Beauval Pandemic Manual

*For Residents and their Families*

*Facing Difficult Times Together*

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# Introduction

# *What is this virus and why should I care?*

**Let’s start with the basics:**

* ***What is a pandemic?***

A **pandemic** is an epidemic of disease that has spread across multiple continents or **worldwide**. (An epidemic is the rapid spread of a disease to a large number of people)

* ***What is a virus?***

Viruses are microscopic parasites, generally much smaller than bacteria.  They can only reproduce inside a living host cell. Basically, a virus takes over the normal functions of a cell in your body and cause it to produce more viruses.  Then they infect other cells, and this carries on until either your body successfully fights off the infection, or you die.

* ***What is a coronavirus?***

Coronaviruses are a large family of viruses. Some cause illness in people and others cause illness in animals. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold, or more severe diseases such as Severe Acute Respiratory Syndrome (SARS).

(The name itself refers to the virus’ resemblance to a solar corona when viewed under an electron microscope, due to the surface being covered in club-shaped protein spikes.)

* ***What is COVID-19?***

COVID-19 is the name of the *disease* caused by the *virus* nCoV2019 (2019 novel coronavirus).  “Novel” means “new” - this is a previously undiscovered virus.

* ***What can COVID-19 do to me?***

Symptoms have included:

* + cough
	+ high fever
	+ difficulty breathing
	+ pneumonia in both lungs
	+ and in severe cases, infection can lead to death.
* ***How is it transmitted?***

The infection transmits through coughing and sneezing (droplet transmission). It can also be spread by touching surfaces with the virus on it and then touching your mouth, nose or eyes before washing your hands.

* ***How do we know all this?***

The science of viruses, epidemiology, began with the discovery of viruses in the late 1800’s.  Since then, Scientists have discovered vast amounts of knowledge about how viruses work, and how to fight the ones that cause disease.  Some notable achievements include the control, treatment or in some cases eradication of diseases like smallpox, rabies, measles, polio, yellow fever, H1N1, SARS, Ebola and influenza, to name just a few.  In earlier times, these diseases caused widespread sickness, death, fear and misery.

**Some other questions**

* ***Why is this a concern in Canada?*** **Don’t we have good healthcare?**

Yes, indeed we do.  Canada has one of the best healthcare systems in the world, and it is accessible to everyone, regardless of personal income.  This means that, if someone else is sick, they are going to receive treatment, and so are you if you need it, and altogether as a country we will stay healthier than would otherwise be the case.

However, a pandemic can cause more illness than the system can handle, and lead to many people not receiving the care they need to recover, and not die.

* ***Isn’t this just like getting the flu?***

Some of the symptoms of COVID-19 resemble the flu, but it is not the same thing.  One of the biggest differences is in the potential severity of the symptoms. Common signs include respiratory symptoms:

* + fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.
	+ Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease. But evidence shows that it can affect any age group.
	+ Another big difference is that many people will be carriers, able to spread the virus to others, without ever having symptoms themselves (asymptomatic).
* ***I had the flu shot, why doesn’t that help?***

The annual “flu shot” is a customized inoculation against the varieties of the flu that are predicted to be common this year.  Coronavirus is not a flu, and there is (at the time of this writing) no vaccine for COVID-19. So, the flu shot will protect you against some other viruses, just not this particular one.

* ***Why isn’t there a vaccine***?

Vaccines can only be developed once a new virus is discovered. The entire process, from research through testing and onto production and mass distribution, can take anywhere up to a year, or even longer.  COVID-19 was discovered in November of 2019. You can do the math!

