

1-844-645-7811

COVID 19 ONLINE CLINIC AND INFORMATION LINE

Northern Health has launched a COVID-19 Online Clinic and Information Line to help answer questions and concerns from Northern BC residents. The NH COVID-19 Online Clinic and Information Line can be reached at 1-844-645-7811.

We are launching this service to ensure Northern Health residents have access to information, health advice, and an online clinic to reduce the transmission of COVID-19, while reducing demand on emergency rooms and other health services.

This service is staffed by nurses, physicians, and nurse practitioners, offering virtual screening and assessment for individuals who feel they may have COVID-19 or feel they have been exposed. By calling the Online Clinic, Northern BC residents can receive information, may undergo virtual screening, be assessed by a nurse, and may see a physician or nurse practitioner if it is required.

Other options for health information and advice continue to be available, including calling your primary care provider, or contacting HealthLink BC (8-1-1) at any time.

For general COVID-19 health advice and answers to common questions, please continue to visit:
<http://www.bccdc.ca/.../diseases-co.../covid-19/common-questions>

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

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

HYGIENE

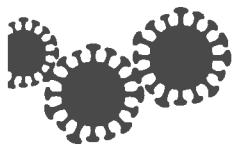
- toilet paper
- feminine hygiene products
- diapers
- facial tissue
- soap
- alcohol-based hand sanitizer

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



FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397

@ canada.ca/coronavirus

✉ phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
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