



Activities of the British Columbia COVID-19 Medical Student Response Team

Activity	Activity Description
Vancouver Fraser Medical Program (VFMP)	
3-Dimensional Printing Initiative	Medical students with 3-Dimensional printers creating custom items for physician use
8-11 Call Centre	Fielding public questions on COVID through phone
Site Leads	Central intake and triaging activities, external and internal communications, finance
British Columbia Cancer Agency Patient Screening	Calling patients before their treatment at British Columbia Cancer Agency to screen for COVID-19 symptoms
British Columbia Centre for Disease Control Contact Tracing	Contact tracing database work - texting negative results and data entry
British Columbia Centre for Disease Control Tuberculosis Unit	Working with the Tuberculosis Unit to support their COVID contact tracing and data entry
British Columbia Centre for Disease Control Survey Team	Answering calls to help British Columbians in completing a provincial survey related to COVID-19
British Columbia Children's Hospital Virtual Care Support	Supporting physicians and patients using the Zoom platform
1000 Donors Campaign	Working with students nationwide and Canadian Blood Services to support blood donation and stem cell registry
Caregiving Cards	Sending letters and cards written by elementary school students to hospital staff
Community Supports for Patients with Disabilities	Creating resource documents for patients discharged from GF Strong
Connecting with Compassion	Connecting individuals in long term care facilities with their families via technology
Fraser Health Authority Contact Tracing	Contact tracing for Fraser Health Authority employees with known exposure to a COVID-positive case
Fraser Health Public Contact Tracing	Contact tracing for Fraser Health public who were COVID-positive
Homemade Personal Protective Equipment Initiative	Creating and delivering cloth masks to those who have socio-economic barriers to social distancing
Lab Technician	Backup technician in case current virology staff needs to isolate





Provincial Health Services Agency Infectious Disease Manual	Assisting with creation of infection prevention and control manual for Provincial Health Services Agency
Physician Support Vancouver Fraser Medical Program	Childcare, pet care, and life errands for frontline physicians
Physicians Occupational Safety and Health	Physicians Occupational Safety and Health hotline
Personal Protective Equipment Recovery VFMP	Collecting personal protective equipment from local sources and delivering to hospital
Radiology	Developing artificial intelligence for computed tomography scans to detect COVID-19
Research Updates	Collating and disseminating updated COVID-19 research
Social Media	Social media strategy and public information
Supporting Anesthesiologist Wellness	Prepare wellness initiative for anesthesiologists in Royal Columbian Hospital
Supporting Isolated Seniors	Phone check-ins with vulnerable and socially isolated seniors
Thrive Health	Clinical content curator for https://bc.thrive.health/
Toolkit for Homeless and Vulnerable	Producing toolkit of resources to assist those experiencing homelessness
Vancouver Coastal Health Call Centre	Test result follow up for Vancouver Coastal Health
Website	Website development for interprovincial collaboration Western Canadian Medical Student Response Team
Southern Medical Program (SMP)	
Physician Support	Childcare, pet care, and life errands for frontline physicians
Nursing Support	Supporting local nursing students to mobilize nursing support
Meal Drop Offs	Preparing homecooked meals to drop off for frontline workers
Isolation Follow Up	Exploring compliance of patients triaged in emergency department and informed to return home and self-isolate for 14 days
Personal Protective Equipment Recovery SMP	Personal protective equipment recovery from community for hospital use
Innovative Personal Protective Equipment Solutions	Exploring novel ideas for constructing/disinfecting/sanitizing/re-using Personal protective equipment in anticipation of shortage
Repurposing Distilleries	Repurposing distilleries for hand Sanitizer production