* ***Why don’t I just get the virus, get over it, and be done with it?***

There are a couple of very good reasons why you **DO NOT** want to be infected with COVID-19:

1. It might make you extremely sick, or even kill you
2. You are likely to pass it on to others who may be at greater risk than yourself

*Saying “I’ll just get it over with” is like saying “I’m going to cross this busy highway blindfolded, and if I make it to the other side, I’m safe!”*

* ***I’m young and unlikely to get very sick.  What do I care?***

THINK AGAIN…this virus does not discriminate. There have been confirmed cases of young people contacting the virus and dying from the virus. Also, many young people care quite a bit about some other people in your life such as your parents, grandparents, uncles, aunts, older cousins, family friends, or your employer, so its important not to transfer the virus to them.  You can be a carrier of the virus, without ever knowing it, and your carelessness can endanger the life of others.  We know it is hard to stay home and not hang out with friends but just remember, that this is the very most responsible thing you can do right now.

* ***Isn’t the economic impact worse than the disease?***

In a word, NO. The current directives for isolation and staying at home are certainly hard on businesses and their employees, and many people are temporarily unemployed as a result.

 Consider this, though:

* 1. An uncontrolled spread of the disease would result in much greater economic disruption and a much more difficult recovery
	2. Our cooperative efforts can help local businesses survive, as well as control the pandemic
* ***What if we go through all this effort, and not much happens?***

In other words, what if we all do our part, and follow all the directives and the disease does not hit us hard here in our region or even our province? THAT, fellow citizens, is called SUCCESS!

# Priorities for all residents of Beauval and Area

## Be Informed

1. **Sign up with the Beauval Emergency Operations Helpline at (306) 288-7238**

**Everyone who lives or works in the Beauval district should sign up with the Beauval Emergency Operations Helpline and also download the Saskalert app*!***

Here are some very good reasons to do so you will:

* get vital information that ***you*** need, where ***you*** live or work *(if you aren’t affected, you won’t be notified!)*
* get timely alerts about emergency situations that affect the area near your home, workplace or school, with specific instructions for staying safe
	+ if your home or workplace is outside the immediate area, you may receive a less-urgent advisory.
* be notified about other disruptions where you live or work - water breaks, street closures and other service interruptions (again, if it doesn’t affect you, you won’t hear about it!)
* receive advisories of general interest and importance to the community
* optionally receive a variety of other information that best suits your interests and needs
* receive some alerts that will have a response option, so that you can reply directly to key questions

Finally, ALL of the alerts that you receive come directly from your Saskalert and Emergency Operations helpline/committee.  This is *real* information that matters to *you!*  (Also, we promise not to send any nighttime alerts, except for true emergencies that require your immediate attention!)

**How to sign up:**

1. Call or text to (306) 288-7238 all the names of the people residing in your household, their ages, lot and block numbers, street name and your current health status of everyone in the home.
2. We encourage all Mobile Device users (smartphones, tablets), to download the Saskalert-Alert app.
3. Saskalert is used for messages that affect a broad area.

**SaskAlert:**

**Here are some of the Saskalert definitions:**

Target Audience

* + SaskAlert is used for messages that affect a broad area.

Message sender

* + SaskAlert advisories are sent by the Province, or by a municipality in the region

Topics

* + SaskAlert advisories include pandemics, wildfire, and weather alerts as well as other critical information

Time of Day

* + SaskAlert advisories may be delivered at any time of the day or night.
1. **Your Community’s website,** **cipiradio@sasktel.net**has all the most recent and accurate information and contact numbers to trusted sources, including Sask. Health Authority (SHA)and World Health Organization (WHO).
2. **Reliable media** – Your local radio station 96.5 FM CIPI, and others such as CBC, MBC, and our local newsletter and scroll are public services. Use them!

## Be Safe

1. **Follow directions from Saskatchewan Health**
	1. ***Physical distancing***

Basics

* + 1. Keep a distance of metres (stand in solidarity, 6 feet apart or one hockey stick length) between yourself and all other persons any time you are outside of your own house.
		2. when coughing or sneezing:
		- cough or sneeze into a tissue or the bend of your arm, not your hand.
		- dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
		- if you sneeze into your sleeve, wash clothing with hot, soapy water
		- avoid touching your eyes, nose, or mouth with unwashed hands
		- Don’t permit visitors into your house, and don’t go visiting. Clean your home with bleach and water.
		- Keep your kids at home (It is very difficult for children and youth to remember to follow social distancing rules)
		- Wash your hands, very often.
	1. ***STAY HOME.***

