

Ćećawət leləm - Helping House COVID-19 Pandemic Information



COVID-19 Toolkit

16 December 2020

COVID-19 Toolkit


This toolkit will provide guide you through the proper steps to take when feeling sick, waiting for COVID-19 test results, and what to do once you get your results.

If you have any questions, don't hesitate to call the BC Nurses Line at 811 or the TWN Health Department at 604-929-4133.

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COVID-19 Toolkit Checklist

	Make sure you complete the following steps when feeling sick*
	Self-isolate
	COVID-19 Self-Assessment Questionnaire
	COVID-19 test
	Continue to self-isolate
	Follow all Public Health instructions with regards to self-isolation
	Wait for test results
	If positive, continue to self-isolate
	Compile a list of your close contacts
	Inform TWN Health Director (778-903-6244) of your positive test
	Contact Cheri (604-349-9661) with your essential grocery and cleaning supplies needs
	Wait for phone call from Public Health to identify your close contacts and determine the end-date of your isolation period
	Inform TWN Health Director (778-903-6244) of your self-isolation end dates
	Continue to self-isolate until you receive clearance from Public Health

* find instructions on how to complete these steps in the TWN COVID-19 Toolkit on the following pages

Feeling Sick?

If you feel sick with the flu, new or worsening respiratory, or COVID-19 like symptoms, you **must to go for testing and self-isolate** until your test result comes back negative AND your symptoms have resolved.

Self-isolate

This means:

- **Do not leave your home**
- **Stay in a separate room**
- **Avoid all contact with others, including the people in your household**
- **Wear a mask if you have to use a shared hallway or bathroom**

Find more information about self-isolation on pages 7-10.

Getting Tested

If you are unsure if you should get tested, you can complete the online COVID-19 Self-Assessment. The tools will give you specific instructions on what to do depending on your circumstances.

BCCDC – COVID-19 Self Assessment Tool - <https://bc.thrive.health/>

There are two COVID-19 testing centres on the North Shore. They are open 7 days a week and appointments are not required:

ICBC Claim Centre at 255 Lloyd Avenue

- Preferred testing centre if you do NOT need to speak to a health care provider
- Testing for children and adults 4 years of age and older
- Both gargle test and nasal swabs are available
- Convenient drive-in and walking options
- Open 7 days a week (8:00 to 19:00)

Urgent Primary Care Centre at 200-221 West Esplanade

- Testing centre if you need a test and wish to speak with a health care provider
- Testing for all ages
- Both gargle test and nasal swabs are available
- Open 7 days a week (Mon -Sat from 8:00 to 22:00 & Sun from 9 to 17:00)

Get tested

Waiting for Test Results

Public Health aims to have your results ready in about 24 hours, but processing times for test results vary depending on demand. While you are waiting:

- Continue to self-isolate (see pages 7-10 for details)
- Consider compiling a list of your close contacts* starting 2 days before your symptoms started (see page 12)

*** A close contact is someone who**

- provided direct care, including healthcare workers, family members or other caregivers, or who had other similar close physical contact (e.g., intimate partner) without consistent and appropriate use of personal protective equipment, OR
- lived with or otherwise had close face to face contact (within 2 metres) with a probable or confirmed case for more than 15 minutes (may be cumulative, i.e., multiple interactions) up to 48 hours prior to symptom onset, OR
- had direct contact with infectious body fluids of a probable or confirmed case (e.g., was coughed or sneezed on) while not wearing recommended PPE, OR
- has been identified by the local MHO as a possible contact.



Continue to self-isolate

Getting Your Test Results

There are many ways that you may be able to access your test result:

- **Text Message:** Sign up to get a negative result by text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results.
- **Online:** Go to myehealth.ca except for residents of Island Health and Interior Health regions.
- **Call:** BCCDC's COVID-19 Negative Results line (1-833-707-2792). Open from 8:30 AM to 4:30 PM daily.