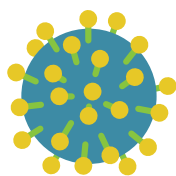


Family Communication	Setting up tablets for patients to use video communication software given visitor restrictions
Personal Protective Equipment Recovery - Kamloops	Personal protective equipment recovery from community for hospital use
Public Health - Kamloops	Contact tracing
Women's Shelter	Develop fundraising campaign for Kelowna women's shelter
Island Medical Program (IMP)	
Physician Support	Child care, pet care, and life errands
Personal Protective Equipment Recovery	Calling offices to identify local personal protective equipment sources and delivering to hospital
Wellness checks	Making sure vulnerable patients have groceries, prescriptions, and are coping over the phone
Grocery delivery	Working on a provincial centralized system for grocery delivery to seniors, in partnership with University of Alberta's Bag Half Full program
Victoria inner city response	Working with front-line inner-city doctors with vulnerable populations to approach COVID care
Return to work	Students returned to work as respiratory therapist, paramedic
Site Leads	Organizational leads for Island Medical Program Medical Student Response Team
Northern Medical Program (NMP)	
Northern Health COVID Healthline	Fielding public questions on COVID through phone
Physician Support	Coordinating and assisting with childcare for local GPs
Translation of Public Health Materials	Translation of awareness materials about COVID for international students
Educational video	Collaborating with a local physician on a community education video about COVID
Educational sessions	Zoom educational sessions for Y1-2 from Y3-4 students
Smithers Telehealth	Supporting local GP's with phone follow-up calls
Terrace Telehealth	Supporting local GP's with phone follow-up calls
Personal Protective Equipment Donation	Recruiting personal protective equipment for Northern Health sites
Site Leads	Organizational leads for Northern Medical Program
Return to work	Returned to work as medical office assistants or nurses



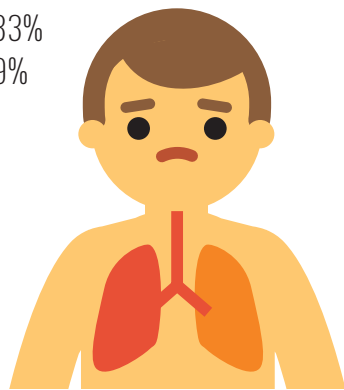
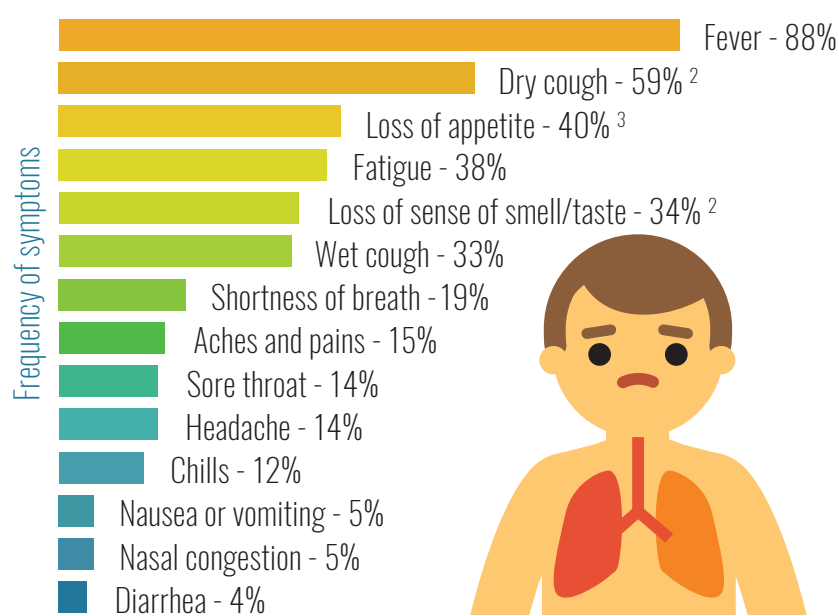
WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19?



COVID-19 is a disease ranging from no symptoms to severe respiratory distress. It is caused by a virus from the **coronavirus family**, which includes the virus that caused SARS (Severe Acute Respiratory Syndrome) in 2003.