***Exceptions:***

* + 1. Work (only if you can’t absolutely work from home). Most jobs can be done by computer or phone.
		2. Only make **necessary** trips for groceries, medications and other necessities.
		3. Outdoor exercise is allowed if you don’t gather in large groups and follow social distancing rules.
	1. ***Keep surfaces and hands clean***
		1. Basics
* wash your hands often with soap and water for at least 20 seconds (while singing Happy Birthday or Twinkle, Twinkle, Little Star) especially after using the washroom and when preparing food or before eating it
	+ use alcohol-based hand sanitizer *if* soap and water are not available. Highly recommend using soap and water.
* Disinfect all hard surfaces – anything your hands may touch!
	+ Household countertops, tables, doorknobs, faucets, etc.
	+ Vehicle doors, steering wheel, dash, keys, etc.
	+ Your wallet and cards
	+ Your phone
	+ Your keyboard and mouse
	+ and anything else you touch.
* Wash fabrics (for example, your clothing) with soap and water. Dry clothes on the highest temperature setting possible for the type of fabric.
	+ 1. Hard surfaces:

Coronaviruses are one of the easiest types of viruses to kill with the appropriate disinfectant product when used according to the label directions. Health Canada has published a list of hard surface disinfectants that are likely to be effective for use against COVID-19:

* + - 1. Clean and disinfect regularly. Try to keep your place free of clutter.
			2. Clean and disinfect twice a day if someone in your home is sick or you have visitors.
			3. Regularly disinfect items such as switches, doorknobs, toilets, taps, handrails, countertops, toys, touch screens/mobile devices, remote controls and keyboards.
		1. How Do I Make a Disinfecting Solution?
			1. According to Health Canada, a disinfecting solution can be made by mixing 1 part of bleach into 9 parts of water. For example, 1 cup (250 mL) bleach into (2250 mL) water and that’s about one big Pepsi bottle. These directions are based on bleach that is 5% sodium hypochlorite. ***Don't get bleach on your clothes and protect your skin with suitable waterproof gloves.***
			2. Do not mix anything (including soap) into the bleach and water solution.
			3. Use a spray bottle or a pail with a clean wiping cloth.
			4. Food contact surfaces such as tables and countertops, or toys that can be mouthed by children, must be rinsed with fresh water after disinfecting with bleach.
1. **Avoid dangerous misinformation**
	1. ***Social Media***

Please consider Facebook, Instagram, Snapchat and other popular social media as sources of entertainment, and NOT a source of reliable information:

* There is **LOTS** of inaccurate, misleading and even dangerously wrong information being shared on social media. Do not be misled! Check the sources, check the facts!
* Do not re-post inaccurate memes, articles and opinions. Carefully check the facts before you post. Protect your own credibility!
* Use social media for what it is best suited: connecting with friends and family in a positive way.
	1. ***“Tabloid TV” and other questionable sources:***

Not everything you see is true. There are a great many less-than-credibl*e organizations that are providing inaccurate information, on television, Youtube and various websites. Their motivations may vary, but the effect is the same: people are being told the wrong thing. Be smart, be informed, carefully evaluate everything you hear.*

* 1. ***Scammers:***

Every crisis is a goldmine for those who are willing to make a profit from other people’s misfortunes. Beware of false claims and offers.

