

Ditidaht First Nation



Ditidaht
FIRST NATION

COVID-19 (CORONAVIRUS)

PANDEMIC PLAN

JANUARY 2021

A handwritten signature in black ink, appearing to be 'B. Tate', written over a horizontal line.

Chief Brian Tate

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Councilor Paul Sieber

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Councilor Kelly Sport

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Councilor Darryl Tate

January 20, 2021
Date Signed

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Covid-19 (Coronavirus)

Covid-19 Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV).

The new coronavirus has been named COVID-19. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

Anyone concerned that they may have been exposed to, or is experiencing symptoms of the novel coronavirus, should contact their primary care provider, local public health office, or call 8-1-1.

What is a Pandemic

A pandemic is a Worldwide event that happens everywhere at almost the same time. A pandemic is not restricted to influenza; there are many people in the world who one day hopes for pandemic peace!

A pandemic influenza is a result of a major change in the virus (virus shift) which results in a never seen before virus, not introduced into people before, and once that virus manifests itself and meets the following 5 criteria, an influenza pandemic is likely to result. They are:

- Never seen before virus
- We have no immunity against it
- Spreads person to person
- Causes higher than usual rates of illness and/or death
- No developed vaccine

Preparing for Pandemic

Why plan for a pandemic? Pandemics are unpredictable but occur on average three or four times a century. Experts agree that another influenza pandemic is inevitable and possibly imminent (World Health Organization). Planning for such a public health emergency can minimize serious illness and deaths. It is also important in order to minimize the social disruption that would probably result.

Goals and Objectives of this Plan

Specific objectives of pandemic planning in Aboriginal Communities:

- To minimize serious illness and overall deaths
- To minimize suffering
- To increase awareness
- To develop a plan that ensures readiness to respond appropriately to a pandemic
- To develop a plan that is consistent with our Health Authority.
- To develop a plan that is a living document, changing to meet future needs

Public Health and Prevention

How to minimize risk of spreading the virus: The most important thing you can do to prevent infection is to wash your hands regularly and avoid touching your face.

To help reduce your risk of infection:

- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection.
- If soap is not available, alcohol-based hand rubs (ABHR) also known as hand sanitizers, can be used to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them.
- Do not touch your face, eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough.
- Regularly clean and disinfect frequently touched surfaces.
- Do not share food, drinks, utensils, etc.
- Stay at home when you are sick
- Self-Isolate if you are feeling sick
- Stay away from sick people
- Stay away from large crowds/gatherings
- Do not travel
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- You may be used to greeting friends, family and colleagues with a hug or a handshake, but make bumping elbows the new greeting for now.

For protection against germs and disease, always wash hands:

- Before preparing food and after handling uncooked foods
- Before eating or smoking
- Before breastfeeding
- After toileting or diapering
- Before and after providing first aid
- After handling blood or body fluids
- Before and after providing care to an ill person

Community-based disease control strategies:

Public health control measures alone will probably not be effective at controlling spread of Covid-19 in the community. The following are recommendations for community-based strategies:

- Self-isolation: is strongly recommended
- There may be a need to cancel public gatherings (Schools, Church, Pow Wows, Pot Latches, Sporting events, other gatherings or social events).
- Hand sanitizing stations are recommended in public buildings (Band Offices, Community Halls, Health Centers, and Schools).

Can you become sick from someone before they show symptoms? There have been a few instances of transmissions before the person became sick or the symptoms were mild that the person did not know they were sick. Those are exceptions as most people became ill from being in close contact with someone who showed symptoms such as coughing and sneezing, therefore transmitting the virus through droplets. Therefore B.C. health officials are focused on putting protection around people are ill and showing symptoms, in order to decrease the spread to others.

Will wearing a mask protect me? Masks will help keep a person's droplets in and other droplets out. Masks are mandatory in all public spaces, inside and out. Health-care workers will wear surgical masks, eye protection and gowns in order to protect themselves and other patients. During health-care procedures in which aerosol sprays may be generated (for example, when giving certain inhaled medications), health-care workers should wear specialized masks.

