

Are you feeling unwell?

Low-grade fever
Cough
Fatigue
Runny nose
Sore throat
Nausea, vomiting and/or diarrhea
Difficulty breathing or shortness of breath



Take the COVID Self-Assessment Tool



<https://bc.thrive.health>

Check symptoms yourself

Call Northern Health COVID-19 line first

1-844-645-7811

or
811



Not COVID
Yay!

Mild symptoms

Follow health care provider's instructions based on your call
Stay at home, self-isolate for 14 days
Do not go to work, public areas and do not use public transport or taxis
Arrange for food supplies to be dropped off possibly by family or clan members
Ensure all necessary prescriptions are filled
Limit number of visitors to "must see" and keep visits short
Maintain 6 feet distance
Look into cultural or psychological supports by phone, radio or online
Avoid contact with pets if others are petting them too
Wash hands frequently for 20 seconds, use hand sanitizer, disinfect hard surfaces, cough into your arm
Consider putting up a sign on the door stating "STOP! Someone in the house is self-isolating"
If breathing gets worse, call COVID-19 line again or your health care provider



Moderate symptoms

Follow guidelines for "Mild Symptoms"
Confirm the telephone number to use to connect with health care provider
Stay in regular touch with health care provider via phone or as directed for reassessment
Consider putting up a sign on the door stating "STOP! Someone in the house is self-isolating"

IF YOU LIVE WITH OTHERS WHO ARE SICK

Stay and sleep in a room with good airflow away from others
Wear a surgical/procedural face mask if you are in the same room with anyone
Use a separate bathroom if you can
Do not share towels or facecloths
Friends or family can leave food outside your room or home
If you live with an Elder or someone with a chronic health condition, it's best if they can stay with healthy family or friend



SUPPLIES TO HAVE WHEN SELF-ISOLATING

Disposable paper towels
Tissues
Waste container with plastic liner
Thermometer
Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
Running water
Hand soap
Alcohol-based sanitizer (containing at least 60% alcohol)
Dish soap
Regular laundry soap
Regular household cleaning products
Bleach (5% sodium hypochlorite) and a separate container for dilution (1 part bleach 9 parts water)
Alcohol prep wipes
Surgical/procedural masks (do not re-use)
Eye protection
Disposable gloves (do not re-use)



Severe symptoms

Follow all guidelines above
Call your health care provider
Health professionals will determine if patient needs to be moved
Nurse-on-call will contact First Responder to assist with transportation and notify the clinic nurse
Nurse communicates procedures for First Responder to keep everyone safe
First Responder, patient and family put on personal protective equipment following protocol
Patient and family are brought to a designated isolation room for assessment



Leaving Home for COVID-19 Treatment

If the community member needs to leave the community for treatment the health team will arrange transportation to the nearest hospital
The care plan is reviewed with patient and family, and patient's consent is requested
The patient determines who to share the health plan status with. It is the nurse's duty to respect the privacy and confidentiality of the patient
The patient and family are transported to hospital following protocol



First Nations Health Authority
Health through wellness

For info on COVID-19, visit www.fnha.ca/coronavirus