits>

BC Government - Financial Supports in Response to COVID-19: <https://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports#BCEBW>

Federal Government: <https://www.canada.ca/en/department-finance/economic-response-plan.html#individuals>

User friendly and comprehensive online tool that helps identify what **federal** benefits one may be eligible for: <https://covid-benefits.alpha.canada.ca/en/start>

Prosper Canada - Managing financial well-being during tough times. This toolkit contains resources and information which may offer support to organizations, agencies, or frontline staff supporting individuals, during a challenging time. This toolkit was developed in response to the coronavirus COVID-19 pandemic and more resources will be added as they become available

COVID-19 Financial Resources for BC Not-for-Profits: Employers and Workers. This resource page focuses on the financial resources made available by the federal and provincial governments in response to COVID-19 that not-for-profit organizations can access as employers and share with all employees and workers. Please note that information is constantly changing and thus, while care and effort is made to keep this resource page updated, the information can become outdated quickly.