Protecting loved ones: Follow the same advice that public health officials recommend for the cold and flu season: wash your hands often with soap and water, cover your mouth and nose when coughing or sneezing, avoid others who are unwell, and stay home when you are sick. The most important thing you can do to prevent coronavirus and other illnesses is to wash your hands regularly and avoid touching your face. Cover your mouth when you cough so you're not exposing other people. If you are sick yourself, stay away from others. Contact your health-care provider ahead of time so you can be safely assessed.

Social Distancing: Social distancing is a way that we can slow the spread of COVID-19 by limiting close contact with others. Even though we are not sick, we should still keep about two meters (six feet) or the length of a queen-sized bed from one another when we can when outside our homes.

There are many ways to practice social distancing:

- Limit activities outside your home
- Use virtual options to connect with others
- If you are out in public, try to keep 2 metres between yourself and others and wear a mask.
- Keep your hands at your side when possible
- Stay home when you are sick
- Cough into your elbow or sleeve
- Avoid social activities.

Chronic condition: Current information suggests that older people with chronic health conditions such as diabetes, heart disease and lung disease are at higher risk of developing more severe illness or complications from COVID-19. If you are at higher risk for COVID-19 complications, follow general preventative strategies against infection, and should you become ill, seek medical help early.

Before Pandemic Community Responsibilities

Community leadership and health team members will be responsible for supporting a Pandemic Preparedness Response Plan as an appendix to their Emergency Preparedness Plan. They should also coordinate with their Health Authority to ensure it is integrated with the Health Authorities Pandemic plan.

- Community leadership is responsible to support the work required to review, revise and exercise this pandemic annually, or as needed.

- Community leadership will ensure that all community members are made aware of this pandemic plan by providing copies of this plan to each household located in the community and to band members living within proximity to the community.
- Community health team members are responsible to ensure that community leaders and community members are kept apprised of any updates or information as it relates to health emergencies, such as localized outbreaks, epidemics, or pandemics.
- Pandemic planning team will ensure that everyone whose name has been included in this plan with any responsibilities will be provided a copy of the plan and have their responsibilities explained to them.
- Ensure that you have established contacts with:
 - First Nations Health Authority
 - Island Health
 - Closest hospitals
 - Hotels/Motels for isolation purposes
- Designate a central spokesperson (to the community and media, ideally this would be the Chief).

Plan: The community spokesperson will conduct any media interviews, or communications required on behalf of the community.

During A Pandemic Community Responsibilities Emergency Response

- The community Incident Command team shall meet as soon as possible to review and activate this plan, as well as any local control measures. Each local control measure (such as individual isolation or cancelling of events) will need to be discussed, and decided upon separately, before being implemented.

The following has been established as your Incident Command team: Incident Command Structure:

◆ Incident Commander:	Community Services Manager / Band Administrator
◆ Community Spokesperson:	Elected Chief Brian Tate
◆ Operations:	Community Services Manager/ Band Administrator
◆ Planning:	CHN/CHR/ Community Services Manager
◆ Logistics:	CHN/CHR/ Community Services Manager
◆ Finance/Adminin:	Comptroller/ Finance Team

Note - Each Key Person is aware that they will need to compose a team of one other (if possible) to assist in the event of an emergency,

Command Station: will be at the Ditidaht First Nation Health Building

Incident Command

- Sets objectives and priorities
- Has overall responsibility at the site

Operations

- Directs resources
- Carries out the response activities described in the plan
- Directs operations and ensures safety of staff

Planning

- Collects and evaluates information Develops incident action plans
- Maintains resource status (personnel, equipment)
- Maintains incident documentation

Logistics

- Provides support to meet the incident needs
- Provides resources
- Provides other services to support the incident

Finance/Administration

- Monitors costs related to the incident
- Provides accounting, procurement, time recording and cost analysis



Ditidaht Health team members will need to coordinate responses with their own Health Authorities, as well as FNHA and Island Health when applicable,

Important contact information:

Duncan General Hospital: 250-737-2030

Port Alberni West Coast Hospital: 250-731-1370

Ditidaht First Nation Health Center: 250-745-3331

Community Health Nurse: 250-745-3331

Manager of Community Services: 250-745-3331

First Nation Health Authority: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>.

