

If you are sick, and have the following symptoms:



**Dry cough**  
**Fever**  
**Sneezing**  
**Sore Throat**  
**Difficulty breathing**

Call the Atlin Health Centre and discuss with staff there.  
**Do not go to the Health Centre:**

**Health and Social Numbers to call:**

Anne Campbell – 250 651 7900 ext 305

Rodger Thorlakson – 250 651 7900 ext 301

**Other Local Numbers:**

Atlin Health Centre 250 651 7677

Atlin RCMP 250 651 7511

Atlin Ambulance 250 651 7700

Fire 250 651 7666

Service BC 250 651 7595

**If you have non -emergent questions about COVID 19  
please call 1 -888-268-4319**



COVID 19  
**MEMO**  
TO COMMUNITY & STAFF

MARCH 23rd 2020



# WHAT WE ARE DOING

We have formed the Communicable Disease Planning Team with the following members:

Team Leaders: Vincent Esquiro, Anne Campbell, Rodger Thorlakson

Health Rep: Shannon Hall

Spokesperson: John D Ward

Operations: Andy Carlick, Charmaine Thom

Planning: Louise Gordon, Donna Patrick, Colleen Williams

Logistics: Alex Mirhashem, Erv Krummins

Finance and Admin: Zoya Lewis, Alex Mirhashem

**The team is working on a variety of ideas and with a variety of agencies to ensure we all have what we need during the COVID-19 Threat.**

As these ideas roll out we will keep you updated with information that will go to households, and on our TRTFN website.

There has been an update from Pharmacare about prescriptions allowing pharmacists more latitude with renewals. Those who need regular medication should be able to get extensions on their prescriptions without seeing the doctor with limits to avoid stockpiling. Prescriptions can be delivered to Atlin.

Our community lunches, Monday for Elders, Tuesdays and Thursdays diabetes prevention will continue as take out only.

We have ordered special cleaning cloths for each household and as soon as our supplies arrive, hopefully next week, we will drop off a cleaning care package to your home.

Health and Social office is open as usual during business hours – please call before you come to ensure that we can meet your needs appropriately.

Some TRTFN staff are working from home to lessen the risk of contracting the virus and this situation is being evaluated every day.



**Here are some COVID 19 Do's and Don'ts:**

## Do's:

Stay home as much as possible.

Get fresh air, go for a jog or walk your dog but always keep two metres (six feet or about two arms-lengths) distance from other people.

Go to the grocery store or pharmacy as needed but keep the two-metre distance and wash your hands upon your return home.

Shopping online and arranging to have things dropped off at your home is even better.

Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. The extra scrubbing time matters.

Use hand sanitizer if soap and water aren't available.

Cough or sneeze into a tissue or the bend of your arm, not your hand.

Dispose of any tissues as soon as possible in a lined wastebasket and wash your hands afterwards.

Clean high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water). This includes things like doorknobs, toys, toilets, phones, electronics, remote controls and bedside tables.

Use technology to keep in touch with people at higher risk like the elderly or those in poor health.

Avoid personal contact.

## Dont's:

Avoid non-essential gatherings. That means no visits with your neighbours or friends, no play dates, no sleepovers, no parties and especially no public gatherings in crowded spaces, like theatres, stores, or other public events (if there are any on).

Avoid car/truck rides with others if you cannot maintain an appropriate distance from others in the vehicle.

Don't shake hands or kiss cheeks in greeting.

Don't touch your eyes, nose, or mouth with unwashed hands.

