



COMMUNITY AWARENESS

COVID-19 & OUR HEALTH

Galiano Health Care Centre COVID-19 Response Team Report – April 8, 2020

An important message: Dr. Bonnie Henry spoke recently about non-essential travel, particularly to small communities. We would like to encourage everyone to heed her advice:

*"I also want to talk about some of the things we've been asking people to do and requiring people to do in British Columbia surrounding non-essential travel. And **there are many of our smaller communities that are very concerned about people coming to their vacation homes, fishing lodges, etc. and I'm asking people now to forgo those types of travel.** All non-essential travel, particularly to smaller communities where we might not have resources to support you should you become ill or should there be transmission in those communities. And that's a really important thing that we need to do now to protect those who are more vulnerable in those communities particularly our seniors and our elders in our small and remote communities around the Province."*

We urge residents to call us at 250-539-3230 if you are isolating due to illness or quarantined at home on Galiano Island (after travelling, for example). This enables us to check in daily with you by phone to discuss your symptoms, offer resources and provide advice. If you have an illness or medical issue that is not COVID-19 related, please don't hesitate to call the clinic and make an appointment with your practitioner. If you are in a situation with troubling symptoms, whatever the cause, we want to support you to get the treatment that you need.

When the Clinic is closed there is always a physician on call to provide advice if you are concerned. (1-800-866-5602). Do not hesitate to call this number if you have questions.

Don't let yourself get too sick on Galiano Island.

The Transitions Mental Health Support Team at the Galiano Health Care Center has been created in response to the coronavirus pandemic. A group of skilled and responsible volunteers are now available to anyone who wishes to simply speak of the distress created or exacerbated by this crisis, to be heard in a safe and confidential conversation on the phone or Facetime or Zoom. They are not offering psychotherapy, but are willing to support anyone who might benefit from being seen, being heard, at this time. If you wish such support, please call the clinic at 250-539-3230 and ask to be referred to the team. Jan Adler and Linde Zingaro from the Transitions group will facilitate a confidential connection with a person trained and experienced in this way of offering either emotional or spiritual support, or both.

Resources:

Emergency symptoms (i.e. shortness of breath): 911

PHONE: 1-888-268-4319 (1-888-COVID-19)

Text: 1-604-630-0300

Self-Assessment tool: <https://covid19.thrive.health/>

BC COVID-19 Support App: Available for download on smart phones via the App Store or Google Play, or as a website at <https://bc.thrive.health/covid19app/home>

Canada Public Health: <https://www.canada.ca/en/public-health.html>

Government of Canada Economic Plan: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

Information on masks from BC CDC: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>

Information on masks from Government of Canada: <https://www.canada.ca/en/health-canada/services/drugs-health-products/medical-devices/activities/announcements/covid19-notice-home-made-masks.html>

Galiano Health Care Clinic: 250-539-3230

After hours on-call Doctor Pager: 1-800-866-5602

Galiano Health Care Society website: <http://www.galianohealth.org>

Please send any non-medical, Galiano related COVID questions to galianocoronaquestions@gmail.com