If You Test Negative

If you test negative for COVID-19 and

- Your symptoms worsen, contact your health care provider or call 8-1-1.
- You have symptoms of illness, continue to isolate until your symptoms resolve.
- You are a health care provider; speak with your employer about return to work policies.
- You are a contact of COVID-19 case, continue to self-isolate for 14 days from your last contact.
- You are a traveller returning to Canada, you must continue to isolate for 14 days from arrival back in B.C.

If You Test Positive

If you test positive for COVID-19 please self-isolate until:

- At least 10 days have passed since the start of your symptoms, AND
- Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND
- You are feeling better (e.g., improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).
- If public health provides you with different advice, follow their instructions.

If you test positive, public health will contact you to determine the date when you can stop self-isolation and to initiate contact tracing.

Because it currently can take 24 hours after a positive test result for a public health official to call you – and even longer to then get in touch with your close contacts – we ask that you inform the **TWN Health Director (778-903-6244)** of your positive results and your end date for self-isolation. Your personal health information is private and confidential, but checking in allows TWN to trigger our COVID-19 response and:

- Protect the community by identifying any close contacts you may have had starting two days before you developed symptoms, and
- Assist you with your self-isolation (for example grocery shopping)



Inform the TWN Health Director (778-903-6244) about your positive test

What does Self-Isolation Mean?

Please review the following pages for detailed instructions on how to self-isolate.



Follow all Public Health instructions with regards to self-isolation

Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



HOW YOU CAN SLOW THE SPREAD OF COVID-19

Take care of others by taking care of yourself.

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

Stay at Home and Physically Distance

Stay at home whenever you can. Maintain 2 meters distance from those outside of your household.

Self-Isolation after a COVID-19 Test

May 1, 2020

Your health care provider has decided it is safe for you to go home after your COVID-19 test.

Next steps:

1. Return home and avoid contact with others (self-isolate) while you wait for your test result. The length of time until your result is available varies by testing location.
2. If you test positive, public health will contact you.
3. If you are a health care provider, please contact your employer or follow your organization's process.
4. There are many ways that you may be able to access your test result:
 - a. **Text Message:** Sign up to get a negative result by text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results.
 - b. **Online:** Go to myehealth.ca except for residents of Island Health and Interior Health regions.
 - c. **Online:** Residents of Interior Health region can check their result online on My Health Portal at www.interiorhealth.ca/YourHealth/MyHealthPortal/Pages/default.aspx.
 - d. **Call:** Residents of the Island Health region can call the Laboratory Call Centre line (1-866-370-8355). Open Monday to Friday from 7:00 AM to 6:00 PM and weekends from 8:00 AM to 4:00 PM.
 - e. **Call:** BCCDC's COVID-19 Negative Results line (1-833-707-2792). Open from 8:30 AM to 4:30 PM daily.

Find more testing information at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing.

When to seek Medical Care

Mild Symptoms

- If your symptoms are mild and can be managed at home (e.g., fever, cough, sneezing, or sore throat) continue self-isolating while you wait for your test result.

Important!

- **If seeking medical care, wear a medical face mask** (surgical or procedural).
- If a medical mask is not available, use a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.
- **Do not use public transportation.** This includes buses, taxis or ride-sharing where you would be in contact with others.



Worsening Symptoms

- If your symptoms worsen or you are concerned, complete the online Self-Assessment Tool at bc.thrive.health or call 8-1-1 any time.
- Examples include mild to moderate shortness of breath, inability to lie down because of difficulty breathing, any new chest pain and chronic health conditions that you are having difficulty managing because of difficulty breathing.
- **If your symptoms worsen, it is important to seek medical help early.** Please consult your family doctor or nurse practitioner. If you are unable to reach your regular care provider, seek care at an Urgent & Primary Care Centre (to find an Urgent & Primary Care Centre go to www.healthlinkbc.ca/services-and-resources/upcc) or Emergency Department.
- When going in person please call ahead and tell them your symptoms, and that you are self-isolating after a COVID-19 test.

Severe Symptoms require immediate medical attention.

