



**Health Matters Newsletter  
April 3, 2020  
Today's Health Matters Includes:**

- Meeting Schedule
- Community Meetings
- COVID Mental Health Supports Attached
- Pathways Community Resource Directory Goes Live
- Island Health One Stop Shop for People Looking to Help
- Some resources for COVID that may be helpful
- Maternity Clinic has moved (Attached)
- Be Aware of Fraud



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

*The office assistant appreciating solitude in nature*

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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 9 1:15 pm-2:45 pm Teleconference Call**
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**Community Events- Meetings**

- **Cowichan Housing and Homelessness Coalition Meeting (All Welcome) March 24** CANCELLED
- **Community Action Team (CAT) Meeting April 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**
- **EPIC-Community Steering Committee 1:00 pm-2:20 pm, April 9** TELECONFERENCE 1-844-445-4475 Access Code 4381 5922 – **technical difficulties may occur due to busy systems- keep trying to get on line**

## **The Doctor Is In- New Information re: Patients with or without a family Physician**

- Those without a physician – Attached

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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**COVID 19 Mental Health Support-** this resource is available for anyone affected by COVID 19 impacts on their mental health (Attached)

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## **PATHWAYS on line Community Resource Guide is now live. (poster attached to distribute broadly)**

We are transitioning to the Pathways resource guide as discussed at the March Our Cowichan meeting. If you don't see your organization included in the resource contact Janice Schmidt [nanaimo@pathwaysbc.ca](mailto:nanaimo@pathwaysbc.ca)

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## **Island Health now has a one-stop shop for people looking to support our staff in the fight against COVID-19**

[Communication@viha.ca](mailto:Communication@viha.ca) , *Communications, Planning and Partnerships*  
*Thursday, April 02, 2020*

Our new page will help connect us to local businesses and individuals wishing to contribute to Island Health's supply of medical grade personal protective equipment (PPE) as well as other products and services, discounts for staff; and notes of gratitude for healthcare heroes.

You may have seen the Province of BC recently launched a supply hub for large scale products and services. We are in this together! In addition to working in partnership with other health authorities as part of a provincial, national and global effort to fight the spread of COVID-19, we now have a way to harness the outpouring of local generosity and smaller scale offers of support for our efforts.

Starting today, please direct community offers you receive to [www.islandhealth.ca/covid19](http://www.islandhealth.ca/covid19), where they can click on "Support Our COVID-19 Response."

From here, people can navigate to our support streams so we can connect them to the appropriate staff for the following:

- [Donations of personal protective equipment or medical supplies](#)
- [Donations and offers of non-medical products and services](#)
- [Large scale procurement opportunities via the province's new COVID-19 supply hub](#)
- [Staff discounts from local businesses which will be uploaded to our Employee Preferred Purchasing site](#)

- Career, medical staff and clinical volunteer opportunities; and
- Notes of support and encouragement for those working on the front-lines and behind the scenes of COVID-19 [communication@viha.ca](mailto:communication@viha.ca)

We will provide updates once we've processed our initial wave of offers and will continue sharing notes of gratitude through our daily updates and social media feeds.

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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**  
<https://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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**PLEASE DON'T BURN AT THIS TIME-** The strain on valuable health care, prescriptions and emergency department visits are significantly increased when you burn. Please Don't!

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## Be Aware of Fraudsters!

- <https://www.cbc.ca/news/canada/newfoundland-labrador/beware-scammers-during-covid-19-outbreak-warns-canadian-anti-fraud-centre-1.5504390>
  - <https://cba.ca/covid-19-email-scam>
  - <https://www.bleepingcomputer.com/news/security/phishing-attack-says-youre-exposed-to-coronavirus-spreads-malware/>
  - <https://www.businessinsider.com/hackers-are-using-fake-coronavirus-maps-to-give-people-malware-2020-3?op=1>
  - <https://blog.checkpoint.com/2020/03/05/update-coronavirus-themed-domains-50-more-likely-to-be-malicious-than-other-domains/>
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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