SYMPTOMS ¹



Symptoms can develop 2-14 days after exposure. These percentages likely miss cases without symptoms. The above list should not be used for self-diagnosis purposes.

WHEN TO GET TESTED

Who does not need to be tested?

- People without symptoms
- People with mild respiratory symptoms that can be managed at home, including returning travellers with onset of illness within 14 days of return to Canada

Who should be tested for COVID-19?

- People with new respiratory symptoms or gastrointestinal symptoms if they are:
 - Residents or staff of long term care facilities
 - Hospitalized or likely to be hospitalized
 - Part of an investigation of a cluster or outbreak.
- High risk groups with new fever and a new (or worsening) cough or shortness of breath who are: healthcare workers, those in group homes, essential service workers, and residents of remote communities. See the [BCCDC website](#) for a comprehensive list.

Testing is available for all patients with cold-like, influenza or COVID symptoms, but not everyone requires a test. If you need to be tested, call 8-1-1.

Assessment Tool: Please visit bc.thrive.health for the comprehensive online assessment tool.

Any severe symptoms?

- Severe difficulty breathing
- Severe chest pain
- Difficulty waking up
- Feeling confused
- Loss of consciousness

Yes

Call 911 or visit the nearest Emergency Department immediately.

No

Any moderate severity symptoms?

- Shortness of breath at rest
- Inability to lie down due to shortness of breath
- Difficulty breathing complicated by other chronic health conditions

Yes

Consult your family doctor or a nurse practitioner. If you are unable to, visit a COVID-19 Assessment and Treatment Centre, an Urgent & Primary Care Centre (UPCC), or the Emergency Department.

No

Any other symptoms?

- Fever
- Cough
- Muscle aches or fatigue
- Sore throat
- Headache
- Loss of appetite
- Chills
- Runny nose
- Nausea and vomiting
- Diarrhea
- Loss of sense of smell/ taste

Yes

COVID-19 may start mild but can suddenly worsen. If your symptoms worsen: ---

Self isolate for at least 10 days¹ from the start of your symptom(s) and until fever is absent without the use of fever-reducing medication and you are feeling better, whichever is later.

No

Likely not COVID-19. Continue to self-monitor.

Other questions:

Have you traveled outside Canada in the last 14 days?

Yes

Under the Quarantine Act, any one arriving in BC from outside Canada must self-isolate and monitor for symptoms for at least 14 days².

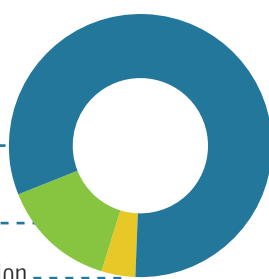
Have you provided care or had close contact with a person with COVID-19 (probable or confirmed) while they were ill?

Yes

Self-isolate and monitor for symptoms for at least 14 days (as this is how long it may take for symptoms to show). If you develop symptoms, please see above.

Severity

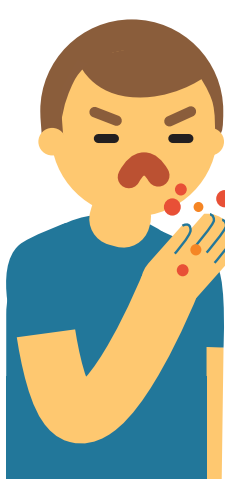
81% mild (no symptoms to mild pneumonia)
14% severe symptoms
5% critical condition
These patients require hospitalization.



Who is at high risk for developing severe disease:

The elderly is especially at risk. However, younger people can also contract severe disease. Individuals with **chronic medical conditions** and **weakened immune systems**.

TRANSMISSION



COVID-19 is spread via **liquid droplets**, which are transmitted by coughing or sneezing.

Droplets can enter through the eyes, nose, or throat.

They can be spread by **touch** if hands become contaminated after coughing/ sneezing.