- Examples include severe difficulty breathing (e.g., struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused or losing consciousness.
- Call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms and that you are self-isolating after a COVID-19 test.

How to self-isolate after a COVID-19 test

While waiting for your test result, you must self-isolate and avoid contact with other people.

- **Do not leave your home.** Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants. Cancel or reschedule all appointments.
- **Do not have visitors.** It is okay for friends, family or delivery drivers to drop off food or other necessities, but try to have them drop off deliveries outside your home or door.
- Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information.

Avoid contact with others at your home

- If possible, seniors or people with a chronic medical condition such as diabetes, lung problems, heart disease or weakened immune system should stay somewhere else. As this may not be possible, please see the advice below on how to limit your contact with others in your home.
- Stay in a separate room and use a separate bathroom if possible.
 - Stay and sleep in a different room away from other people in your home as much as possible.
 - Make sure that any shared rooms have good airflow (e.g., open windows).
 - Use a different bathroom if available. Flush the toilet with the lid down as the virus may be in poop (stool/feces).

Keep a physical distance

- If you are in a room with other people, keep a physical distance of at least two metres apart (about 6 feet or the length of a queen-size bed).

If you cannot avoid being in the same room as others, wear a medical face mask (surgical or procedural) that covers your nose and mouth. Read more about medical face masks below (under [How to stop the spread of germs](#)).



Clean and disinfect household surfaces

- Learn more about cleaning and disinfecting your home to limit the spread of COVID-19 at www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting.
- Use precautions when cleaning surfaces in contact with respiratory secretions or body fluids (e.g., someone coughs, sneezes, throws up or has diarrhoea).
- Use disposable gloves and a medical mask, or if not available, a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), and protective clothing (e.g., plastic aprons, if you have one) when cleaning surfaces soiled with body fluids.

Step 1: Clean away dirt, crumbs etc.

- Use soapy water to wipe away dirt, soils and other debris. Plain dish soap or any kind of household cleaning product will remove dirt, soils and other debris from surfaces.

Step 2: Disinfect

- Frequently touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables should be cleaned and disinfected at least daily. Less frequently touched surfaces should be cleaned regularly when visibly dirty.
 - If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have ingredients that will work against the COVID-19 virus.
 - If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) to disinfect areas in your home (20 ml bleach to 1 litre of water).

Laundry

- Use precautions when doing laundry for the person who is sick. Laundry can have respiratory secretions or body fluids on it. This can happen when someone coughs, sneezes, throws up or has diarrhoea. This laundry should be placed into a laundry bag or basket with a plastic liner and should not be shaken.
- When doing laundry, wear gloves and a medical mask, or if not available, a non-medical mask or facial covering.
- Clothing and linens belonging to the person who is sick can be washed together with other laundry, using regular laundry soap and hot water (60-90°C). Laundry should be thoroughly dried. Wash your hands after touching the laundry and after removing gloves.
- If the laundry container comes in contact with the laundry of the person who is sick, it can be disinfected using store bought disinfectant or a mix of household bleach (20 ml bleach to 1 litre of water).

Be careful when handling garbage

- All used paper towels, masks and tissues should be put into a trash can lined with a plastic bag to make garbage disposal easier and safer.
- Wash your hands with soap and water immediately after handling garbage.

May 1, 2020
Self-isolation after a COVID-19 test



Ending self-isolation

Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information.

If you test positive for COVID-19 please self-isolate until the following criteria are met:

- At least 10 days have passed since the start of your symptoms, AND
- Your fever is gone without the use of fever-reducing medications (e.g., Tylenol, Advil), AND
- You are feeling better (e.g., improvement in runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).
- **If public health provides you with different advice, follow their instructions.**

If you test negative for COVID-19 and

- **Your symptoms worsen**, contact your health care provider or call 8-1-1.
- **You have symptoms of illness**, continue to isolate until your symptoms resolve.
- **You are a health care provider**; speak with your employer about return to work policies.
- **You are a contact of COVID-19 case**, continue to self-isolate for 14 days from your last contact.
- **You are a traveller returning to Canada**, you must continue to isolate for 14 days from arrival back in B.C.

