



**Nisga'a Valley Health Authority**  
**Primary Health Program**  
Nisga'a Valley Health  
4920 Tait Avenue, PO BOX 234  
Gitlaxt'aamiks, B.C. V0J 1A0



## COVID-19 (Coronavirus)

“A new coronavirus is the cause of an outbreak of respiratory infections, now known as COVID-19. The number of cases worldwide is changing quickly. B.C. has confirmed cases of coronavirus; however, the **risk to Canadians continues to be low.**”

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

### **Symptoms – similar to common cold and flu**

- Sore throat, cough, sneezing, fever, sore throat

### **How is it Spread?**

- Through droplet/contact – This means that when someone coughs or sneezes, the virus can be spread to another individual. If someone coughs or sneezes on their hand and then touches someone, the virus can also be spread. This is the same as any flu or cold and is why we should all take precautions as below when we are sick.

### **If I am sick with cough/cold symptoms, how can I prevent spreading bacteria?**

- Wear a face mask (not effective protection if you are not sick) (the idea is that you are protecting others from your cough/sneezing)
- Cover your cough
- Wash your hands (work the soap into your hands for 15-20 seconds and rinse)
- Hand sanitizer when you aren't able to wash your hands regularly
- Do not share household items such as cups and plates unless they are washed
- General cleanliness after using washroom and household items
- Be aware of others around you when you are sick

### **When do I seek medical attention?**

- Any chest pain, shortness of breath (difficulty breathing)
- Uncontrolled fever that is not responding to alternating Tylenol and ibuprofen, cool compresses and tepid bath,
- Any illness lasting longer than 2 weeks without symptom improvement

One of the most important way of managing the Coronavirus is exactly the same as with regular flu/cold – stay home, make sure you have a supply of Tylenol, Advil, Gravol to help with symptoms.

The worst thing you can do in the early stages is be outside exposing yourself to community members and work staff. This only promotes spreading of the virus. Stay home, try to manage symptoms, if they are worsening, seek medical assessment.



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Reminder Some viruses can last up to 2 weeks.

Also, remember that while COVID-19 is getting a lot of attention, that attention is only because this is a new strain of influenza.

Everyone is well aware of Influenza viruses and this is just a one of the many strains. Because Coronavirus is new (hence the title Novel) so it gets lots of attention and a lot of media coverage.

Please be careful what you read. Ensure you are receiving information from a reputable site such as First Nations Health Authority, BC Center of Disease Control. Be informed but be critical of what you read.

Remember that old saying of Smokey the bear? "Remember...only YOU can prevent forest fires". Well, the same goes for spreading of germs when you are sick. Follow the points above, protect yourself and others when sick and you WILL help to prevent the spread of not only this coronavirus but any flu or cold.

### Resources

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)#Community--resources](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel)#Community--resources)

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)#Self-isolation--and--testing](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel)#Self-isolation--and--testing)

<https://www.popsci.com/story/health/how-diseases-spread/>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>