



Tsleil-Waututh Nation səlilwətał



Helping House COVID 19 Update

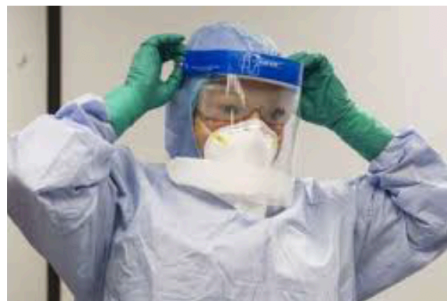
Helping House continues to provide regular non-urgent services.

Please note:

- *Helping House is not a walk-in clinic*
- *We are not able to provide Corona Virus (COVID19) screening and testing.*
- *Anyone with a cough and/or fever is asked to please stay home.*
- *If you need medical care due to COVID19 symptoms (cough, fever, shortness of breath), please call 811. You may be directed to the North Vancouver Urgent and Primary Care Center for medical assessment including COVID19 testing.*

If you arrive at the Helping House with a cough or fever:

- *Staff will need to don personal protective equipment, i.e. a face mask & shield.*
- *You will be redirected to the resources below.*



BC Nurses Line

Call 811

Emergency

Call 911

North Vancouver Urgent and Primary Care Center:

Call 604-973-1600

221 Esplanade West, 2nd Floor

Please do not be alarmed or offended, these measures will help to protect you and others. These precautions are in place to allow us to safely continue service to the community. Yours in health & wellness TWN Helping House.



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Terminology/ Definitions

Symptoms Description of Covid-19 (As provided by World Health Organization)

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

Pandemic Definition

A pandemic is an infectious disease that occurs on a scale that crosses international boundaries and usually affects large regions, for example multiple continents or worldwide.

- A pandemic usually infects a large number of people.
- The word pandemic does not mean that the disease is particularly severe or lethal.

COVID-19 Need to Know

City services remain unaffected by the COVID-19 outbreak at this time.

Vancouver Coastal Health says the risk for COVID-19 remains **low** within the city of Vancouver.

Here is what you can do to protect us all:



**Wash your
hands.**



**Cover your cough
or sneeze.**

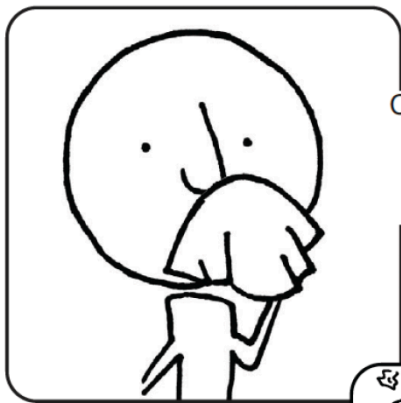


**Feel sick?
Stay home.**

Public health risk is continually reassessed and City services will be adjusted accordingly should the risk level change. For the most up to date information please visit **vch.ca**.

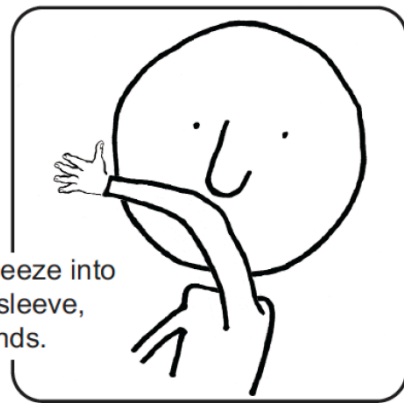
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

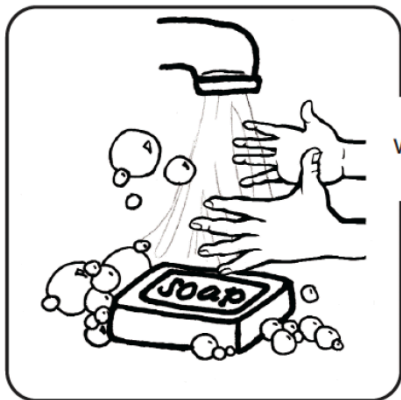


Put your used tissue in
the waste basket.



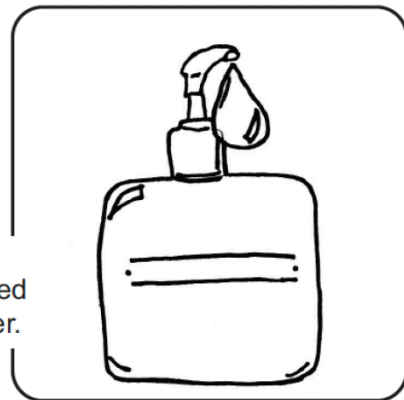
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water

or
clean with
alcohol-based
hand cleaner.



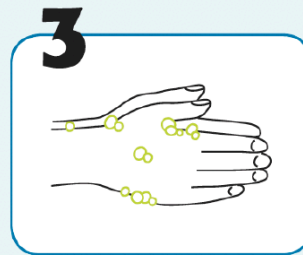
HOW TO HANDWASH



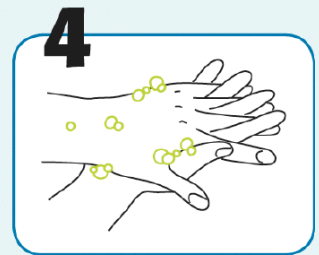
1
Wet hands with warm water.



2
Apply soap.



3
Lather soap and rub hands palm to palm.



4
Rub in between and around fingers.

Lather hands for a total of 30 seconds



5
Rub back of each hand with palm of other hand.



6
Rub fingertips of each hand in opposite palm.



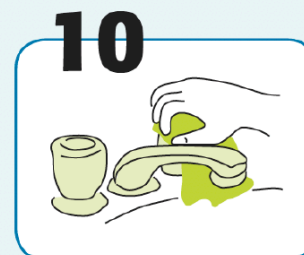
7
Rub each thumb clasped in opposite hand.



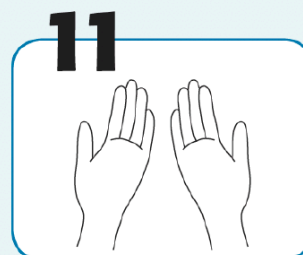
8
Rinse thoroughly under running water.



9
Pat hands dry with paper towel.



10
Turn off water using paper towel.



11
Your hands are now safe.



Vancouver Coastal Health