How to stop the spread of germs

Wear a face mask if in the same room as others

- Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks for more information.
- When you are sick a medical face mask (surgical or procedural) acts as a barrier and helps stop tiny droplets from spreading when you cough or sneeze. Wearing a face mask can help to prevent the spread of germs at home.
- If your medical face mask gets wet or dirty, change it. Do not reuse masks. Throw used medical face masks in a lined trash can, and wash your hands with soap and water.
- If a medical mask is not available, use a non-medical mask or facial covering (e.g., homemade cloth mask, dust mask, bandana), or if that is not readily available, cover your nose and mouth with a tissue when coughing or sneezing.

Wash your hands

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Hand washing is preferred over alcohol-based hand sanitizers. Only use an alcohol-based hand sanitizer if soap and water are not available.
- It is best to dry your hands with a paper towel and throw it away into a lined trash can. If using your own cloth hand towel, no one else in the home should use it.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined trash can, and wash your hands with soap and water.

Shared items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick. After use, these items should be washed with soap or detergent in warm water. No special soap is needed and you can use the dishwasher.



What is Contact Tracing

Contact tracing is an important tool to help stop the spread of COVID-19.

Contact tracing is an important tool to help diagnose people who may have COVID-19 sooner and prevent the virus from spreading in your community.

If you are a **contact of a confirmed case**, a member of the public health team will contact you to let you know you may have been exposed. If you have symptoms, you will be sent for testing. If you do not have symptoms, you will be asked to self-isolate so that if you develop COVID-19, you won't spread it to others in the community.

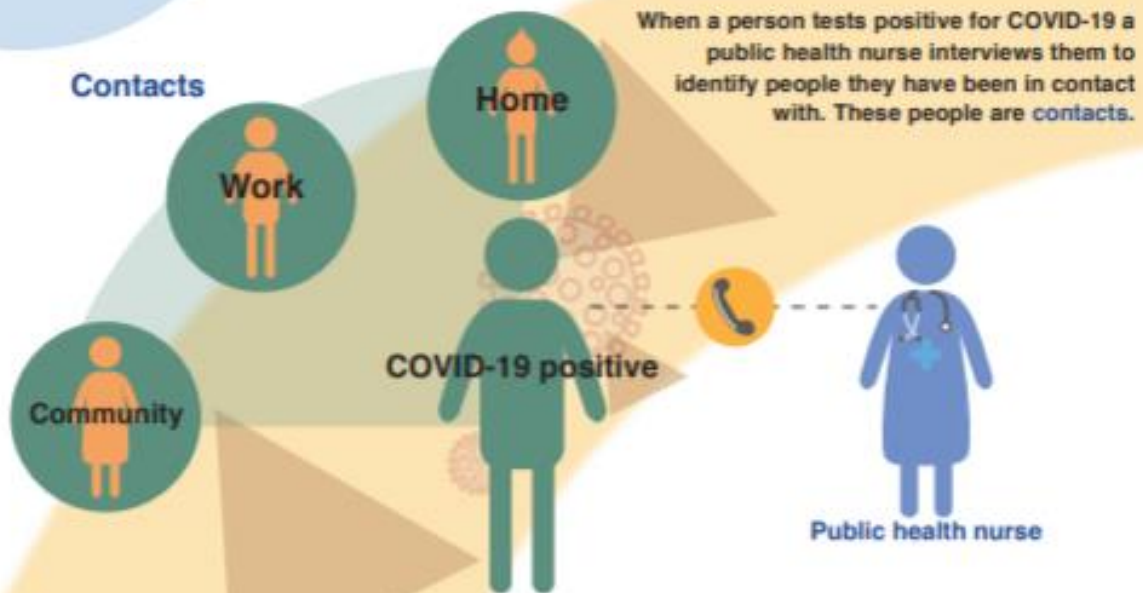
If you get sick, you can help by telling public health about the people you've spent time with, meaning your contacts.

