

CARIBOO QUARTERLY



Physical Yes, Social No

With the current COVID-19 situation two terms you may have heard a lot of are "social distancing" and "flatten the curve". Now more than ever while we need to stay in our homes and practice physical distancing, it is important to be able to remain socially connected.

Those who are already in their homes the majority of the time because they are retired, or perhaps ill, may now not be able to even have companion visitors leaving them more lonely and vulnerable than before.

In this issue we will offer some options for you to be able to remain social, while at home.



Did You Know?

Although we are not currently offering our regular cleaning schedule for clients, we are offering certain services still. We are doing shopping for those who cannot get out, move in / out cleaning services, and we will be offering yard services shortly. Please contact us directly to find out more. [250.649.8783](tel:250.649.8783)



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Surviving the Crisis

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During this current time of crisis, it is important to understand how to manage many things in order to survive and thrive. Navigating the requirements of isolation, limiting your exposure to others, ascertaining necessities, and managing illness during this time can be stressful and confusing.

While there does not seem to be an enormous number of cases in our area at this current time, BC's Health Officer Bonnie Henry and the Prime Minister of Canada, Justin Trudeau have made it clear that all Canadians have a part in staying home as much they possibly can in order to "flatten the curve" and slow the spread of the virus.

We have all watched as China and Italy's infected and death rates have climbed over the last few months, certainly not something we want to see here.

Everyone is affected by this situation and in a great variety of ways.

Continue reading:

<http://cariboohomeandhealthservices.com/surviving-the-crisis/>

Read other recent blogs here...

(<http://cariboohomeandhealthservices.com/blog/>)



<https://www.facebook.com/CaribooHomeHealthServices>

COVID-19 Resources

Local Covid-19 Info 1.844.645.7811

Canada Wide Covid-19 Info: covid-19canada.com

Public Information Agency of Canada
1.833.784.4397

Public Health Authority: 8.1.1

Government of Canada Public Health Services:

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

Government of Canada Economic Information for COVID-19:

<https://www.canada.ca/en/department-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>

Northern Health: northernhealth.ca

Seniors in need of Assistance: 2.1.1 or:
<http://www.bc211.ca/>

Mental Health Crisis:

<https://www.mentalhealthcommission.ca/English>

Suicide Prevention:

<https://thelifelinecanada.ca/help/crisis-centres/canadian-crisis-centres/>

For this too shall pass....

