



## Health Matters Newsletter July 10, 2020

### Today's Health Matters Includes:

- Meeting Schedule
- Community Meetings
- Regional Child Care Plan Now Available- Attached
- The Right Care in the Right Place at the Right Time
- COAT (COVID Outreach and Assessment Team) Resources
- Summer Camp Opportunities
- COVID Response Funding Opportunities
- Helpful Links During COVID Crisis

*Its easy to social distance out here! Take a sunset Kayak Trip in Cowichan Bay.*



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- ✓ **Next Admin Committee Meeting September 2 4:30 pm Teleconference Call**
  - ✓ **Next Our Cowichan Network Meeting September 10 In Person Meeting Mellor Hall- Cowichan Exhibition Grounds 5:15-7:30**
  - ✓ **Next EPIC Committee Meeting- July 16 1:15 pm-2:15 pm Teleconference Call**
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### Community Events- Meetings

- **Community Action Team (CAT) Meeting 9:00 am July 23, 2020, TELECONFERENCE 1-844-445-4475 Access Code 4381 5922** Due to the large number of participants **Please send Email to Cindy if you are going to be on the call to assist with Moderation – technical difficulties may occur due to busy systems- keep trying to get on line so line will be open 10 minutes early**
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## Cowichan Regional CHILD CARE PLAN Now Available - Resource for All

The attached Child Care Plan is a Road Map for expansion of childcare resources and spaces for the Cowichan Region. This report is designed to be tool that can be used for all community organizations and institutions in their planning, grant writing and development. The file is very large so access to the report can be found here and in the attached news release.

<https://www.cvrld.bc.ca/DocumentCenter/View/97686/Cowichan-Region-Child-Care-Plan>

### I'm sick or hurt... WHERE DO I GO?

**NEED CARE, BUT SAFE TO WAIT?**

**Call Your Family Doctor or Nurse Practitioner First**

- Your primary care provider knows you the best
- If you don't have a doctor/NP, walk-in clinics are open
- Visit [pathwaysbcvirtualcare.ca](http://pathwaysbcvirtualcare.ca) for more info

**NEED CARE TODAY?**

- Call your doctor/NP for a same day appointment
- Call 811 for health advice 24/7 if doctor not available
- Ladysmith and Chemainus Urgent Care Centres are open daily, 7:30am–10:30pm (lab & x-ray until 3:30pm)
- **EXAMPLES:** broken bones, asthma attacks, allergic reactions, cuts & burns

**DON'T FEEL SAFE TO WAIT?**

**Call 911 or Go To Emergency**

- If you've been in a major accident or have a life-threatening situation
- **EXAMPLES:** Trouble breathing, chest pain/pressure, severe pain, heavy bleeding, signs of stroke - face droop, arm/leg weakness & difficulty speaking



RIGHT Care  
RIGHT Place  
RIGHT Time  
COWICHAN



This has been a joint collaborative effort between Island Health, Division of Family Practice and the Cowichan District Medical Society.

## Check out the local videos to help you determine what is the Right Care in the Right Place at the Right Time!

Video #1 <https://vimeo.com/428294183>

Video #2 <https://vimeo.com/428295038>

video #3 <https://vimeo.com/428295458>

they are also posted on the Division website:

<https://divisionsbc.ca/cowichan-valley>

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### COVID Outreach and Assessment Team – Service Update

The Covid Outreach and Assessment Team (COAT) will be continuing through August 31 at a reduced capacity. There will be one or two staff available Monday, Wednesday, and Friday from 08:30 – 16:30 to continue with outreach supporting Covid-19 testing and health assessment at the sheltering sites. There will be no weekend coverage. Our Addictions Medicine physicians and Nurse Practitioner will continue to provide weekday afternoon coverage at the OPS for people seeking support with addictions. Messages will be checked weekdays on the team phone by myself or another team member and we will do our utmost to continue to support clients and all of you, our community partners.

Please also see below for information on resources that can be accessed if COAT not available.

### COWICHAN OUTREACH RESOURCES

Prior to initiating care, please screen clients for COVID-19 symptoms. Further assessment can be scheduled at the CDH testing unit. For emergencies, please call 911 or the Crisis Line 1-888-494-3888.

#### COVID-19 SCREENING QUESTIONS:

##### 1. Do you experience any new or worsening symptoms of the following?

- Difficulty breathing?
  - Mild: (*shortness of breath with moderate exertion*)
  - Moderate:(*shortness of breath with minimal exertion*)
  - Severe: (*shortness of breath at rest*). **Call 911**
- Severe chest pain - **Call 911**
- Loss of consciousness - **Call 911**
- Fever
- Cough
- Sore throat
- Diarrhea
- Vomiting

**2. If symptoms are present, practice self-isolation (see Self Isolation Handout), and call 1-844-901-8442, or 811, to book a swab at the CDH Testing unit.**

**CDH TESTING UNIT: 1-844-901-8442 (COVID-19 LINE)**

By Appointment Only

Call **1-844-901-8442, or 811** to book

Cowichan District Hospital

(Admin Trailer – located behind CDH in the staff parking lot. You will see white tents set up).

3045 Gibbins Rd., Duncan

Hours: Mon - Fri 08:40 - 16:30, Sat 0830-1230, Sun Closed.