Provincial Health: 1-888-268-4319 (1-888-COVID19) for non-health related calls and 881 health related calls

Island Health:

British Columbia Centre for Disease Control (BCCDC): <http://covid-19.bccdc.ca/>

Emergency Management BC NEA PREOC: 250-614-6322 during business hours (non-emergency EOC information) and 1-800-663-3456 after hours emergency only Preoc5.ops1@gov.bc.ca - any communications to the PREOC and EOC type questions that were not answered on the call

Open communication with other communities in your area, as it is likely that what affects them can/will affect your community as well. This will also be important in the event that your or their community is severely affected by the outbreak and either community needs help.

BC Government Announces a State of Emergency on the Covid-19 Virus

The declaration of a provincial state of emergency gives the government sweeping powers, such as acquiring or using any land or property considered necessary to address the pandemic. The province also now has the power to control or prohibit travel to or from any area of British Columbia. The state of emergency also allows the province to procure, fix prices for or ration food, clothing, fuel, equipment, medical supplies or other essential supplies and the use of any property, services, resources or equipment. It also authorizes local authorities to implement a local emergency plan.

Vaccine

Once informed that a vaccine is available it will be coming to the community for a vaccination clinic, a meeting with Health Team members, and Logistics shall occur to confirm dates, times, location, and the best way to advise community members.

Currently the Health Clinic has been identified as the location of the clinic.

Logistics will ensure the building is open with sufficient tables, chairs and supplies to support the health team to complete the vaccination clinic.

Ensure you have the total number of band members living on reserve up to date. If for some reason a community member cannot attend the clinic, either the CHN will attend that person's home or a member of the logistics team will arrange to pick up that community member. Health Team will ensure that

your Health Authority is kept up to date on the number of community members immunized, and how many are remaining.

It is the responsibility of the Health Team to monitor vaccine coverage and adverse effects. It is also their responsibility to report adverse effects to their Health Authority.

NOTE: We are honored to be part of the first round of First Nations communities in BC to receive the Moderna COVID-19 Vaccine. While receiving the vaccine in our community is imminent, this does not mean we can let our guard down. Until there is sufficient population immunity, all community members and residents need to continue to do their part in minimizing the spread of COVID-19 by washing your hands, wearing masks, staying home when sick, practicing physical distancing and keeping your bubble small.

Antivirals

Consult your doctor early if you develop flu-like symptoms and you have a condition that puts you at higher risk of complications.

Antiviral medication is most effective if given within 48 hours once symptoms start, and the sooner the better. You should also call your doctor if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain, or signs of dehydration (dizziness when standing, low urine output).

Vulnerable Populations

Most people with COVID-19 recover; however, some people are more vulnerable to developing severe illness or complications from COVID-19 including: older people and those with chronic health conditions. Other patients may have questions about how their health may be impacted by COVID-19.

Here you can find information for:

- Older People with chronic health conditions
- Children with immune suppression
- People living with kidney disease
- Patients receiving cancer treatment
- People who use substances

Symptoms of Covid-19

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. They include cough, sneezing, fever, sore throat and difficulty breathing. Contact your healthcare provider if you have developed symptoms and have been in close contact with someone known to have COVID-19. Do the same if you develop symptoms and have been in contact with a traveler returning from an affected area with widespread community spread of COVID-19.

Tell your health-care professional:

- your symptoms;
- where you have been travelling or living;
- if you had direct contact with animals (for example, if you visited a live animal market); and
- if you had close contact with a sick person, especially if they had a fever, cough or difficulty breathing.

Call ahead to the health-care facility you are planning to visit so they can be prepared to take precautions. In an emergency, describe your symptoms, travel history and any sick contacts when you first arrive at the facility so that appropriate precautions can be taken. Until more is understood about the virus, older people and people with a weakened immune system or underlying medical condition are considered at higher risk of severe disease.

