

A Guide for CORONAVIRUS for our Tsawout Elders.

Dear Elders,

We cherish you and your role in the community! Tsawout staff want to help keep you safe and feel supported. Thank you for all that you do in Tsawout community. We are thinking of you!

What is it?

Covid-19 is a contagious respiratory illness. It can have mild to severe respiratory symptoms, fever, cough, shortness of breath, and difficulty breathing.

How is it spread?

Coughing and sneezing. It can also be caught by touching contaminated surfaces and then touching your face.

How to prevent the spread?

- Wash hands with soap and water for at least 20- 30 seconds
- Use hand sanitizer (currently there is a shortage and we are unable to order any more)
- Frequently wipe down surfaces and objects that are touched. Including table tops, chair armrests and door handles
- Resist touching your face
- STAY HOME WHEN YOU ARE SICK AND DISINFECT FREQUENTLY.

What do you do if you suspect you may have COVID-19?

Step 1. Self-isolate

Step 2. Call Tsawout Community Health Nurse OR the nurses help line at 8-1-1 OR your local Public Health Unit/ Family Doctor.

Step 3. Continue to self-isolate. This includes staying home, limiting contact with others, getting rest and eating well, washing your hands and keeping common surfaces as clean as possible.

Step 4 (optional). Go to emergency if you are experiencing respiratory distress.

When should I seek medical attention?

If you have any severe respiratory symptoms like **shortness of breath or difficulty breathing, please seek medical attention at your local emergency room or walk-in clinic.** If you have any pre-existing illnesses, please also seek medical attention, as COVID-19 can present itself worse in individuals that already deal with existing medical conditions. Those with underlying respiratory conditions like COPD and asthma are particularly at risk.