In particular:

* There are **no “miracle cures” or “home remedies”** for COVID-19
* Official looking forms and requests that come by email or phone may be scams. Anything legitimate will be found on the official websites of governments, banks, and health authorities, etc.
1. **Be safe at home:**

Remember all your everyday safety practices to prevent mishaps around the house such as:

* Fire safety
* Preventing slips and falls
* Cooking safety
* Smoking
1. **Be safe away from home:**
	1. **At work** (if possible, work from home)
* Your employer should have a set of instructions. Ask for these and be sure to follow them. Sask. Health Authority and the World Health Organization has published guidelines for employers and employees which may be found on their government website.
* Key points:
	+ - 1. Physical distancing
			2. Handwashing
			3. Disinfection of surfaces
			4. PPE, as may be necessary (masks, gloves, etc.)
			5. Employee health monitoring
* Here is a practical way to prevent bringing contagion from work to home:

Each day bring a clean change of clothes to work in a bag. At the end of your shift, change into these clean clothes just before leaving. Put your work clothes in a bag and wash them immediately when you get home.

* 1. **Grocery stores/gas station/Pharmacy/BDI take out:**

**Mdeez: (306) 288 – 2238, General Store: (306) 288 – 2212 (press 1), Northern Store: (306) 288 – 2002, BDI: (306) 288 – 1000, and Pharmasave: (06) 288 - 2277**

**Going to the Store** - Customers should remember to:

* + - Use hand sanitizer when entering stores, and wash hands and/or use sanitizer as soon as possible after leaving.
		- Try to maintain social distancing as much as possible while shopping.
		- Avoid touching surfaces or items unnecessarily and avoid touching your mouth, nose or face.
		- **Do not go shopping or out of your home when showing symptoms**.
		- Keep in mind that every surface that you might touch – shopping cart, pin pad, the merchandise, is a possible source of contagion! Wash your hands and use hand sanitizer!
		- Wash all produce (fruits, vegetables) and containers/bags prior to putting them in your cupboards or eating the produce, use soap and water.
	1. **On the street:**

Physical activity and fresh air are good for you! However, be sure to observe the following restrictions.

***You can go for a walk if you:***

* + - * have **not been** diagnosed with COVID-19
			* **do not** have symptoms of COVID-19
			* **have not** travelled outside of Canada, the Province, or any places where people have tested positive within the past 14 days

***When you go out:***

* + - Try to stay in your own yard (if you have one)
		- Choose places for walks or other exercise that are not crowded. Maintain physical distancing.
		- Do not walk in groups – distancing, distancing
		- Keep away (and keep children away) from surfaces that may be contaminated, such as playground equipment, railings.
		- Be courteous
		- Maintain 2 metres (6 feet length) distance from others
		- Maintain physical distancing even when walking with members of your own household – this sets a good example for others.

## Stay Healthy

1. **Get off the couch! Physical activity while staying at home:**
	1. Activities within the community is safe if you practice social distancing. and We will give ideas of ways for you to stay “Active in Isolation”. Stay tuned to CIPI radio for daily updates at 10:45am!
	2. Tips & ideas:
		1. Home maintenance – now may be a great time to clean out those gutters, fix a leaking faucet, repaint a room, crafts, family time.
		2. Outdoor exercise – there are many ways to stretch your legs while maintaining social distancing.
		3. Backyard projects – decks, fences, sheds, yard work, or snow removal.
		4. Gardening – for pleasure, health and good food. If you don’t have a front or backyard, check around – neighbors or community gardens may have a space for you!
		5. Learn and grow! Use the down time to develop new skills and interests. Give your creative side some exercise!
2. **Turn off the screens/computers/iPad/TV/Gaming! Keep a healthy and positive mental attitude:**
	1. Connect with family, friends and co-workers by phone, video chats, etc.
	2. Avoid being immersed in the news on TV, or the Facebook feeds. These can really bring you down.
	3. Put on some favourite music. Enjoy some quiet time.
	4. Play games with your family that are fun because laughter is healing.
	5. Look for ways to brighten someone’s day. Courtesy and kindness are extra important in difficult times. Make a point of being cheerful and friendly.