Self-Monitoring

Self-monitoring means looking for new symptoms or signs of coronavirus infection such as fever, cough, runny nose, sore throat, etc.

- Take and record temperature daily and avoid the use of ever reducing medications (e.g., acetaminophen, ibuprofen) as much possible.
- These medications could mask an early symptom of COVID-19; if these medications must be taken, client should advise their healthcare provider.

If you develop symptoms, use the [BC COVID-19 Self-Assessment Tool](https://licovid19.thrive.health/), available online at <https://licovid19.thrive.health/> to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

If symptoms appear

- Symptoms of COVID-19 are like other respiratory illnesses. Commonly, these are fever/chills, cough, sore throat, runny nose and shortness of breath. Shortness of breath and chest pain can be signs of severe illness.
- Use the [BC COVID-19 Self-Assessment Tool](https://licovid19.thrive.health/) to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.
- After doing the self-assessment tool, if you still have questions, contact your healthcare provider or call 8-1-1 for guidance.
- If the symptoms are severe such as shortness of breath or chest pain, call 9-1-1 or go to the nearest Emergency Department
- Ensure that you self-isolate immediately and avoid contact with others. This means staying away from others as much as possible.
- Wash your hands or use alcohol-based sanitizer frequently.
- Practice good hygiene practices such as covering your cough and sneezing with a disposable tissue.
- Clean high-touch areas such as toilets, bedside tables and door handles with diluted bleach (one-part bleach to nine-parts water) or a household disinfectant.

To report symptoms please call:

Community Health Nurse at (250) 500.1084, or 811 (BC Nurse Line) or Nurses Line at 811

Testing

Testing is available for all who need it but not everyone requires a test. If you develop symptoms, use the [BC COVID-19 Self-Assessment Tool](https://licovid19.thrive.health/) to help determine if you need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Who should be tested for COVID-19?

People with respiratory symptoms who are:

- Hospitalized, or likely to be hospitalized
- Health Care Workers
- Residents of long-term care facilities
- Part of an investigation of a cluster or outbreak

Who does not need to be tested for COVID-19?

- People without symptoms
- Patients with mild respiratory symptoms who can be managed at home, including returning travelers with an onset of illness within 14 days of return to Canada

The BC Ministry of Health strongly urges anyone who has symptoms - including a fever, cough, sneezing, sore throat, or difficulty breathing - to self-isolate for 14 days. To protect yourself while out in public, wash your hands frequently and maintain a distance of about 2 meters from others.

Test results

Test Kits are limited, The BCCDC COVID-19 Negative Results line is staffed from 8:30AM to 4:30PM, seven days a week. People who have been tested are asked to wait 72 hours before calling the Negative Results line. Most people who have been tested are calling before the 72 hours and, as a result, the line is experiencing an extremely high call and voicemail volume. We ask for your patience and to wait at least 72 hours before calling for your result. If you have spoken with an operator or left a voicemail with your information, you have been placed in a queue and a nurse will follow-up when your result is ready. Please do not call back.

If someone tests positive, public health will contact them. However, while you wait for your test result, you should follow the advice of your doctor or testing provider to self-isolate.

How does it spread?

Coronavirus is transmitted via larger liquid droplets when a person coughs or sneezes. The virus can enter through these droplets through the eyes, nose or throat if you are in close contact. The virus is not known to be airborne (e.g. transmitted through the particles floating in the air) and it is not something that comes in through the skin.

It can be spread by touch if a person has used their hands to cover their mouth or nose when they cough. That's why we recommend you cough or sneeze into your arm and wash your hands regularly.

The spread of novel coronavirus occurs with sustained close contact with an affected individual, for example, sitting in a car on a long trip, or living in the same household. Grocery stores - which are open and where people tend to walk around - are unlikely places to allow for virus spread.

Several groups are being asked to self-isolate

- Anyone returning from outside of Canada.
- Those with known exposure to COVID-19
- Those who are a confirmed case

The second and third groups are monitored by Public Health, both their health and their activities. If people do not voluntarily self-isolate, Public Health can use legal powers under the Public Health Act to ensure that self-isolation occurs.