### **COVID OUTREACH & ASSESSMENT TEAM (COAT) OUTREACH TESTING:**

Effective July 11, 2020 COAT will be working at reduced capacity. If transportation to CDH

Testing Unit is not possible, outreach testing may be scheduled depending on COAT availability.

Please call 250-701-5665 and listen to the message.

### **COWICHAN OUTREACH RESOURCES (CONTINUED)**

**COAT Staffing Update:** At this time, the COVID-19 Outreach & Assessment Team (COAT) is operating at a reduced capacity. Please support clients to access existing services including:

➤ **PRIMARY CARE**

If the client has a primary care provider, please assist the client to connect with them either by phone, virtual care, or booked appointment.

➤ **DUNCAN OVERDOSE PREVENTION SITE**

Drop In - No Appointment Necessary

221 Trunk Road, Duncan.

Hours: 1-7 PM. 7 Days per week.

COAT Addictions Medicine Physician onsite: 1-430pm, Mon-Fri.

➤ **RAPID ACCESS CLINIC (RAC) DUNCAN MENTAL HEALTH AND SUBSTANCE USE**

Walk-in/Drop-in basis, 10am-2pm. Assessment, treatment planning, referral to community resources such as Mental Health and Substance Use Services.

Duncan Mental Health & Substance Use

3088 Gibbins Road, Duncan BC

250-709-3040.

➤ **HEATHER TAYLOR, NP**

Accepting new clients at Cowichan Attachment Clinic.

Temporary clinic location at 71 Government St. Duncan.

For appointments call Kari 250-668-6542.

➤ **COAT, NP**

Scheduled outreach visit/or clinic visit (once hours/availability is determined)

➤ **VANCOUVER ISLAND 24HR CRISIS LINE 1-888-494-3888 or 1-250-754-4447**

Calls to access:

- CRT Crisis Response Team
- CAR 60 (CRT Clinician & RCMP)

➤ **CALL 9-1-1: Severe symptoms require immediate medical attention.**

Examples include severe difficulty breathing (e.g., struggling to breathe or speaking in single words), severe chest pain, having a very hard time waking up, or feeling confused or losing consciousness.

Call 9-1-1 immediately, or go directly to your nearest emergency department. If possible, you or someone caring for you should call ahead and tell them your symptoms and that you are self-isolating after a COVID-19 test.

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## COVID Response Funding Opportunities

- **First West Foundation** <https://www.firstwestfoundation.ca/content/covid-19-fund>

- **BC Gaming Grant** <https://www2.gov.bc.ca/gov/content/sports-culture/gambling-fundraising/gaming-grants/cggupdates>

- **Red Cross** [www.redcross.ca/communityorganizations](http://www.redcross.ca/communityorganizations) **A few points of interest-**

1) they can only fund non-profits, not registered charities. OK if they are both, but must be a non-profit.  
2) Organizations can apply for between \$5,000 and \$100,000. The granting requests can include safety equipment and cleaning supplies.

3) they are also offering a Training program for free:

- Organizations, including registered charities, can apply for training and equipment, or one or the other.
- The training is free and there are a few options (online, in-class where permitted).
- The equipment is only masks and gloves for personnel

- **The Ministry of Advanced Education, Skills and Training** has developed a new Community Workforce Response Grant program stream called the “Youth Community Partnership (YCP)” to support communities and youth impacted by the effects of COVID-19. The YCP stream is expected to launch next week. The Youth Community Partnership stream supports communities to engage youth aged 15-29 in community service projects so they can contribute to their communities in a meaningful way and gain work-related skills and experience for future job opportunities or their return to school. Projects funded under this stream will run from June 29<sup>th</sup> to October 31st.

More information about the Youth Community Partnership stream is available through this weblink: [Youth Community Partnership Stream](#). Note that the application will not be available until early next week. Please distribute widely so organizations can begin developing projects and apply once the funding envelope opens.

- **Infrastructure Funding Announcement** <https://news.gov.bc.ca/releases/2020MAH0071-001167>
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## Summer Camp Opportunities

**Some great recommendations from the Intercultural Society  
Settlement Team for this summer!**

## CVRD Summer Camps

Remote learning camp for newly arrived refugee children

YMCA Bring the Summer Camp Experience Home!

Cowichan Estuary Nature Centre

Cowichan Green Community

Day camps at Camp Pringle in Shawnigan Lake

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## Some Information that may be helpful during the COVID 19 Crisis

- **If you feel sick**, isolate yourself and use B.C.'s online [self-assessment tool](#).
- **BC Centre for Disease Control**  
<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care>
- BC Housing provides great information <https://www.bchousing.org/COVID-19>
- **How to support your clients or residents**  
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/vulnerable-populations-covid-19.html>
- **Self isolating in the home or co-living setting**  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-cases-contacts.html#app1>
- **How COVID-19 puts people who use drugs at greater risk**  
<https://leaderpost.com/diseases-and-conditions/coronavirus/how-covid-19-puts-people-who-use-drugs-at-greater-risk/wcm/66c9b32f-bc4f-4684-a8c1-b9d0a485aeed/>

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## Health Matters Newsletter

**Do you have a resource, event or information you would like to share?**

Send it to [cindylisecchn@shaw.ca](mailto:cindylisecchn@shaw.ca) and it will be included in the weekly newsletter