

NOVEL CORONAVIRUS COVID-19



Interlake–Eastern
Regional Health Authority

Keep up to date on COVID-19 information:

<https://www.gov.mb.ca/health/coronavirus/>

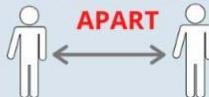
Reduce the Spread of COVID-19

DO YOUR PART KEEP YOUR DISTANCE

STAY HOME, AVOID
NON-ESSENTIAL
GATHERINGS



KEEP 2 METERS
APART



AVOID GREETINGS THAT
INVOLVE TOUCHING



Online Self-Assessment Tool

A new self-assessment tool is now online to help Manitobans determine whether they need to call Health Links–Info Santé to possibly get a referral or to self-isolate. The tool provides interactive advice to users concerned about whether they have contracted COVID-19. It is expected the tool will help with call volumes.

For more information, visit www.manitoba.ca/covid19



(204) 788-8200
Toll Free: 1-888-315-9257

COVID-19 Community Testing Sites NOW OPEN

*** Please Note: The Pine Falls Test Site will be open on Monday March 30. ***

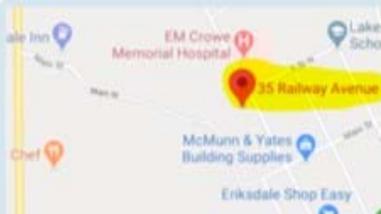


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COVID-19 Community Screening/Testing Site Eriksdale, Pine Falls and Selkirk

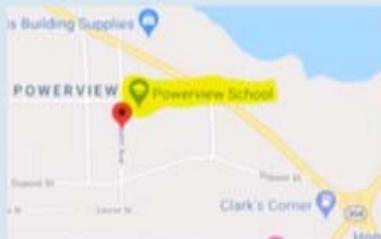
Save yourself a trip—Take the online screening tool:
sharedhealthmb.ca/covid19/screening-tool/
or phone **1-877-308-9038**

Only individuals who meet screening criteria will be tested.



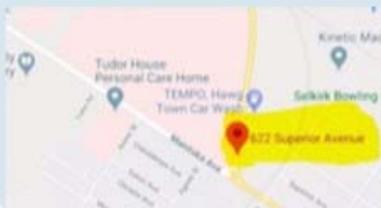
**35 Railway Ave,
Eriksdale, MB**

Weekdays 10 a.m. – 3 p.m.



**École Powerview School
33 Vincent St,
Powerview-Pine Falls, MB**

Weekdays 9 a.m. to 4 p.m.



**622 Superior Ave
Selkirk, MB**

**Open everyday from 9 a.m.
to 4 p.m.**

Please have your Manitoba Health card ready, stay in your vehicle and you will be approached by a screening site worker to ensure eligibility for testing.

Call 1-855-347-8500 for up to date information on these screening sites.

For additional information on COVID 19 please see MB Health website here:
Manitoba.ca/COVID19

MARCH 26, 2020

Resources to support your mental health

Your Mental Health & COVID-19

Emergencies are always stressful and in a pandemic it is common for to feel stressed and worried.

[CLICK HERE FOR SOME SUGGESTIONS TO SUPPORT YOUR MENTAL HEALTH DURING THIS TIME](#)

Managing Stress during COVID-19 - NEW Resource

<https://manitoba.ca/covid19/prepareandprevent/managingstress.html>

Helping Children and Teens Cope with Anxiety about COVID-19 - NEW Resource

<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-covid-19/>



You may experience some new changes at your clinic/doctor's office:

CALL BEFORE YOU COME.

[PLEASE CLICK HERE FOR CLINIC CONTACT INFORMATION](#)

To be clear: All Interlake-Eastern RHA primary health care clinics are open. However, some clinics have had to adopt new ways to manage how they move patients in and out of the clinic.

Before attending any clinic, please phone and speak to office staff. If your need isn't urgent your appointment may be moved to another date or, depending on your symptoms, you may be referred to a health-care facility with supplies, that your clinic may not have, to address your needs .

Some clinics are screening patients over the phone to ensure anyone experiencing cough/cold/flu symptoms and who meet other criteria are directed to a COVID-19 screening/testing site. These sites were established to prevent people, who could be contagious, from attending clinics and sitting in waiting rooms.

Other clinics have told people to wait in their car and they will be phoned to enter the clinic once an examination room has opened. This system completely bypasses the need for a waiting room.

Whatever the process, you will be advised what to do when you call your care provider to make an appointment.

This is being done to prevent the transmission of illness and ensure compliance with provincial guidelines for care delivery in clinics.

Your understanding with the changes that may be in place is appreciated. Please recognize they are being implemented with your good health in mind.

