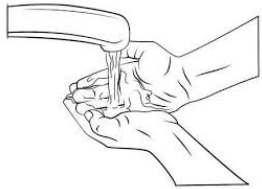


Practical Ways to Protect Others and Yourself



HAND WASHING

At least 20 seconds

Wash your hands after you enter a new space and before AND after you eat.

ALTERNATIVE WAYS of INTERACTING WITH OTHERS

*Say hello and smile with a wave to greet each other.
Stay at arms length while talking with one another.*



SELF CARE

*Reach out to others through calling, texting, or social media. Engage in creative activities like writing, journaling, singing, and coloring.
Deep breathing in cycles of 5: breath in for 5 seconds, hold for 5 seconds, breath out for 5 seconds, hold for 5 seconds, etc.*

SPIRITUAL CARE

Meditate on scriptures that highlight God's love and care for you.

Examples:

The Lord is my shepherd. -Psalm 23

God is our refuge and strength and ever present help in trouble. Therefore we will not fear.

- Psalm 46:1



IF YOU ARE SHOWING SYMPTOMS (COUGH, FEVER, TROUBLE BREATHING)

Stay home

Call the BC Healthline: 8-1-1

Some information about the Covid19 virus

Perhaps you've heard of it and have differing emotions, fear, anxiety, frustration, maybe you don't know much and feel not too bothered. Regardless of where you find yourself on the spectrum of emotions, please lean in and pay close attention to some of the facts that surround this real challenge.

Coronaviruses are a strain of viruses that cause respiratory tract infections, what we call the 'flu' is actually one strain of coronavirus. Perhaps you've experienced getting the flu. What is a little known fact though is that the flu is quite dangerous and claims hundreds of thousands of lives worldwide each flu season. 0.1% mortality rate.

This new covid-19 virus is a new strain that appeared last year that is much more fatal and with not a lot of information on it. The mortality rate is now placed at 3-5%, and it affects the people with compromised immune systems, people with pre-existing heart conditions, particularly. Among elders 80 years old and up, it has shown to be closer to 15%, whereas it hasn't shown to affect children, young adults or healthy adults as much, with lower death rates to little to no symptoms.

The issue with this new coronavirus is how quickly it spreads, with no vaccination/antidote, estimates range from 5-10% of people who get it need hospital care. However, if you've ever been to the ER, you'd know that the health care resources we have already operate at near capacity. We only have limited numbers of ventilators/respirators, and if a large spike of people get the virus in a short span of time, hospitals won't have enough beds and respirators to care for patients, and many people will not get the care they need which will in turn mean many more deaths.

If the same amount of people get the virus but over a longer period of time, then the hospitals would be able to treat people who do get infected. So do what you can to follow the instructions on this sheet.

Thanks