If you are sick

If you have COVID-19, or think you might have it, help prevent spreading by following the instructions below.

Wear a face mask. Wearing a face mask (surgical or procedure mask) helps to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care. If your mask gets wet or dirty, change it and wash your hands right away. You and those you live with do not need to buy and wear other types of masks, such as an N-95 respirator mask.

Cover your coughs and sneezes. When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.

Wash your hands. Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.

Do not share household items. Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. After using these items, wash them with soap and water.

Flush the toilet with the lid down. COVID-19 virus may also be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

General cleaning. Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used. Apply firm pressure while cleaning. Surfaces should be cleaned at least once a day. Clean surfaces that are touched often (e.g., counters, tabletops, doorknobs, toilets, sinks, taps, etc.) at least twice a day.

Pay attention to your health and how you are feeling after getting the test. You can call 8-1-1 anytime to talk to a nurse at HealthlinkBC and get advice about how you are feeling and what to do next. 8-1-1 has translation services in 130 languages.

Urgent medical care means that there is a change in your health that needs medical help right away. If it becomes harder to breathe, you can't drink anything or feel much worse than when you got tested; seek urgent medical care at an urgent care clinic or emergency department. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency.

Call ahead before you get medical care. If leaving your home for medical care, call ahead and tell the clinic you are coming in and that you just had a COVID-19 test. By calling ahead, you help the clinic, hospital, lab, urgent care or doctor's office prepare for your visit and stop the spread of germs. Remind each health care provider that is taking care of you that you are waiting for COVID-19 test results.

Travel

There has been travel bans put in place, speak to your local travel agent for more information. British Columbians and Canadians should avoid all non-essential travel outside of Canada, including to the United States. Anyone arriving in British Columbia from outside of Canada will be asked to self-isolate and monitor for symptoms for 14 days upon their arrival. The federal government is doing several things to inform and screen travelers at the airport

Create a Household Plan

Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.

- Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

How to Self-Isolate

It is better if those you live with can stay somewhere else, especially if they have a weak immune system or chronic health conditions. If you need to share a home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can. Wear a face mask (surgical/procedure mask) if you are in the same room with anyone. Avoid face to face contact; friends or family can drop off food outside your room or home.

Establishing Isolation (Individual, Household, and Community): There are 3 levels of isolation which can be used to assist the community and its members to remain safe in the event that the outbreak is localized. In the case of persons who become isolated, someone will need to be identified to check on those people to ensure they are not getting sicker or require supplies such as food or medication.

1) Individual Isolation:

In the event that a community member becomes ill, they will be required to isolate themselves from other family members and community. To do this, individuals will stay in one room of their home (or the home of a care giver) and remain there for a minimum of 14 days or longer if advised by a health team member. Someone should clean the home and ensure that the washroom used by the ill person is cleaned regularly. When possible, the ill person should have the use of their own washroom away from others, when not possible it will need to be cleaned after each use.

It will be important to keep those persons who are at a high risk away from the ill person, and it may be necessary to either remove the ill person or the person at risk as a way to keep them safe. Ensure that the Health Team has been notified that the person is sick.

2) Household Isolation:

When there are 2 or more persons who live within one house who are sick, then this household should be isolated. A sign indicating that there are sick people inside and to not enter without permission should be posted at the door.

For medical confidentiality purposes, the persons living in the home will need to be advised that a sign is to be placed at their door indicating that persons are sick and to not enter. Permission will need to be given by household members before the sign is posted.

3) Community Isolation:

There may be a need to isolate the community for one of two reasons:

- In the event there is large outbreak of illness in the community;
- There is a large outbreak of illness in the surrounding area, and isolation is being used to keep the outbreak away from the community.

The Medical Health Officer for your Health Authority does have the legal ability to isolate your community if required, as does the Chief and Council

Because of the severity of community isolation, it will be imperative to advise the community of the impending isolation so that they can pick up food, medication or other items before the community becomes isolated.

When the community is isolated, a meeting/communication must take place explaining fully as to the reasons for the isolation, and any restrictions that are in place because of it, as well as expected timelines of the isolation.