Hospital Access Points

- **Ashern:** ED door and also the clinic door until 4:30 p.m.
- **Arborg:** ED door
- **Beausejour:** ED door
- **Eriksdale:** ED door (same as main entrance)
- **Gimli:** Main door & ED door. But, after 4:00 p.m. – only ED door
- **Pinawa:** Main entrance
- **Pine Falls:** ED door
- **Stonewall:** ED door
- **Teulon:** Main entrance
- **Selkirk Regional Health Centre:** Main entrance and ED door

More Resources

Important information for kidney patients

<https://sharedhealthmb.ca/files/covid-19-info-for-kidney-patients.pdf>

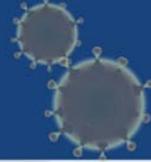
*UPDATED to reflect change in criteria (travel, including travel within Canada)

Important information for cancer patients

<https://sharedhealthmb.ca/files/covid-19-info-for-cancer-patients.pdf>

*UPDATED to reflect change in criteria (travel, including travel within Canada)

Take Care of Your Mental Health during COVID-19



A lot of change and uncertainty can cause stress...follow these tips.
Remember you are NOT ALONE.



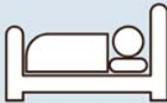
Take care of your body. Stretch or meditate.



Try to eat healthy, well-balanced meals.



Exercise regularly. Go for a walk.



Get plenty of sleep.



Stay connected. Talk to friends or family about your feelings and concerns.

More information visit: covid19manitoba.ca



Help Next Door MB

**Manitobans
Helping
Manitobans**

**A new App has launched: Help Next Door MB
Manitobans Helping Manitobans**

Help Next Door MB is a network of helpers coming together as a community. If you are a volunteer ready to provide your support or someone who needs a helping hand through these difficult times, this platform can connect you.

<https://helpnextdoormb.ca/>



Playgrounds on school properties are closed to public access.

Employment & Income Assistance

EIA Call Centre

A new centralized EIA call centre has been established as of Thursday, March 19, 2020.

Service will be available in both English and French.

Our Call Centre will be opened to the public Monday thru Friday 7 – 7

Winnipeg – 204-948-2888

Rural and Northern – 1-855-944-8111

Online Application Portal

The Online Application Portal was launched Thursday, March 19, 2020: www.gov.mb.ca/fs/eia

Start your application process with EIA online. Information from the online applications will be collected and forwarded to the appropriate office for further processing. All EIA offices are still open during normal business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.) but it is recommended clients use phone or email options and avoid in-person visits.

EIA General Mailbox

EIA will begin conducting as much of its business as possible by phone, email and the online application form. Please note that EIA offices are not being closed to the public, as clients may still need to present at the office to sign application forms and for emergency benefits. If clients need to provide documents such as pay stubs or rent forms, they can send them to EIA@gov.mb.ca. Clients should include their name, EIA case number and EIA office location when they send an email to help ensure a quick response. Clients may take photos of their documents with their phone and send them by email if they do not have access to a computer.

Expiring Medical and Health Needs

All health or medical needs that are set to expire will be extended to June 30, 2020 by EIA Counsellors or Financial Workers. These measures are being taken to eliminate the need for clients to access the medical system to seek doctor's notes or to have forms filled out.

Expiring Disability Eligibility

Staff are directed to extend expiring disability eligibility to June 30, 2020. Please be advised that clients who have already provided their EIA Disability Assessment Report to an office or a Disability Assessment Panel will still have it assessed. Clients who contact the call centre and request disability forms, will have their information emailed to the appropriate generic after hours mailboxes for follow up.

How to Hand Wash



Wet hands under warm running water



Apply soap and distribute over hands



Rub hands together to create a good lather: Palm to palm



Rub fingertips of each hand in opposite palm

Lather and rub hands for 15 seconds



Rub between and around fingers



Rub each thumb clasped in opposite hand



Rub back of each hand with opposite palm



Rinse hands thoroughly under warm running water. pat hands dry with a paper towel



Turn off faucet using a paper towel



Your hands are now clean

Remember to practice the 4 moments of hand hygiene:

1. BEFORE initial patient, resident, client (PRC) or environment contact
2. BEFORE aseptic/clean procedure
3. AFTER body fluid exposure risk
4. AFTER PRC/PRC environment contact

sharedhealthmb.ca



How to Hand Rub



Rub product into hands palm to palm



Apply a dime-sized amount (2-3 ml) of product into palms of dry hands



Rub fingertips of each hand in opposite palm



Rub between and around fingers



Rub each thumb clasped in opposite hand



Rub back of each hand with opposite palm



DO NOT WIPE OFF.



Rub hands until dry before performing another task

Rub hands for 15 seconds

Remember to practice the 4 moments of hand hygiene:

1. BEFORE initial patient, resident, client (PRC) or environment contact
2. BEFORE aseptic/clean procedure
3. AFTER body fluid exposure risk
4. AFTER PRC/PRC environment contact

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