## Be involved – help your community survive and thrive

1. **Look out for your neighbours:**

 **(Notice the colour of the signs in their window , green, yellow or red – Appendix A)**

* 1. Examples:
		1. Is there normal activity, or is a house oddly quiet and dark?
		2. Do walks need shovelling after a snowfall?
		3. Talk to your neighbours, by phone or from a fishing rod length away
		4. Offer to pick up groceries, and save them a trip to lower the risk of exposure
1. **Support *local* businesses so that they continue to be there when we need them:**
	1. Delivery services – many businesses offer delivery to your door
	2. Gift cards – a way to support businesses now, when they most need it
	3. Respect and protect their staff!
	4. “If only Amazon has it, do you really need it?”

A word about online retailers. As convenient and sometimes low cost as these are, consider the real costs:

* They don’t pay local taxes to support the services and infrastructure you depend on (they might not even pay taxes in Canada)
* They don’t employ anyone local
* They don’t support your local sports teams, service clubs, cultural events or charities
	1. Even if buying local may cost a bit more (and it doesn’t always), consider the benefits!
		1. Economic – every dollar that you spend locally is multiplied and produces many more dollars right here where you live (and that benefits you).
		2. Social – local businesses support you! School programs, sports events, music and the arts, recreational programs, even many public facilities, all depend on donations from local businesses.
1. **Share your time and support worthwhile projects!**

The Community of Beauval is providing a volunteer coordination service that is focused on:

* 1. Safety – of volunteers and the public
	2. Support of people in need
	3. Support of local businesses and the wider community
	4. Compliance with provincial directives

There will be numerous opportunities for people like you to help out, right now, or as the Pandemic progresses, or later on as we get into the Recovery Model. **The Emergency Operations Committee will give an update when that is needed.**

# What if…

## …A family member is sick

* Call the Provincial Healthline **8 1 1 (eight – one – one)**
* Follow the instructions provided to care for your family member
* Call the clinic or hospital first for minor ailments they will direct you as to what you should do, but be sure to get proper care if you really need it

## …We are in isolation, but need…

* Groceries – inquire about delivery services or call the Emergency Operations Helpline at 306 – 288 - 7238, or call a friend or neighbour
* Medicines, prescriptions – call a trusted friend or family member. The Beauval Pharmacy may have other ways to help. You can call 306 – 288 – 2277.
* Repairs – see below

## …We have another emergency

*“Bad luck doesn’t take a pandemic break”*

* For all actual emergencies requiring Police, Ambulance or Fire department response, dial **9 1 1**
* For **all health-related inquiries, dial 8 1 1**
* For less-urgent problems, ask friends or family for assistance, if possible

## …The power goes out

* **Things to do:**
	+ Prevent fires
		- Avoid using candles
		- Make sure electric stoves, ovens, heaters are OFF to avoid surges ruining your appliances
	+ Take care of your home’s systems
		- If freezing is a concern, shut off water supply, turn off the water heater, and drain water lines
	+ Keep your fridge and freezer closed to maintain coolness as long as possible
	+ Discard food that spoils before it can be cooked and consumed
* **Things *not* to do:**
	+ Don’t bring outdoor equipment indoors (barbeques, generators, etc)
	+ Don’t use wood stoves or fireplaces if they have not been properly maintained

## …Phone or Internet service is interrupted

* If you don’t have an emergency just wait for services to be restored. Most importantly do not go to your neighbour’s house to see if they have service.
* **Other ways to stay informed:**
	+ Daily radio updates (10:45 am) or CIPI scroll
	+ Calling the Emergency Operations Helpline (306) 288 -7238
* **Ways to get help:**
	+ Dial from a landline (don’t you wish you still had one?)
	+ For urgent matters, ask your neighbour for help with contacting Police, Fire, Ambulance, Health Clinic, or a Conservation Officer
	+ Send a family member or friend to find help

## …I have a problem with my furnace, water or other household systems

* **Who to call:**
* If you rent from Beaver River Regional Housing Authority call (306) 288 - 2379
	+ a local backyard plumber can provide the help you need if you own your home or if you rent from a local resident from Beauval call your landlord.
* How to interact safely with service and repair people (to prevent COVID-19 transfer)
	+ Provide clear information over the phone, to help them diagnose the problem
	+ Disinfect doorknobs and handrails before they arrive
	+ Keep your distance – maintain the 6-foot distance to protect their safety and yours. Stay in another room while they do their work
	+ Be friendly!

