

Navigating COVID-19

Frequently Asked Questions

March 9, 2020

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1. Where can I find the most up to date information to share with community members about COVID-19?

Please direct community members to frequently updated, reliable web sources. See links to reliable web sources below:

- HealthLinkBC: <https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19>
- BCCDC: <http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-%28novel%29>
- Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/frequently-asked-questions.html>
- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- FNHA: <https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus>

2. What is respiratory etiquette and how does this help prevent the spread of COVID-19?

Respiratory Etiquette includes:

- washing your hands often with soap and water for at least 20 seconds;
- avoiding touching your eyes, nose or mouth with unwashed hands;
- avoiding close contact with people who are sick;
- coughing or sneezing into your elbow and not your hands; and
- staying home if you are sick to avoid spreading illness to others.

COVID-19 spreads through droplets that come from the mouth or the nose of someone that is sick. Following these measures will help to prevent community transmission of COVID-19, as well as the common cold and flu.

3. Where can I find the most up to date information about travel advisories? What is the Canadian Government doing to screen travelers at airports?

Please see <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

4. What is the recommendation for hosting or attending public gatherings in light of possible COVID-19 community transmission?

Risk-informed decision-making for mass gatherings is recommended. Please see <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/mass-gatherings-risk-assesment.html>.

5. Where can I find the most up to date clinical resources for Health Professionals in British Columbia?

BCCDC is regularly updating provincial clinical resources for Health Professionals. Please refer to their webpage: [http://www.bccdc.ca/health-professionals/clinical-resources/novel-coronavirus-\(covid-19\)](http://www.bccdc.ca/health-professionals/clinical-resources/novel-coronavirus-(covid-19))

Please also refer to your Regional Health Authority MHO updates for the latest guidance in your region. A link to MHO updates from BC Regional Health Authorities is found at the bottom of

FNHA's COVID-19 (Coronavirus) Resources for First Nations Community Health Care Providers webpage: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

6. What information is available from FNHA to help me prepare for the possibility of community transmission of COVID-19?

Ensure your Community's Communicable Disease Emergency Response Plan (Formerly known as Pandemic Influenza Plan) is up to date and has been tested (i.e. tabletop exercise). If your Communicable Disease Emergency Response Plan is out of date, please request a template to update your plan by contacting cdmgmt@fnha.ca.

Please refer to FNHA's COVID-19 (Coronavirus) Resources for First Nations Community Health Care Providers for the most up to date resources and guidance. <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

7. If I encounter a suspected case of COVID-19, what are my first steps?

As per [FNHA COVID-19 Guidance for Health Centres and Nursing Stations](#):

- All Health Care Providers must report all patients presenting with signs and symptoms and exposure criteria consistent with COVID-19 infection to their Regional Health Authority's Medical Health Officer (MHO) via telephone. MHOs are available 24/7 via telephone.
 - If unable to reach the Regional provincial CD team or MHO directly, leave a message.
 - If outside of business hours, call the MHO on call after hours line
 - Refer to [FNHA CD Management Resources: FNHA Regions](#) document OR your Regional Health Authority for detailed contact information
 - Inform your Community Nursing Manager and the FNHA CD Management team (cdmgmt@fnha.ca) or 1-844-364-2232 of all COVID-19 investigations and/or for further guidance
- Please also refer to <https://www.fnha.ca/Documents/FNHA-Covid-19-Case-Identification-and-Client-Flow-in-Health-Centres-and-Nursing-Stations.pdf>

8. What is the recommended Personal Protective Equipment for COVID-19? How much Personal Protective Equipment do I need? Where do I order PPE? What is FNHA's role in coordinating supply of PPE to First Nations Communities in the event that a pandemic is declared?

Health care facilities providing direct patient care should have Personal Protective Equipment for all modes of transmission: contact, droplet, and airborne. These will include the following:

- Gloves (nitrile would be preferred)
- Isolation gowns (minimum CSA/AAMI fluid resistant level 1)
- Procedure masks (ear-loop would be preferred due to ease of application)
- Face Shields (preference would be disposable as no reprocessing needed)
- N95 masks (fit testing will be required to know which ones to purchase)

Additional supplies listed below are important to have on hand but are not required for COVID-19 precautions:

- Disposable fluid impermeable Boot covers
- Disposable fluid impermeable Hood
- Disposable fluid impermeable apron

FNHA CD Management team has provided a tool to use to calculate recommended quantity of PPE to have on hand taking into account restock times, community size, and other factors. You can see the tool [here](#) (it is the link to an excel file under the heading PPE).

Supply of PPE for Health Centres and Nursing Stations in community are part of regular operations of those facilities. Please refer to your regular process of ordering PPE Supplies. In the event of a pandemic declaration, supplies will be made available by provincial and federal partners, coordinated by FNHA CDPH. Personal protective equipment is an occupational health employer requirement for health care staff. This includes N95 mask fit testing.

9. Are N95 masks required? Where can I get fit testing done?

For aerosol generating medical procedures (AGMPs), a N95 respirator (in lieu of a surgical mask) should be used. Examples of AGMPs are open suctioning of the respiratory tract, intubation and extubation procedures, bronchoscopy, cardiopulmonary resuscitation with bag valve mask ventilation, bronchoscopy and broncho-alveolar lavage, nasopharyngeal aspirates, washes, and scoping, suctioning of the respiratory tract.

In British Columbia, it is an Occupational Health requirement that fit-testing be completed annually for health care staff. If there is no one trained and designated as a fit tester in health care facility, an option for communities may be to contact the local Public Health Unit or an established contact within the Regional Health Authority that may be able to visit you and provide fit testing for health care staff. Occasionally, there are Train the Trainer workshops hosted by educators in the Regional Health Authority that can be accessed. FNHA CD Management team is able to lend fit testing kits to communities once there is a trainer able to use the kit.

10. Who should I contact if I have general questions about communicable disease management in First Nations Communities?

If you have questions or general CD related consults, please email cdmgmt@fnha.ca or call 1-844-364-2232 (toll-free, option 3).