DFN Community Health Services

Family members are strongly encouraged to assist their family members with their basic needs. The Health and Wellness Team will be available to provide essential services to only those members who require them. Such services will include:

- Home care for elders and members with disabilities or chronic illness
- Meals on Wheels for elders and members with disabilities or chronic illness
- Shopping for elders and members with disabilities or chronic illness
- Counselling Services, via conference call

Provide health care services on a priority basis: Once notified by a community member of an illness, a member of the Health Team will either attend their residence or have them attend a location to triage their level of illness. As other members of the community become ill, the Health Team may establish a priority list indicating who requires what level of care (e.g. at home, alternative care site or hospitalization).

When community members are triaged, they may be classified in one of the following ways:

Have covid-19 symptoms and can care for themselves (advise them to self-isolate for 14 days), check back with them 4 - 6 hours later to re-triage.

- Have covid-19 symptoms and have family or others who can care for them (advise them to self-isolate for 14 days), check back with them 4 - 6 hours later to re-triage.
- Cannot care for them and have no family who can care for them, arrange for a health team member to care for them or set up an alternative care site.
- They are having severe symptoms and need advanced medical care, either call 811 (BC Nurse line) or for an ambulance or have them taken to the hospital

Establishing Isolation (Individual, Household, and Community): There are 3 levels of isolation which can be used to assist the community and its members to remain safe in the event that the outbreak is localized. In the case of persons who become isolated, someone will need to be identified to check on those people to ensure they are not getting sicker or require supplies such as food or medication. **DFN will be providing a sign you can place in your windows to notify others that your household is under self-isolation and you will not be answering the door to visitors.**

Establish alternate sites for providing medical care: In the event that community members become too ill to care for themselves (or a loved one cannot care for them), or there are too many community members sick and unable to care for themselves, an alternative care site will be established.

When possible these sites should possess the following: an area large enough for more than 5 people to be cared for, running water, washroom facilities, a place to cook, large sinks, heat, and enough room to have patients separated by 3 feet Other considerations include:

Beds, bedding, buckets, lights, thermometers, gloves, masks, wash clothes, sponges, paper towels, scissors, water, soap, oxygen, patient record keeping material.

Arrange for transportation of ill cases: If a member of the community has been identified as being too ill to be cared for within the community, a family member or a member of the Health Team will arrange for transportation to the closest hospital. The means of transportation will depend upon availability of the BC Ambulance Service.

Surveillance

Establishing local surveillance (monitoring ill people): It will be a requirement for all community members to report their illness to the Health Team during a pandemic. The Health Team will inform community members of their responsibility to inform the Health Team when they are ill.

Ensure timely reporting of covid-19 to the communities Health Authority: When a community member is suspected as having the coronavirus, they will notify a member of the health team and be triaged as per the triage section above.

COVID-19 Pharmacy Procedures

The best available information on the COVID-19 virus suggests that older people and those with pre-existing conditions should limit their potential exposure by remaining at home as much as possible. Patients may therefore seek early fills and/or deliveries of prescriptions to enable self-isolation. Additionally, the Provincial Health Officer has said that pharmacies may use their judgement and the options available to them to reduce non-essential physician visits, including those for prescription renewals. This may require pharmacists to act with broader latitude than they do normally.

Pharmacists should use their judgement to allow early fills in the best interests of the patient without promoting stockpiling.

The public will be asked to phone ahead to pharmacies under the following circumstances:

- They are feeling ill
- They are sending someone to pick up a prescription
- They will be asking for a renewal or an early fill
- They need a prescription delivered

This should help pharmacies manage these requests. The public will also be asked to not stockpile medication, to prevent demand-based shortages.

Communication

As soon as Chief and Council has been made aware of a health emergency, a communication with all information and next steps will be communicated to the membership.

Have a clearly identified central spokesperson: The Chief or Council designate is the community spokesperson and will conduct any media interviews, or communications required on behalf of the community.

After Pandemic Community Responsibilities

The Pandemic is over when the local, provincial, and federal public health authorities declare it being over. As a pandemic comes in waves, communities should not assume a pandemic is over until it has been announced as formally being over.