## …The Pandemic gets worse

With everyone’s cooperation, we can likely prevent the worst possible outcomes. This is Canada after all! However, preparing for the worse is good advice at any time.

**What you should expect in the worst-case scenarios:**

* + **Stricter Emergency Measures**
		- Shelter-in-place orders – the Emergency Operations Committee will issue instructions using the local radio station, newsletter & signed up contacts (***sign up now!*)**
		- Temporary shutdowns of more businesses and services – as a short-term measure to control the disease
		- Limits on purchasing – to ensure that everyone is able to get the essentials. Delivery may be an option.
		- Stronger penalties for non-compliance – because some people just don’t listen. Fines may be put in place.
	+ **More sick people**
		- Longer waits for non-emergency health care
		- More employees missing work
		- Longer waits for services
		- Stricter orders from the Emergency Operations Committee/Mayor and Council or Sask. Health Authority.
1. **Prepare in advance:**
	* Stock up on, ***but don’t hoard******groceries, medication or cleaning products****!*
		+ - suggested household essentials, enough for 2 weeks
			- basic food staples
			- cleaning supplies
			- hygiene supplies
	* Keep your vehicle’s gas tank full – this is good advice at any time.
		+ - *Be careful to prevent contagion at the pump!*
* Medications & prescriptions – enough for one month
	+ No landline? Consider getting one again. These are much more reliable than cellphones especially when the power is out for an extended period of time.
1. **Prepare for other emergencies:**
	1. Put a 72-hour kit together containing such things as:
		1. Water.
		2. A basic first aid kit.
		3. A mylar emergency blanket.
		4. Protein bars or similar.
		5. A good multi-tool with a knife.
		6. A headlamp with extra batteries.
		7. A backup battery for your cell phone.
		8. Appropriate change of clothing for your area.
		9. Medication.
2. **Have a support system – are you on someone’s list?**
	1. Friends & Family
	2. Support agencies & organizations (listed below)

# I have other questions! How can I get answers!

* + Saskatchewan Healthline **8 1 1**
	+ Sask. Health Authority **1-844-235-5595 (speak to an Intake worker)**
	+ Intake Number **(306) 235-7887 (texts)**
	+ Kids Helpline **1-800-668-6868 or for texting 686868**
	+ Community inquiries:
		- Phone
			* General inquiries: Northern Village of Beauval (**306) 288-2110**
			* Pandemic-specific: Emergency Operations Helpline (**306) 288-7238**
			* Beauval Clinic **(306) 288-4800**
			* RCMP **(306) 288-6400 or 911 (Urgent Matters)**
		- Email
			* General inquiries: **admin.beauval@sasktel.net**
			* Pandemic-related inquiries: **mayor.beauval@sasktel.net**
			* Kids helpline: **kidshelpphone.ca**
	+ Other agencies and support:
		- Family services:
			* Beauval Mental Health and Addictions services (306) 288 – 4808/4809
			* www.whitelightningconsulting.com
		- Income support – Social Services (306) 235 – 1700 or Metis Nation of Saskatchewan (306) 501 – 3293
		- Small business support – Premier Scott Moe (306) 787 - 9433
		- Other – Employment Insurance 1-800-531- 555 and Child Tax Credit 1 – 800 – 387 – 1193 or email servicecanada.ca or Canada revenue agency.ca

# Looking ahead – after the Pandemic is over

Here are some things to reflect on, as we wait for the period of social isolation to end. We are living through a unique moment in history. This may be a chance to make some changes for the better!

* What do we want our community to be like?
* What will be some priorities for recovery?
* What have we learned? Can we make our community a better place, as a result of our Pandemic experience?
* What parts of our former “normal life” do we want to leave behind?
* How do I want to change my life for the better?
* Community heroes and accomplishments – we will have a lot to celebrate!
* Grief and healing – we will need a lot of extra kindness as we mourn our losses and learn to live in new ways.
* Moving on – getting back to normal – but a different normal.
* Learning our lessons – there will be other large-scale crises and disasters, even pandemics, in the future. What have we learned that can help us next time?

