



KITIMAT
A Marvel of Nature and Industry

COVID-19 COMMUNICATIONS POSTERS AVAILABLE

April 16, 2020 – The District of Kitimat is making available printed versions of Northern Health’s COVID-19 information posters.

These resources can be made available in 11”x 17”, 3’ x 4’, or custom sizes. The posters provided are:

- Overview of considerations before entering a place of business or public space
- General overview of COVID-19 considerations.

The posters are available to local businesses, service agencies, or individuals that wish to publicly display the information.

For more information or to get printed versions of these resources, please contact:

edo@kitimat.ca or 250.632.8900

HOW TO TALK TO YOUR FRIENDS ABOUT

COVID-19

Here's what you can say:

Stay informed

Use trusted sources for up-to-date information, travel advisories and other updates:

- BC Centre for Disease Control bccdc.ca
- Northern Health northernhealth.ca
- Public Health Agency of Canada canada.ca/en/public-health
- World Health Organization who.int

The Public Health Agency of Canada has created a toll-free phone number (1-833-784-4397) to answer questions from Canadians about novel coronavirus.

Know the signs and symptoms

Cough Sneezing Sore throat Fever Difficulty breathing

Follow the proper procedures

If you suspect you or someone in your close contacts has a COVID-19 infection, CALL ahead before seeking care.

- Call your family physician and explain your concern. This ensures that the clinic is prepared to test you, if needed, and keeps the clinic's staff and other visitors safe.
- No family doctor? Call 8-1-1. Nurses at 8-1-1 can assess your risk and provide instructions.

Practice good hygiene

"Wash your hands like you've been chopping jalapeños and you need to change your contacts."
- Dr. Bonnie Henry, BC's Provincial Health Officer

- Wash your hands thoroughly and often with soap and water
- Use hand sanitizer after touching surfaces
- Avoid touching your face
- Cover your mouth and nose when coughing or sneezing
- Avoid others who are unwell and stay home when you are sick

Protect patient privacy

Our commitment to patient privacy and confidentiality is imperative.

Our public health response is most effective when people can trust that when they come forward and contact us for help, they will get the care they need to protect themselves and those around them.

We are committed to being as open as possible while protecting patient privacy.

NH COVID-19 Online Clinic & Information Line: 1-844-645-7811
BC Govt. COVID-19 Helpline: 1-888-COVID19 or 1-888-268-4319