1. When a person tests positive for COVID-19, they become a "case".
2. A public health nurse interviews the case to identify people they've spent time with. These people are "contacts."
3. Public health gets in touch with the contacts and asks them about symptoms of COVID-19.
4. Not every contact needs to be identified: only those who could have been exposed to the case's respiratory droplets from coughing, sneezing or speaking.
5. Public health maintains the case's privacy. A case can choose to tell others about their diagnosis but should not do their own contact tracing.
6. Contacts with symptoms are sent for testing.
7. If they test positive, they become a 'case' and the process repeats.
8. Contacts with no symptoms are asked to self-isolate and monitor for symptoms for 14 days after their last contact with the case.
9. Contact tracing helps people get diagnosed earlier and reduces the chance of spreading the virus.

contact tracing

to reduce the spread of COVID-19

Contact tracing by public health is an important tool to help stop the spread of COVID-19 in your community.



Only contacts who may have been exposed to the positive person's respiratory droplets from coughing, sneezing or speaking need to be identified.



A positive person can tell others that they have COVID-19 but they cannot do their own contact tracing.

Public health gets in touch with the contacts and asks them about symptoms of COVID-19.



Contacts with symptoms are sent for testing.



COVID-19 positive



When a Contact tests positive, the whole process repeats to identify *their* contacts.

Contacts with no symptoms are asked to self-isolate for 14 days since their last contact with the positive person and monitor for symptoms.



Contact tracing helps people get diagnosed earlier and reduces the chance of spreading the virus. If you get sick you can help by telling public health about your contacts.



BC Centre for Disease Control
Provincial health services authority



For more information visit bccdc.ca/covid19

What to Expect During COVID-19 Illness

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold.

The most common symptoms of COVID-19 include:

- Fever (see below)
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes.

Fever: Average normal body temperature taken orally is about 37°C. Infants less than three months of age who have a fever should be assessed by a health care provider. Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children.

COVID-19 symptoms can range from **mild to severe**. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days.

If you need medical care during your self-isolation, make sure you call ahead to inform staff of your COVID-19 positive test result. If you need emergency medical attention, call 911.

What Do I Need to Consider if I am a Close Contact and am Caring for Someone with COVID-19?

Find a guide for caregivers and household members of those with COVID-19 (close contacts) on the next pages.



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Guide for caregivers and household members of those with COVID-19 ('close contacts')

May 22, 2020

If you are caring for or living with someone who has COVID-19 or respiratory symptoms, you are considered a 'close contact.' You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

If the symptoms of the person you are caring for begin to worsen, contact a health care provider for medical attention. If it is an emergency, such as severe chest pains or struggling to breathe, call 9-1-1 or go to the nearest Emergency Department and notify them the person you are caring for has COVID-19 or symptoms.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask (surgical/procedure mask) and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces) and when providing direct contact care.



Dispose of gloves and mask after use

- Take off the gloves first without touching the outside of the gloves, and wash your hands with soap and water before taking off your mask.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.



Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but have them drop off deliveries outside your home.
- Keep older adults and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system) away from the infected person.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or other items that are put in the mouth.



Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables once or twice daily.
- Use store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water, and allow the surface to remain wet for 1 minute.



Wash laundry thoroughly

- Contaminated laundry should be placed in a laundry basket with a plastic liner.
- Wear gloves and mask when handling.
- Wash with regular laundry soap and hot water (60-90°C)
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



Contact your local Public Health unit

Visit immunizebc.ca/finder to locate your nearest public health unit

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Learn more at bccdc.ca/covid19

May 22, 2020
Guide for caregivers and household members of those with COVID-19 ('close contacts')



Who Are My TWN Contacts If I Have Any Questions?

