

1. What is this Virus?

- a. BC dealt with H1N1 in 2009 and SARS in 2003.
- b. Covid-19 is a new strain of virus that causes respiratory issues.
- c. Most known cases are experiencing mild/moderate respiratory discomfort. Some are sent to the hospital because their lungs could be overwhelmed and the ability to exchange air is compromised.

2. How is it transmitted?

- a. Viruses are microscopic “spores” carried as a respiratory droplet.
  - i. **Air** – they can travel about 3 feet after a cough or sneeze and be breathed in.
  - ii. **Surface** – the spore droplet can land on a surface (door handle, steering wheel, shopping cart, debit machine, glass, cup, toilet handle etc) and then onto your hand by touch.
  - iii. If it gets onto your face, it can get into your lungs.

3. What is a Pandemic?

- a. We can't stop it from spreading anymore, just slow it down.
- b. Epidemic (a disease in one area) goes to Outbreak when the disease spreads to a greater area but limited in geography and then a Pandemic is when a disease has spread over countries or continents.

4. How do I reduce my chances of getting the virus?

- a. **Social distancing:** staying at least 3 feet away from another person.
  - i. At gatherings, shopping and any place where people are at.
  - ii. Virus are spread mainly person to person so keep your distance!
- b. **Self-Isolation:** if **you don't need** to go to town, Kamloops, Hope, visit friends or family – don't.
  - i. Work from home if that option is available. Minimize your risk **by staying home**.
  - ii. Put up signs asking visitors to not come in – they will know why.
  - iii. Use the phone, Facebook or speak to each other through door/window – keep the distance.
- c. **Clean, Clean, Clean:** viruses die when they meet soap!
  - i. Wash your hands using soap (make sure it has foam) for at least 20 seconds – often. Did we say often! Especially after you have been in a public place, at the office. If you cannot get to any soap or water, you can use hand sanitizer that has at least 60% alcohol in it.
  - ii. Contact cleaning: wash surfaces often.
    - 1. Lysol wipes or use household disinfectants or diluted bleach (one-part bleach and 9 parts water). Disposable clothes or rags to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Throw the rags into garbage after using.
- d. **Wash Your Hands!** Remember to avoid touching your face and eyes.

5. How will I know if I have been exposed?

- a. You won't (unless you know a person with confirmed Covid-19 and had contact with them).
- b. Like a cough or Flu, it takes time for the virus to take affect!
- c. The lag time or incubation period between contact and symptoms is between 1-9 days.
  - i. On average, it is taking 5 days for people to test positive for Covid-19.

6. How will know if I have Covid-19?

- a. You won't know until you test positive.
- b. There is no consistent symptom, but temperature, aches, cough and shortness of breath appear.
- c. Seek advice if you develop a dry cough and chest pain from breathing. Don't guess – you're not a doctor or nurse practitioner and neither is Facebook or Doctor Google.

- d. We are working on a 24/7 call in Centre but for now, call our office and ask for Angie, or call the Lytton medical Clinic, or Chris at the Pharmacy and tell them your symptoms, they will provide you with direction on what to do
  - e. If you must visit your family physician, call ahead and tell them your symptoms.
  - f. Testing is only done on people who are having strong respiratory symptoms so going to the Lytton Clinic for a headache, fever, or allergies is going to get you sent home and told to practice “*social distancing and self-isolate*”.
7. **If have any symptoms, what should I do?**
- a. Don't Panic...you will know if it's one of the oldies but goodies or allergies.
  - b. COVID-19 symptoms are so much like colds and flu that you won't know.
    - i. There is no known treatment, so you simply ride Covid-19 out like a cold or fever.
  - c. Stay in your yard or in the house. Call us at the office if you need something.
    - i. No visiting or visitors.
  - d. STAY HOME: don't risk passing whatever you have onto anyone else.
  - e. Home really is and will be the safest place to be right now. It's your place of refuge that you can keep clean and others will respect your need for privacy.
  - f. If you develop greater respiratory symptoms or some form of breathing distress: isolate yourself within the home as quickly as possible. Call someone.
8. **When do I go to the Doctor or hospital?**
- a. Call first to the Lytton Medical Clinic- they need to be ready for you.
  - b. If you have trouble breathing, are unable to tolerate fluids, or if your symptoms are worsening real fast, call 911 but let them know your symptoms.

## SOCIAL DISTANCING



### AVOID

- ATHLETIC EVENTS
- GROUP GATHERINGS
- VISITORS IN YOUR HOME
- SLEEP OVERS
- PLAYDATES
- MALLS
- GYMS
- CONCERTS
- THEATRE OUTINGS
- CROWDED STORES

### USE CAUTION

- PARKS
- CHURCH
- RESTAURANTS
- GROCERY STORE
- GET TAKE OUT
- TRAVEL

### SAFE

- FAMILY GAME NIGHT
- STREAMING TV
- VIDEO CHAT
- SPRING CLEANING
- READ A BOOK
- LISTEN TO MUSIC
- TAKE A WALK
- YARD WORK
- PLAY OUTSIDE
- COOK
- CHECK ON A FRIEND

