

Make a Plan For COVID-19

If you are not feeling well, Health links can provide information that will help you decide what to do. **In Manitoba, health links: 1-800-315-9257.**

Manitoba is still luckily at a very **low risk**, but as it grows businesses and governments are making plans, and it is a good time for citizens to look at making their own plans.

Your plan should include how you might change your regular habits to reduce exposure to crowded places, for example;

- doing grocery shopping at off peak hours,
- use public transit outside of rush hours if possible,
- exercise outside instead of a gym or class.

The plan needs include what to do if you get sick yourself. In that case, stay home until you are no longer showing symptoms. Employers should not require a sick note as that will put added pressure on limited health care services.

If you are a caregiver, you will want to have thought ahead and engage possible back up caregivers. You should also think of how to care for another family member if they were to get sick and needs care. It is important to talk to your employer now about working from home or other options that they can offer.

Planning should include shopping for supplies that you should always have on hand so that you do not need to leave your home while you are sick or caring for another.

(<https://www.getprepared.gc.ca/index-en.aspx>) Stock up on essentials, **but avoid panic buying**, with non-perishable foods. It is easier for supply chains if people gradually stock up on food instead of large-scale purchases done in one day.

Stockpiling this food does not mean you will have self-isolate but to ensure you do not need to leave your home at the peak of the outbreak or if you become ill. The goal is to reduce the exposure of the virus to you and your family.

Refill prescriptions now so that you do not have to go to the pharmacy if you do become sick. Call your doctor's office to see if they can call the pharmacy with your refill prescription to avoid hospitals that way if you do have to go to a pharmacy. Refer to the information at the top and do this at non-peak hours.

Taking care of others that are ill

Your health care provider will advise you if hospital care is appropriate. Refer to the guidance for health professionals when caring for someone with COVID-19 in a hospital setting.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/interim-guidance-acute-healthcare-settings.html>

To prepare for this situation you should have on hand:

- Soap,
- facial tissues,
- alcohol-based sanitizer,
- paper towels,
- household cleaning products,
- regular detergents for washing dishes and laundry,
- fever-reducing medications,
- plastic garbage bags for containing soiled tissues and other waste,
- household bleach for creating a solution of 1 part bleach to 9 parts water to disinfect surfaces.

Get reliable information, the public health agency of Canada is a reliable source of information, as are provincial and territorial public health authorities.

If media is making you anxious, take a break from it.

Let your family and friends and neighbours know that are making plans for COVID-19. Share your plan with them, as this might motivate them to make their own. Talk to them about a buddy system in which you agree to check in on each other and run essential errands if you become sick.