The TWN Health Department there for you to answer any questions you may have. During office hours you can call:

TWN Helping House

- Lisa Rousell (Reception): 604-929-4133
- Sibylle Tinsel (Primary Care Manager): 604-353-5314
- Sandra Suasnabar Alberco (Mental Health Team): 236 335 5783
Mondays from 1:30 to 5pm, and
Wednesdays & Thursdays from 9:00am to 5:00pm
- Mahara Allbrett (Mental Health Team): 604-353-8193
Tuesdays to Thursdays from 9:00am to 4:00pm

Mental Wellness Support

With so much happening and so much uncertainty in daily life, it's normal to feel worried and overwhelmed. It's important to look after your mental health and well-being during COVID-19, especially after a diagnosis of COVID-19. Don't wait to reach out.

- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:** 1-855-242-3310 and www.hopeforwellness.ca
- **KUU-U's Crisis Line:** 1-800-588-8717, <https://www.kuu-uscrisisline.ca/>
- **Kids Help Phone:** 1-800-668-6868 and <https://kidshelpphone.ca/>
- **Indian Residential School Survivor Society:** 604 985 4465 or Toll-free: 1 800 721 0066 and <http://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>
- **The Foundry – North Shore:** 604 984 5060 and <https://foundrybc.ca/northshore> (for youth – ages 12 – 24 years)
- **Older Adult Mental Health Team - North Shore:** 604-982-5600
- **Canadian Addictions Certification Federation** <https://caccf.ca/see-a-councilor-now/> (Offering free 1 - 1 counselling sessions)
- **Alcohol & Drug Information and Referral Service** at 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland) to find resources and support.
- Online support groups:
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAKYIVqSoKiN6Gsm38bKMU/mobilebasic>
- By phone through 604-434-3933 or <http://www.vancouveraa.ca>

Other Resource Links and Numbers

COVID-19 FAQ's and Updates:

- <https://twnation.ca/about/twn-faqcovid19/>
- **BC Centre for Disease Control:** <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19>
- **FNHA:** <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>
- **COVID-19 Information Line:** 1-888-COVID19 (1-888-268-4319)

Accessing Health Care

- **North Shore Urgent Primary Care Centre:** 604-973-1600
- **First Nations Virtual Doctor of the Day:** 1-855-344-3800
- **BC Nurses Health Line:** 811

North Shore Resources.

- **North Shore Resource Directory** <https://nsem.info/resources>
- **Seniors' One Stop:** 604-983-3303 and nsrc.bc.ca

Women's Support Services

- **BC Battered Women's Support Services:** 604 687 1867, toll free at 1-855-687-1868, or text **604 652 1867** or intake@bwss.org.
- **Atira Help Line:** 604-800-8881
- **Rape crisis line (24 hours):** Phone 604-872-8212.
- **Women against Violence against Women:** Phone 604-255-6344 / Toll-Free 1-877-392-7583.
- **VictimLink BC:** Phone 1-800-563-0808.
- **Women's Crisis Lines:** 604-687-1867 / Toll-Free 1-855-687-1868.

Groceries

If you are self isolating due to symptoms of COVID-19 or because you have been identified as a close contact, TWN will assist you with groceries and cleaning supplies. **Please contact Cheri at 604-349-9661** to arrange.



Contact Cheri with your grocery and cleaning supplies needs

#	Cleaning supplies and PPE
	Disinfectant wipes
	Gloves
	Hand sanitizer
	Face masks
	Basic staples/groceries
	Bread, pasta, rice, or potatoes (3 choices)
	Beef, pork, chicken, or fish (2 choices) or tofu-veggie substitutes
	Toilet paper & paper towels
	Dairy-milk-lactose free or almond, butter, eggs, yogurt, cheese
	Fruit-apples, oranges, berries, bananas, grapes, melons, lemons
	Vegetables-broccoli, carrots, cucumber, lettuce, peppers, tomatoes, onions, mushrooms, zucchini (squash)
	Condiments-peanut butter, ketchup, mayonnaise, mustard
	Tea
	Apple juice and/or apple sauce
	Soups & crackers
	Water & Gatorade
	Dish soap
	Hand soap
	Dishwashing soap
	Bleach
	Household cleaner - Anti-bacterial all-purpose spray
	Snacks-pretzels, chips & salsa, healthy granola bars, nuts