

Memorandum

Date: March 13, 2020

To:

From: Sharon Carroll – Program Manager, Bella Coola General Hospital
Dr. Jeffrey Peimer – Local Medical Director, Bella Coola General Hospital

Re: **COVID-19 – Community Information Bulletin**

Coordinated on behalf of Nuxalk Nation Health/Wellness, Central Coast Regional District and Emergency Coordination Officer, Bella Coola General Hospital Emergency Management Committee and VCH

You may be aware that COVID-19 is circulating in BC and around the world and has been deemed a pandemic (a new virus affecting all nations of the world). We have been meeting and coordinating efforts daily to plan and prepare our local resources as this situation evolves; in addition to coordinating external resources in case of need.

Important points to note as of March 13, 2020:

- There are **NO cases of COVID-19 in the Bella Coola Valley**
- We have had our usual cases of influenza A and influenza B and pertussis this season but we DO NOT currently have any COVID-19

The following recommendations will help prevent and reduce your risk of exposure to this virus:

- Cancel or postpone any travel that isn't absolutely vital, including travel to other provinces
- Cancel or postpone any non-urgent medical travel
- Elders and anyone with diabetes/heart disease/ lung/kidney disease are advised to avoid public gatherings
- As a collaborative committee, we recommend cancelling large gatherings
- When greeting others, stay three feet away (avoid hugging, especially those who have medical issues or elders, no handshakes, no kissing, no cheek to cheek contact)
- Wash hands often with soap and water, or alcohol-based hand sanitizer
- Clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (one part bleach to nine parts water):
 - o Toys
 - o Toilets
 - o Sinks and taps
 - o Phones, including cellular phones and tablets
 - o Electronics
 - o Door handles
 - o Bedside tables
 - o Television remotes

If you have just returned from out of country and have no symptoms, stay at home for 14 days (called self-isolation). We will send more details soon on how to do this.

If you have symptoms of fever, cough, shortness of breath, or flu-like illness:

- Call Bella Coola Medical Clinic 250-799-5342, Monday to Friday, 9 a.m. to 4 p.m.;
- Call 8-1-1 all other times
- If you have symptoms, **DO NOT** just go to the hospital or clinic. Call us ahead of time and we will direct you on what steps to take.
- **Do not visit hospital patients or emergency room patients if you are sick or if you have a cough, fever, cold or shortness of breath**

If you have no symptoms, you will **NOT** be tested for COVID-19. Do NOT come to hospital or clinic to be tested as testing will not be performed when no symptoms are present. If you have questions please call 8-1-1 (HealthLink BC) and they will provide further direction.

More information can be found at www.VCH.ca/COVID19.

Thank you for your cooperation as we continue to work through this pandemic situation. We will continue planning and acting to ensure that resources are in place for our community.