

Food And Grocery Delivery Stores

Fresh St Market 1650 Marine Dr. West Vancouver,
BC V7V 1J1 604.913.7757

Fresh Street Market has special shopping hours from 7am to 8am
on Wednesday and Friday for seniors & vulnerable people

Whole Foods 925 Main St West Vancouver, BC
V7T 2Z3 604 678 0500

Loblaws city market 861-845 Park Royal N (604) 922-1902

Loblaw City Market is opening from 6 a.m. to 7 a.m. for seniors only.

IGA 2491 Marine Drive West
Vancouver, BC V7V 1L3 (604) 913-3056

Stong's Market 2150 Dollarton Hwy, North
Vancouver, BC V7H 0B5 (604) 973-0700

Safeway Caulfeild Village, 5385 Headland Dr,
West Vancouver, BC V7W 3E (604) 926-2550

Thrifty Foods 845 Marine Dr #120, North
Vancouver, BC V7P 0A8 (604) 929-2299

Online Food Delivery Sites

Doordash

Skip the dishes

Foodora

Uber Eats

Zomato

Stay connected during COVID-19

Shaw will give everyone complimentary and unrestricted access to Shaw Go WiFi
network hotspots regardless of whether or not they're a Shaw customer.

PHARMACY NAME	ADDRESS	PHONE
BAY PHARMACY	6355 Bruce St West Vancouver, BC V7W 2G5 CANADA	(604) 305-0330
LONDON DRUGS #44 - PARK ROYAL	875 Park Royal North West Vancouver, BC V7T 1H9 CANADA	(604) 926-9616
OCEAN PHARMACY	1880 Marine Drive West Vancouver, BC V7V 1J6 CANADA	(604) 922-1238
PHARMASAVE # 214	5331 Headland Dr West Vancouver, BC V7W 3C6 CANADA	(604) 926-5331
PHARMASAVE #1012	101 - 1590 Bellevue Ave West Vancouver, BC V7V 1A7 CANADA	(604) 926-9047
PHARMASAVE HEALTH CENTRE # 027	Unit J3 - 925 Main Street West Vancouver, BC V7T 2Z3 CANADA	(604) 925-3304
PURE INTEGRATIVE PHARMACY #17	Hollyburn Plaza #117 - 1760 Marine Dr West Vancouver, BC V7V 1J4 CANADA	(604) 281-3393
PURE INTEGRATIVE PHARMACY #27	1405 Bellevue Ave West Vancouver, BC V7T 1C3 CANADA	(604) 281-3784
REXALL #7137	#107 - 575 16th St West Vancouver, BC V7V 4Y1 CANADA	(604) 922-4174
ROSE PHARMACY	1483 Marine Dr West Vancouver, BC V7T 1B8 CANADA	(604) 281-4199
SAFEWAY PHARMACY	5385 Headland Drive West Vancouver, BC V7W 3E7 CANADA	(604) 926-2034
SHOPPERS DRUG MART	1583 Marine Drive West Vancouver, BC V7V 1H9 CANADA	(604) 922-1271
SHOPPERS DRUG MART	Park Royal Shopping Ctr. 545 Park Royal S West Vancouver, BC V7T 2Y5 CANADA	(604) 926-1114
SHOPPERS DRUG MART	2490 Marine Dr West Vancouver, BC V7V 1L1 CANADA	(604) 913-3900

Shoppers Drug Mart is also dedicating the **first shopping hour** of business to **seniors** with **20% discount**

B.C. creates dedicated non-medical hotline for COVID-19 questions

The new hotline, which can be reached by calling **1-888-COVID19** or **1-888-268-4319**, will be staffed from **7:30 a.m. to 8 p.m.** every day with information available in more than **110 languages**.

Service providers at the new phone line will help answer questions about travel recommendations, social distancing, and what kinds of support, resources and assistance are available from the provincial and federal governments.

The new hotline was created to alleviate pressure on the province's existing health line, 811. This is still where British Columbians can call to reach health professionals and if they are experiencing symptoms related to COVID-19 or any other health-related issue.

