



**OMVC Haida Health Centre**  
P.O.Box 176, Old Massett, HAIDA GWAII V0T 1M0  
Tel: 250-626-3911 FAX: 250-626-3357

March 13, 2020

Announcement from the Haida Health Centre regarding COVID-19.

On March 11, 2020 the World Health Organization declared the outbreak of COVID-19 a pandemic. With this announcement, the Haida Health Centre is rolling out our pandemic plan. One of the plan's first steps is to distribute information to the community about the pandemic and to make sure community members know where to find accurate information.

Please find attached:

- Know the Facts about COVID-19,
- Be Prepared, a handout on how to be prepared in case there is widespread illness here in Old Massett,
- Information for people who are self-isolating due to contact with a case of COVID-19

There is a lot of misinformation about COVID-19. For information you can trust, please see:

1. BCCDC (BC Centre for Disease Control) [http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)#Community--resources](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel)#Community--resources)
2. PHAC (Public Health Agency of Canada) <https://www.canada.ca/en/public-health.html>
3. WHO (World Health Organization) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
4. HealthLinkBC (811) [https://www.healthlinkbc.ca/hlbc/files/documents/healthfeature/hf\\_040\\_coronavirus\\_covid-19.pdf](https://www.healthlinkbc.ca/hlbc/files/documents/healthfeature/hf_040_coronavirus_covid-19.pdf)

Additional information can be picked up from the Haida Health Centre or if you have questions please call 250 626-3911 and we will do our best to find you the answers.



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## **STRESS REDUCTION**

We recognize that this is a stressful time for everyone. We would like to suggest a few things we can do for ourselves to reduce anxiety and relieve our stress.

1. Limit the amount of time we are on social media, watching the news or reading reports of COVID-19 outbreaks. Checking in once a day to keep up to date may be helpful however, keeping track of details that are out of our control may increase anxiety.
2. Do all those things for our bodies that keep us healthy and that are in our control! Eating nutritional foods, drinking water, getting a good night's sleep, exercising daily (doesn't need to be intense...being outside and moving is great).
3. Being aware and practicing staying grounded. Doing those things that keep us connected to our bodies. This may include taking deep breaths when feeling anxious, meditating, walking on the beach, sitting around a fire with friends, taking an ocean dip, daily yoga if even for 5 mins, singing, dancing are a few things that might help.
4. Find a trusted friend you can talk to. Debriefing with someone really helps.
5. Be gentle with one another. While we know coughing can be a symptom of COVID-19, everyone with a cough does not necessarily have the virus. If someone coughs in the air around you, you might offer them a tissue to cough into or gently remind them to use their sleeve instead of shunning them or talking about them to others.