

April 6, 2020

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### **Important information for seniors and people with medical conditions**

Because older adults, and people with medical conditions are at greater risk of serious illness from COVID-19, the City of Campbell River is sharing important information to help keep community members healthy.

Available now is a list of resources that can be printed and shared with those who don't have a computer or internet access. Find it at [campbellriver/COVID-19](http://campbellriver/COVID-19) under Community Resources and at [SRD.ca/COVID-19](http://SRD.ca/COVID-19).

To request a paper copy by mail to you or someone you know who may need it, please phone our call centre at 250-286-4033, open weekdays from 8:30 a.m. to 4 p.m.

### **How does COVID-19 spread?**

COVID-19 is a virus that is spread through liquid droplets. People are infected if those droplets enter their mouth, nose or eyes. The virus is spread primarily when sick people cough or sneeze without covering their nose and mouth. Even people with mild symptoms can transmit the virus. That's why it's extremely important that everyone follows all public health instructions and orders.

### **Best ways to protect your health**

- Clean hands frequently and thoroughly with soap and water for 20 seconds, always before eating and after washroom use.
- Use hand sanitizers frequently when soap and water are unavailable.
- Cough or sneeze into your elbow.
- Avoid touching your face.
- Maintain a two-metre distance from other people.
- Avoid public spaces and large groups of people.
- Clean and disinfect surfaces that other people might have touched.
- Stay home as much as possible.
- If you are sick, or have recently returned from travel outside Canada, you must follow quarantine requirements.

### **Tips for coping with change**

Being quarantined or staying home and away from other people as much as possible can have a significant impact on our emotional health. It's extra hard for people who are worried about how their age or health makes them more vulnerable if they get sick.

### **Stay informed**

Getting information about COVID-19 from reliable sources helps manage stress and anxiety. If you find that the news or social media make things worse, take a break.

- For the most up to date public health information visit the BC Centre for Disease Control at [www.bccdc.ca](http://www.bccdc.ca).
- If you have concerns about your health, call HealthLinkBC by dialing 8-1-1
- For non-medical questions, call 1-888-COVID-19 (1-888-268-4319)



### **Consider delivery services**

Many local grocery stores and restaurants are currently offering delivery, to help you get what you need without leaving your home. The Strathcona Regional District is offering funding for delivery services throughout the region. Details at [www.srd.ca/srddelivers](http://www.srd.ca/srddelivers).

### **Stay connected**

Maintaining physical distance is essential, but reach out and share your feelings to fend off loneliness and depression. Use this time to connect with technology such as FaceTime, Skype or Zoom if you have access, or pick up the phone to talk regularly with friends and family.

If you know someone who must stay home for health reasons, make extra effort to connect with them, and offer help such as grocery and medicine delivery, with clean hands!

### **Stay safe**

As we all do our part to follow public health precautions to slow and limit the spread of COVID-19, it's also important to look after yourself. Building self-care into your daily routine can help manage stress. Somethings that help include:

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|-------------------------------------|---------------------|
| Regular exercise                    | Read a book         |
| Practice deep breathing, meditation | Play a board game   |
| Soak in a bath                      | Cuddle your pet     |
| Get some fresh air                  | Sit in the sunshine |

### **Seek help**

You don't have to face these difficult times alone. Know your body and its signs of stress. If you are having trouble managing your mental health, please contact your health care provider.

More helpful resources:

**BC 211** Information and free referral to a full range of community, social and government services, 24 hours a day, seven days a week by calling 2-1-1 or visit [www.bc211.ca](http://www.bc211.ca)

**The KUU-US Crisis Response Service:** Provides 24/7 culturally aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 or visit [www.kuu-uscrisisline.ca](http://www.kuu-uscrisisline.ca).

**Crisis Intervention and Suicide Prevention Centre:** Provides support for people experiencing feelings of distress or despair, including thoughts of suicide. Call toll-free 1-800-784-2433 or visit [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca).

### **What if I'm young and in good health?**

We are all in this together. Everyone has a responsibility do their part to slow and limit the spread of COVID-19. By working together, we can protect those that are most vulnerable in our community, and protect our healthcare system.

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Media contacts:

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*(Messages checked regularly)*