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INCLUSION NEWS

COVID-19 Information From CLBC & Service Providers/Advocates

How do I find out about coronavirus or COVID-19?

It is important to get the facts. You can find out about coronavirus or COVID-19, the current level of risk, and how to protect yourself and your family from the [BC Centre for Disease Control website here](#). You can also find information and [short videos on symptoms, how to protect yourself and other topics at the Vancouver Coastal Health website here](#).

What should I do to protect myself?

Health experts are asking us to focus on prevention:

- Stay home and away from others if you or your family are sick.
- Wash your hands often.
- Avoid touching your face.
- Cough or sneeze into your elbow or sleeve and dispose of tissues properly.
- Avoid usual greetings such as handshakes, hugs and kisses.

It is a top priority for CLBC, service providers and support workers to protect the health of those we serve. Most agencies have plans for different kinds of emergencies that outline how to keep people safe. CLBC will work with individual agencies as well as service provider groups like the BC CEO Network, The Federation of BC Social Services and Provincial Association of Residential and Community Agencies to support their members to respond to any new issues that arise. If you have question related to your support services, please contact your agency.

You can also contact CLBC at CLBCInfo@gov.bc.ca.

If you are a service provider agency, please [check here for CLBC Updates to Service Providers](#).

In an effort to allow 811 health-care professionals to support more people who are experiencing COVID-19 symptoms or who require assistance with other health issues, the Province has created a dedicated phone service to provide British Columbians non-medical information about COVID-19. This includes the latest information on travel recommendations and social distancing, as well as access to support and resources from the provincial and federal governments. British Columbians can reach service representatives seven days a week, from 7:30 a.m. to 8 p.m., by calling 1 888 COVID19. Information is available in more than 110 languages.

The Importance of Awareness to Health & Well-Being

As we transition day to day, as we adapt to changes to employment and connection with our circle of family/friends we must be smart in the approach. Many have expressed very valid reasons for feeling tired of staying in and away from others and I too share in this feeling. It is quite overwhelming to remember back to life at the beginning of March and then how everything shifted due to the Virus. There was and still is a fair level of fear/unsureness and cautiousness on what can we do or change to stay safe. No one expected such a worldwide shift in how life would become and how it is currently. Adapting day to day routines, sleep patterns, expectations of ourselves and where we stand in the world is the biggest ask life has thrown to date. Speaking on behalf of myself and my family, it took awhile to learn what COVID-19 is and the dangers it poses. Then we like all of us, adapted to learning safety measures and depending on each other as a family and as communities across the globe. We now know that with so much change, that what we thought was "normal" isn't and that we have an opportunity to create the world we want to see. We never really knew just how much we would need one another unit now and I in a way am thankful for the opportunity to be part of the changes. It shows that we ALL matter and that no-one should ever be overlooked or forgotten. That what we thought was plenty, may not be enough in the sense of sharing and caring. It has taken it's toll on the world both mentally, emotionally and spiritually. I would be foolish not to say otherwise. It has presented the opportunity to use the tools we have at our feet. We can use technology in a more meaningful productive way and stay connected even if distances make us feel so far apart. There are many resources and supports available throughout our communities on the local/provincial and federal level. If anyone needs support there are websites/phone numbers above and I as an Advocate/Representitive of Individuals & Families along with my organization VancouverIsland Community Connections and others can help stay connected and informed and safe as this on going situation continues. You are not alone and you do matter and are loved. I can be reached via email @ thesherwizzle2013@gmail.com or check out vicommunityconnections.ca and call if you have any questions.