**Remember during times of crisis, family is the most important asset in our lives. Love one another during stressful and happy times. Keep well and God bless!**

**Appendix A – Window Signs (Emergency Operations Committee):**

**Post the colour of circle that best describes your household’s health status on your front window where it is easily visible. These signs are as follows:**

**1.Fluorescent Green means:**

* Everybody in the home is healthy
* Self monitoring

“Display this sign in your window if you are secure and able to meet your own needs”

**2.Fluorescent Yellow means:**

* Elderly in the home
* Family member ill
* Underlying health condition
* Self isolation

“Display this on your window

**3.Fluorescent Red Means:**

MANDATORY ISOLATION

* You have tested positive for COVID 19 virus
* Or you have been tested and are awaiting results

***FIRST***

* For all ***emergencies,*** dial **9 1 1**
* For all health-related inquiries, dial **8 1 1**
* Ask friends or family for other assistance, if possible

***After you display this sign***

* Expect a phone call within 24 hours from the Emergency Operations officials. *Please answer the phone.*
* If we cannot reach you by phone, expect a knock on your door from emergency management workers. *Please answer through an open door or window Stay inside!*

Our staff will attempt to help you obtain the support services that you need.”

**Need someone to talk to?**

**BEAUVAL Mental Health and Addictions** are ready to help you with your Mental Health concerns. Their staff can help you deal with anxiety, depression, and relationship issues. Don’t be afraid to call if you need help.

**Get counselling over the phone**

Contact our intake worker at: **306-235-7887 (texts)**. You will be asked some questions to determine your level of need. You will be booked with a counsellor and the session will take place over the phone. No need to come to our office.

***Would you rather not talk to a Counsellor?***

Check-out this website <http://www.worldhealthorganization.ca/> to learn about:

**Challenging worries and anxious thoughts.**

 **Dealing with problems in a structured way.**

**Talking to children about COVID-19 (let them watch the Lego version)**

**Need accurate information on how to stay safe from COVID-19?**

Search the Saskatchewan Health Authority website at <https://www.saskhealthauthority.ca/news>. You can access important current and accurate information about COVID-19 and how to protect your family.

**Call**: **811** if you need to know more information about your health, symptoms of COVID-19 and if you need to be tested.

**Seniors and their Mental Health during the Pandemic:**

Senior Citizens are even more vulnerable at this time because they are more at risk of not recovering if they get COVID-19 due to their underlying health problems and the fact that its harder for them to fight the infection. This can create anxiety, depression and fear. This is a normal reaction to stressful situations.

Some Seniors need help getting medications, food, and other necessities. The Pandemic may also bring up memories from their childhood of experiencing outbreaks of other illness such as polio, whooping cough, and measles. Don’t assume that they have family who will help them. If you know of a Senior who needs help, call them and ask how they are doing and what you can do to help them. If you visit keep at least six feet (one meter) away from them.

 If you are concerned about their Mental Health, ask if they want to talk to a Counsellor or Home Care. If they do, call the Mental Health or Home Care office (at the numbers above) and ask to speak to an Intake Worker or Home Visitor. We will assign a Counsellor who will assess how they are doing and provide the appropriate Mental Health Counselling support.

**What to remember**

**COVID-19 is not like the regular flu that we get in winter. COVID 19 affects the lungs and makes it difficult to breath. Keep your distance from people. Shop for food only once a week and alone. No kissing, hugs or handshakes even with family! Wash your hands frequently with soap and water. Keep at least six feet away from people when in public. If you have a dry cough, fever, and feel unusually tired, stay inside and call 811 where they can help to decide if you need to get tested. If you are having trouble contacting them, call the Beauval Clinic, or a family member/friend to assist you.**