North Vancouver Urgent and Primary Care Centre

221 West Esplanade
Suite 200, 2nd Floor
North Vancouver, BC
V7L 1A5
Phone: (604) 973-1600
Fax: (604) 924-0406

Monday to Saturday 8:00am – 10:00pm

Sunday 9:00am – 5:00pm

Patients will be seen according to urgency.

The last patient will be accepted approximately 1 hour before closing.



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

SOAP OR ALCOHOL-BASED HAND RUB: Which is best?



Either will clean your hands: use soap and water if hands are visibly soiled.

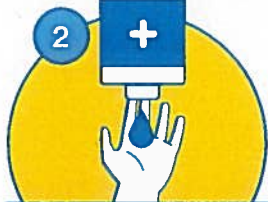


Remove hand and wrist jewellery

HOW TO HAND WASH



1
Wet hands with warm (not hot or cold) running water



2
Apply liquid or foam soap



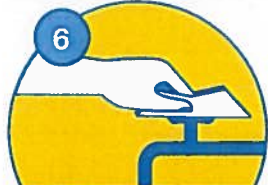
3
Lather soap covering all surfaces of hands for 20-30 seconds



4
Rinse thoroughly under running water



5
Pat hands dry thoroughly with paper towel



6
Use paper towel to turn off the tap

HOW TO USE HAND RUB



1
Ensure hands are visibly clean (if soiled, follow hand washing steps)



2
Apply about a loonie-sized amount to your hands



3
Rub all surfaces of your hand and wrist until completely dry (15-20 seconds)

COVID19_HH_001



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Key Facts

We are focused on slowing the spread of COVID-19 in our communities.

A sudden increase in people becoming infected with COVID-19 may impact the capacity of our health system to provide care to everyone who needs it.

By slowing the spread of the virus, our most vulnerable will be able to access care when and where they need it.

80% of people who are infected will have mild symptoms that will not require care outside of the home.

Around 1 out of 6 people who get COVID-19 may become seriously ill and develop difficulty breathing.

Older people, and those with preexisting medical conditions such as high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

WHAT YOU CAN DO TO SLOW TRANSMISSION

Take care of others by taking care of yourself.

Wash your hands, don't touch your face, and stay home if you are sick.

Monitor yourself.

If you have a fever, a new cough, or difficulty breathing, call 8-1-1 for guidance.

Novel coronavirus (COVID-19) information for patients with chronic health conditions

The best source of up-to-date information on the novel coronavirus (COVID-19) in British Columbia is the BC Centre for Disease Control (BCCDC): www.bccdc.ca. This document provides answers to additional questions from patients with chronic conditions.

Q1. Which patients are at higher risk for COVID-19 complications?

- We are still learning about COVID-19. For people infected with COVID-19, there is a wide range in infection severity from no symptoms to severe pneumonia. Current information suggests that older people with chronic health conditions such as diabetes, heart disease and lung disease are at higher risk of developing more severe illness or complications from COVID-19. Although most people with COVID-19 recover, people with chronic diseases are also at higher risk of death if they become ill.
- If you are at higher risk for COVID-19 complications, follow general preventative strategies against infection, and should you become ill, seek medical help early.

Q2. How can I avoid getting sick with COVID-19?

- The way to protect yourself from COVID-19 is the same as what you probably already do to avoid influenza, colds and other illnesses. The most important thing you can do to prevent COVID-19 and other illnesses is to wash your hands regularly and avoid touching your face.



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

- Washing your hands properly means using soap and water and washing for at least 20 seconds. You can also use hand sanitizer with alcohol (60-90%) in it. However, if your hands have dirt or food or anything else on them, you should use soap and water because hand sanitizer may not work.
- If you have to cough or sneeze, try to do it into your elbow or a tissue, and then wash your hands afterwards. Stay away from other people who are ill. If you are sick yourself, stay away from others.

Q3. Will wearing a mask protect me from being infected?

