



## **Important COVID 19 Information**

- Make sure your contact information is updated with your local RM or Town so that they can get local emergency and health information out to you
- Local pharmacies will be offering curbside drop off/pickup and deliveries
- The local clinics are all offering phone appointments for everyone and parking lot appointments for high risk patients or those who have symptoms (cough, fever, shortness of breath)
- STAY HOME: The only way to stop and slow down this disease is to:
  - WASH YOUR HANDS
    - Avoid touching your mouth/nose/eyes with unwashed hands
    - Wash your hands before you eat, right when you get home, and when you eat or make food
  - PRACTICE SOCIAL DISTANCING
    - Avoid all unnecessary travel
    - Decrease number of times a week you go to high use places
    - Avoid crowds, shaking hands, hugs
    - Going outside for walks/outdoor activities is fine as long as you stay 2 meters away from others
- If you are sick:
  - And able to look after yourself ISOLATE YOURSELF: Do not go out to see anyone, even to pick up mail, Saskatchewan.ca/Covid19 has more information on how to self isolate. Help your symptoms with acetaminophen (Tylenol), honey, lemon etc.
  - And worried you are too sick for home or have other health concerns
    - Call your clinic to book an appointment (phone or in parking lot) or homecare for support.
  - If you have fainted, are extremely short of breath:
    - Call 911 or go to the emergency room

THE LOCAL CLINICS AND THE EMERGENCY ROOMS **CANNOT DO** CORONAVIRUS TESTING

**THERE IS NO TREATMENT – BUT PREVENTION DOES WORK!**

If you think you need testing go online to the Saskatchewan government website and use the Online Self Assessment tool. If you are unable to go online please call 811.

- For regular updates check:

Saskatchewan.ca/COVID19

**WE ARE NOT HELPLESS, IF WE WORK TOGETHER WE CAN SAVE HUNDREDS OF LIVES**

**BE KIND, CALL YOUR NEIGHBOURS, ASK FOR HELP AND OFFER HELP**

**March 20, 2020**