



**Health Matters Newsletter  
April 24, 2020  
Today's Health Matters Includes:**



*Happy Belated Earth Day! Mother Earth is grateful for the little rest and a pause in time to reflect on what matters.*

- Meeting Schedule
- Community Meetings
- Cowichan Division of Family Practice New Facebook Page
- Support for Families, Caregivers or Individuals Experiencing Dementia
- Updated Local Food Services during COVID (Attached)
- Resources for Individuals Using Substances During COVID (Attached)
- Helpful Links During COVID Crisis

**For most up to date community services information go to**  
[www.ourcchn.ca](http://www.ourcchn.ca)

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- ✓ **Next Admin Committee Meeting- May 7, 4:30-6:30** CVRD Committee Room 2 TELECONFERENCE
  - ✓ **Next Our Cowichan Network Meeting Meetings on HOLD until further notice**
  - ✓ **Next EPIC Committee Meeting- April 30 1:15 pm-2:15 pm Teleconference Call**

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**Community Events- Meetings**

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) CANCELLED**

- **Community Action Team (CAT) Meeting 9:00 am May 28, 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
- **EPIC-Community Steering Committee 1:00 pm-2:20 pm, April 30 1:15 pm** TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 – technical difficulties may occur due to busy systems- keep trying to get on line. Line will be open 10 minutes early

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### Cowichan Division of Family Practice -New Facebook Page

Cowichan Division of Family Practice post is now up on our newly created Facebook page: <https://www.facebook.com/CVDFP/posts/104437137887548>

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### Support for Families, Caregivers or Individuals experiencing Dementia

<https://alzheimer.ca/en/bc/We-can-help/Dementia-education/webinars>

And here is the link to the Helpline.

<https://alzheimer.ca/en/bc/We-can-help/Resources/First-Link-dementia-helpline>

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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>
- **Social Planning Cowichan Connecting Service Providers**  
[https://m.facebook.com/story.php?story\\_fbid=2716849235030455&id=660104927371573](https://m.facebook.com/story.php?story_fbid=2716849235030455&id=660104927371573)
- **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>
- **BC Housing Information for Homelessness Service Providers**  
<https://www.bchousing.org/COVID-19>
- **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/>
- **Calls to B.C. Crisis Centre double in response to COVID-19 outbreak**  
<https://www.citynews1130.com/2020/03/30/calls-to-b-c-crisis-centre-double-in-response-to-covid-19-outbreak/>
- **BC Will Prescribe Heroin Alternatives to Slow Overdoses and COVID-19 Exposure**

An emergency harm reduction strategy allows dependent drug users to take home medical replacements for fentanyl, meth, and other street drugs.

[https://www.vice.com/en\\_ca/article/v748q4/bc-will-prescribe-heroin-alternatives-to-slow-overdoses-and-covid-19-exposure](https://www.vice.com/en_ca/article/v748q4/bc-will-prescribe-heroin-alternatives-to-slow-overdoses-and-covid-19-exposure)

- 'Worst case scenario': Crisis workers seeing spike in domestic violence concerns during pandemic  
<https://bc.ctvnews.ca/worst-case-scenario-crisis-workers-seeing-spike-in-domestic-violence-concerns-during-pandemic-1.4875911>
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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