



COMMUNITY AWARENESS

COVID-19 & OUR HEALTH

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

The BC Government has introduced a plan to phase in the “new normal” we’ve been hearing so much about. We are already in Phase 1 and Phase 2 will be introduced starting on May 14.

<https://bit.ly/2Wcfxw8>

(bc government link – restart bc)

There will be some loosening up of recommendations with respect to social activities. For example, joining with up to 6 friends or family to share a meal would be okay. Closer physical contact such as hugging family members could/should be done carefully, bearing in mind and assessing the risks for the individuals involved. However, the basic recommendations regarding frequent hand washing (20 seconds soap and water or 60% alcohol hand sanitizer) and physical distancing (2 meters, avoid unnecessary travel), etc. will still prevail.

The recommendations for use of masks and gloves have not changed. While these may have some effect on reducing risk of spread, by far the most effective preventive measures are physical distancing and hand hygiene. Therefore mask use in the community (non-health care) setting is most appropriate in situations where physical distancing may not be possible. Glove use is of dubious value in community settings. Gloves cannot be cleaned, and do not protect against aerosol spread of the virus. Frequent hand washing or use of hand disinfectant is a much more effective approach.

<https://bit.ly/2xOqJKY>

(government of Canada re: masks)

We continue to urge residents to call us at 250-539-3230 if you are isolating due to illness or quarantined at home on Galiano Island (after, 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.

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