

VCRC COVID-19 Safety Plan

COVID-19 Information for VCRC Members, Coaches, and Volunteers

Risk of COVID-19 and transmission routes:

Risk: Currently (May 30, 2020) the risk to Canadians is considered high.

Transmission: COVID-19 is transmitted via liquid droplets generated by coughing or sneezing. The virus can enter through the eyes, nose or throat through droplet form if you are in close contact with someone who has the virus. COVID-19 can be spread by touch if someone has used their hands to cover a cough or sneeze. Health experts currently believe that COVID-19 cannot be transmitted through airborne transmission (particles floating through the air, or by skin).

More info:

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

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/how-it-spreads>

Symptoms: are similar to other respiratory viruses (like the flu). These include fever, cough, chills, shortness of breath, sore throat/painful swallowing, stuffy or runny nose, headache, muscle aches, fatigue, loss of appetite/sense of smell.

More info: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

Who to contact if you have symptoms:

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/>

Call 8-1-1 to talk to a nurse at HealthLinkBC

Contact your health care provider or local public health unit:

Island Health COVID-19 Call Centre 1-844-901-8442

More info: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>

At risk populations: older individuals (especially over 65 years of age), people with chronic health conditions (ex. diabetes, heart disease, lung disease), children with immune suppression or medical complexity, people with compromised immune systems, people with underlying medical conditions (HIV positive and not on treatment, kidney disease) and patients receiving cancer treatment.

More info:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/priority-populations>

Best practices to reduce transmission:

- 1) Hand washing: regularly with soap and water for at least 20 seconds (or alcohol-based hand rubs if necessary).

- 2) Avoid touching your face (eyes, mouth, nose).
- 3) Regular cleaning/disinfecting of commonly touched surfaces (door handles, phones, etc).
- 4) Physical Distancing: keeping at least 2 meters (6 feet) away from others when outside of your home
- 5) Masks: when you are unable to physically distance from others, or when you are sick (combined with other preventative measures)
- 6) Avoid all non-essential travel and stay home unless necessary (ex. work).

More info:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#p>

Quarantine (self-isolation): when you may have no symptoms but may have been exposed to COVID-19

- Stay at home and monitor for symptoms, avoid contact with other people, isolate yourself from others in your house if possible (stay in a separate room and bathroom if possible, or use a non-medical mask if not possible), wash your hands often, keep surfaces clean and disinfected.
- You must quarantine yourself for 14 days if: you are returning from travel outside of Canada (Quarantine Act), had close contact with someone who has or is suspected of having COVID-19, or have been told by Public Health that you may have been exposed and need to quarantine.

More info:

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/coronavirus-disease-covid-19-how-to-self-isolate-home-exposed-no-symptoms.html>

Isolation: when you have symptoms of COVID-19 and you may have been exposed to the virus (or have tested positive)

- Stay at home and monitor for symptoms, isolate yourself from others in your house if possible (stay in a separate room and bathroom if possible, or use a non-medical mask if not possible), wash your hands often, keep surfaces clean and disinfected, and care for yourself (contact your health care provider if symptoms worsen).
- You must isolate for at least 14 days if: you have been diagnosed with COVID-19 or are waiting to hear results of a lab test for COVID-19, have any symptom(s) of COVID-19 and have a) been in contact with a suspected or confirmed case of COVID-19 and/or b) been told by public health that you may have been exposed to COVID-19, or returned from travel outside of Canada with symptoms of COVID-19 (Quarantine Act).

More info: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html>

Self-Monitoring:

- Monitoring yourself for symptoms of respiratory illness (fever, cough, difficulty breathing), avoiding crowded spaces and practice physical distancing

- You should self-monitor if you may have been exposed to COVID-19 in the last 14 days and have no symptoms or are in close contact with older adults or other at-risk populations or have been asked to do so by the local public health authority.

More info: <https://eohu.ca/en/covid/self-monitoring-self-isolation-and-isolation-instructions-for-covid-19>

Sources of Reliable Information:

Island Health: <https://www.islandhealth.ca/learn-about-health/covid-19>

BC Centre for Disease Control: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Government of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

World Health Organization: <https://www.who.int/>