Your community incident command team shall meet and:

- Deactivate the plan;
- Assess the effectiveness of this plan;
- Revise the plan as necessary.

Inform the community members of the pandemic being over and discuss how it affected the community. It would be best to do this in a community gathering, as this would be a good time to support each other as well. As there will be very few persons not affected by the pandemic coronavirus outbreak, many community members may feel the need for support and counselling.

- Arrange for the return of any community members who may be out of the community in hospital, or at other care sites.
- Provide grief counselling to the community as needed.

Document lessons learned by the community. There are only a few times in history where we have the opportunity to possibly save our community from future pandemics. It is important to write down and pass along how the community did during the outbreak, what worked and what didn't.

- If the community was financially impacted by the health emergency, then seek financial redress.

Health Team will complete your surveillance report. The information required by your Health Authority and FNIH.

- Resume regular surveillance activities.

Note: There will be a continued need for regular surveillance for illness in the community for some time. Although the pandemic coronavirus has passed, we need to ensure that if community members become ill, that it is reported to the Health Team. The effects of a pandemic coronavirus can and will be felt for a long time in the community once the pandemic is over.

- Encourage planning for future pandemics!

Suggested Shopping list for self-isolation

Appendix A

Food

- dried pasta and rice
- pasta sauces
- canned soups, vegetables and beans
- pet food

Hygiene

- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

Health care

- thermometer
- fever-reducing medications (acetaminophen or ibuprofen for adults and children)

Cleaning

- paper towels
- plastic garbage bags
- dish soap
- laundry detergent
- household bleach
- household cleaning products

Basic Cleaning Tips

Appendix B

It will be very important to disinfect your home, especially if you or a loved one at home who is sick. The following are a few tips on where to clean and how to clean.

As bleach has been proven to kill 99.9% of common household germs, such as E. coli, Staphylococcus (Staph), Salmonella and viruses that can cause colds and flu, your cleaning solution should be made up of 9 parts water and 1-part bleach.

The following common surfaces should be kept clean especially when someone is sick:

Refrigerator and microwave door handles
All sinks, tubs & faucets Toilet handles, seats & bowls TV remotes
Telephones Light switches Doorknobs
Computer keyboards & Mouse's Countertops

These surfaces can be cleaned by using the bleach/water cleaning solution, with just a few quick sprays of the cleaning solution and wiping the surface with a cloth. Be sure to give the surface a good rub, while wiping off the cleaning solution.

A sink drain needs to be cleaned at least weekly. After you've washed out the sink with the cleaning solution, flush the drain by pouring in 1 cup (8 Oz.) of bleach down the drain and flush again with hot water.

Sweep then mop kitchen and bathroom floors with the cleaning solution, and vacuum carpets at least weekly or as needed.

To clean plastic cutting boards, wash or rinse with liquid dishwashing detergent and water. Then soak in a solution using 1 tablespoon of bleach per gallon of water. Let stand 2 minutes, then air dry.

To clean wooden cutting boards, use approximately 3 tablespoons of bleach per gallon of water to create a sanitizing solution. Wash, wipe, or rinse with dishwashing detergent and water, then apply solution. Let stand 2 minutes. Rinse with a solution of 1 tablespoon of bleach per gallon of water. Do not rinse or soak overnight.

When cleaning telephones, be sure to clean both the receiver and the buttons on the phone, this way the entire phone is clean.

Scrubbing toys weekly is your safest bet. Clean washable, colorfast plastic toys with a solution of $\frac{1}{4}$ cup bleach per gallon of water. Soak for 5 minutes, rinse and air dry. Keep in mind that many toys can simply join your dishes in the dishwasher.

If your child has been ill, you will want to disinfect hard plastic toys with bleach as soon as your child shows symptoms of influenza.

Have your children use a plastic tub for the hard-plastic toys they've been playing with that day. This way, you can simply pick the whole thing up and clean in one batch. Don't forget to wipe down and rinse the toys and the bin!

Toys that trap water (like rubber ducky's) also need to be cleaned regularly, rinsed well and left to dry.