- Our advice for patients with chronic health conditions is the same as for others. Masks should be used by sick people to prevent transmission to other people. A mask will help keep a person's droplets in.
- It may be less effective to wear a mask in the community when a person is not sick themselves. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask).

Q4. Should I still go to my medical appointments?

- It's important to ensure you continue to receive medical care for your chronic conditions. If you have symptoms of a respiratory illness (fever, cough, sore throat, feeling unwell), call ahead to let your health care providers know so that care can be provided for you in a way that is safe for other patients.

Q5. Should I have medication and other supplies on hand in case I can't go out to pick up more?

- The Public Health Agency of Canada has issued guidance for all Canadians on preparedness and COVID-19 (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/being-prepared.html>). If possible, it is prudent to have at least a two-week supply of your medications on hand.

Q6. Should I avoid crowds? Should I stay in my home and avoid going out?

- If there is widespread local transmission of COVID-19 in a community, people with certain chronic conditions (particularly people on medications that suppress the immune system) may consider "protective self-separation." This is a term that means staying separate from other people as much as possible.
- For many people, staying at home for long periods will not be an option. If there is widespread local transmission of COVID-19, people with chronic conditions should consider reducing their exposure to large gatherings, particularly those where they will be in close contact with others.

Q7. Should I change my travel plans in the next few months because of COVID-19?

- Health Canada travel advisories should be consulted before any travel for people with chronic conditions (<https://travel.gc.ca/travelling/health-safety/travel-health-notices>).
- The Provincial Health Officer recently (March 12, 2020) advised people to avoid all unnecessary international travel – including to the United States. If you do travel, or have recently returned home from international travel, it is recommended that you self-isolate for 14 days.



- If you do need to travel, remember that the risks of travel to other countries affected by COVID-19 include being subject to public health measures (such as quarantine or travel restrictions). Travellers may also have difficulties accessing routine care due to high numbers of patients seeking care. If you are considering traveling, make sure to check your travel medical insurance coverage regarding restrictions.
- If you develop symptoms of a respiratory illness after returning from travel, make sure to call ahead before seeking health care so that steps can be taken to prevent it spreading to others. Tell your health care provider about your travel history.

Q8. Where can I get more information?

- You can find trustworthy information about COVID-19 by visiting the website of the BC Centre for Disease Control: www.bccdc.ca
- The Public Health Agency of Canada has set up a telephone information line about COVID-19. It can be reached by calling 1-833-784-4397.
- In British Columbia, you can receive health advice in 130 languages by dialling 8-1-1.

March 13, 2020
COVID-19 and patients with chronic health conditions



How do you make your own hand sanitizer?

Dr. Rishi Desai, chief medical officer of Osmosis, and a former epidemic intelligence service officer in the division of viral diseases at the CDC, says that the hand sanitizer recipe below will kill 99.9 percent of germs after 60 seconds.

Making your own hand sanitizer is easy to do and only requires a few ingredients:

¾ cup of isopropyl or rubbing alcohol (99 percent alcohol volume)

¼ cup of aloe vera gel

10 drops an essential oil, such as tea tree oil or lavender oil, or you can use lemon juice instead

Directions:

Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container.

Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel.

Pour the ingredients into an empty bottle for easy use, and label it "hand sanitizer."

*The key to making an effective, germ-busting hand sanitizer is to stick to a **2:1** proportion of alcohol to aloe vera. This keeps the alcohol content around 60 percent. This is the minimum amount needed to kill most germs, according to the **CDC***

<https://www.healthline.com/health/how-to-make-hand-sanitizer#how-to-make>

Below is a recipe **approved by the World Health Organization**, used by LONDON DRUGS.

Mix up the following ingredients:

- Isopropyl alcohol (rubbing alcohol) at 99 per cent strength.
- Glycerine.
- Peroxide.
- Distilled water

<https://www.cbc.ca/news/canada/london/with-hand-sanitizer-in-short-supply-this-london-pharmacy-made-their-own-1.5499456>