



COMMUNITY AWARENESS

COVID-19 & OUR HEALTH

Galiano Health Care Centre COVID-19 Response Team Report – April 9, 2020

It is important for us all to be aware of the increased vigilance that both the federal and provincial governments have implemented for all people returning to Canada and BC “from away” (as they say in Newfoundland). We are all asked to practice distancing, stay at home, etc in any case, but folks arriving from elsewhere must now comply with very strict self-quarantine for 14 days. The photo attached to this post will provide accurate specifics for what the BC Government is now requiring of those arriving. Please share with anyone that you know who has returned from travel and may not be aware of exactly how to quarantine.

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.

We also recommend visiting this website for further mental health information and support: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>.

We're taking a break for the next few days over the long weekend, but if you have a question in the meantime you can send us an e-mail at galianocoronaquestions@gmail.com.

And lastly, heading into this long weekend, something fun:

<https://www.timescolonist.com/entertainment/island-musician-scores-a-hit-with-ballad-of-bonnie-henry-1.24114211>.

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