



**March 12/2020**

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## **Realm (realize Access Life to Maximum)**

### **Statement Letter on Covid-19**

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**To: All Persons receiving or Giving Services for Realm**

**Re: Covid-19**

Hello Everyone,

There is a lot of information from many sources talking about Covid-19 Virus and the importance of limiting the spread, identifying and determining if someone may have been in contact with it and what to do in the event that it comes to the community or into our Organization.

We will address the listed ideas in the order and the they have been mentioned:

#### **What is the Covid-19 and what are the symptoms-**

The symptoms are very much like colds and flus: cough, sneezing, fever, sore throat and difficulty breathing.

You need to let your Doctor or Health care provider know if these symptoms have started after you were in Contact with someone who was travelling   from an affected area,

Were in contact with lie animals (for example visited a live animal market) 

If you were in close contact with a sick person who had a fever , cough or difficulty breathing.

**\*if you feel that you may have these symptoms, call 8-1-1 Or your healthcare provider  and let them know that you plan to visit. They will help you make arrangements for assessment.**

**(2)**

**Limiting the Spread-**

This virus is a droplet  contact virus. This means that these droplets can come in contact with from surfaces to your eyes , nose  and mouth  they do not float in the air, so they are spread through coughing and sneezing when in close contact.

So to stop the spread these are the direct suggestions:

1. Wash your hands frequently with soap and water



2. Use hand sanitizer in between hand washing times

3. Don't touch face



4. Use good behaviour when coughing or sneezing



5. Keeping shared spaces clean and hygienic, wipe down surfaces frequently with disinfecting



products

6. If you feel sick stay home.  Especially if you have temperature of 37.5 

7. If you feel that you have developed these symptoms after travelling the World Health

Organization



suggests that you remain at home for 14 days.

It is important to stay informed with all the updated evidence based information. The following are the places to look:

HealthLink BC - [www.healthlinkbc.ca/feature/coronavirus-covid-19](http://www.healthlinkbc.ca/feature/coronavirus-covid-19)

National evidence based information: [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)

If you have question and want to speak to a Public Health agency that is taking these direct calls-

Public Health Agency Of Canada toll free # 1-833-784-4397

#### **Additional Precautions at REALM Services**

**Signs will be posted to remind all persons and instructing them to not visit if they have symptoms of Respiratory infection**

**All persons stay home if they have symptoms of respiratory infection. This includes persons served and persons known as staff.**

**Any suspected symptoms need to be reported to health authority immediately**

**Ensure that there are tissues available and closed containers to place them in after use as well as well stocked sink areas with soap and water and paper towels for hand washing**

**More frequent cleaning and disinfection of shared surfaces particularly in high traffic areas.**

**Limiting the number of personal items being left at Realm**

**Ensuring that there is access to gloves, hand sanitizer. Disinfecting wipes and masks for use both in the building and or for visits in the Community.**

**A review of the need for having 72-hour kits on hand and having the introduction of ‘Sick Kits’ that include items to help in the event of having to stay home for extended period. We will be arranging discussions with individual people and small groups regarding this over the next few days and weeks.**

**What will happen if it comes to the city or the organization:**

If this occurs, we will be working on an essential service mode, offering services that are **needed and determined Primary or essential in nature**. These services are usually for persons not supported by paid residential options or home shares. People living alone or with families and employment supports.

Services that are Secondary in nature will be reviewed and limited. These services are **Community Inclusion focused including both one to one, group learning experiences, and recreational outings**. Secondary services will be assessed and measured on the importance to the person served and the application of service will be determined and applied- ie walking weekly for health concerns vs coffee outing to reduce stress. Both will be considered but the outing may occur less frequently.

Large group events that are of a large nature will be reviewed and may be cancelled based on what is being suggested by other bodies that we consult and follow: CLBC, Public Health and WHO

Travelling to events that are large in nature and attended by more than 125 people will be reviewed and determined and likely canceled.

**\*We will be striving to stay up to date and current with the suggestions of this Virus. We will follow suggestions and directives that are made available to us through WHO, BC HEALTH, The Province of BC CLBC.**



[This Photo](#) by



We will be having further statements that will be directed for varying groups within the Organization as well as a more in depth contingency outline to follow.

For Further information or questions, about anything we have shared please contact us at Realm.