Droplets can spread 1-2 metres before they drop to the ground.



It is possible for people with mild or even no noticeable symptoms to transmit the virus.



Be careful what you touch. The virus can live on surfaces for hours to days.

PREVENTION

The most important measures of prevention are:



Wash your hands using soap on all surfaces/ creases for at least 20 seconds or use hand sanitizer frequently.



Avoid touching your face.

Physical distancing: stay home if possible and avoid public spaces and large groups of people.

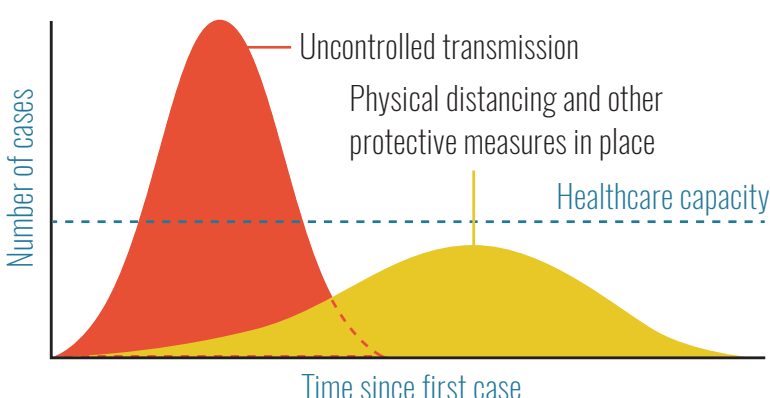


Other measures of prevention include:

- Cover sneezes and coughs using your elbow.
- Regularly disinfect frequently touched surfaces (e.g. tables, chairs, handles, etc).
- Do not share food or drinks.
- Avoid those who are feeling unwell and stay home if you are unwell.

KEY! WE NEED YOUR HELP TO FLATTEN THE CURVE. STAY HOME.

What does it mean to "Flatten the Curve"?



It means to **slow the rate** of disease spread to prevent large numbers of affected individuals from **overwhelming the healthcare system**. We can achieve this together through physical distancing, good hygiene practices, and self-isolating if you have symptoms.

Will a mask protect me from COVID-19?



If you are ill or caring for someone who is ill, you should wear a mask. Avoid touching the mask during wear. It could be contaminated.

Check local recommendations for using masks if you are not ill.

What if I want to travel?



For now, avoid all non-essential travel outside Canada.

For more information, visit travel.gc.ca.

BC Physician Wellness in COVID-19

Dear BC physician, thank you so much for your hard work during this ongoing COVID-19 pandemic. We understand that this is an unprecedented time of stress and anxiety for front line staff.

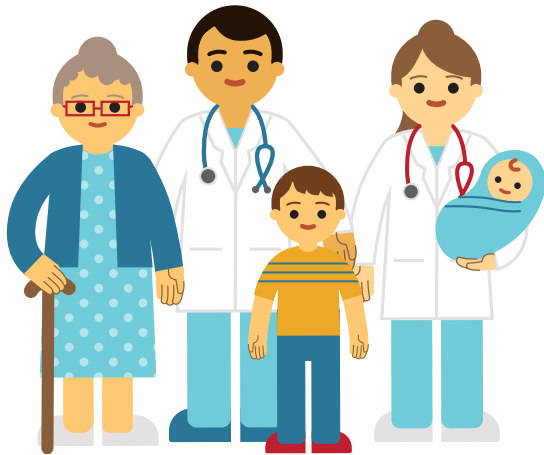
We have compiled this guide to help you navigate the various resources available. We hope this helps. Stay well, stay healthy.

BC Medical Students

COVID-19 & MY FAMILY

4 things you can do for your kids **RIGHT NOW** (as explained by Fraser Health & the U of A):

- 1. Model calm behaviour.** [Helping kids cope](#) starts with reducing your own stress.
- 2. Limit access** to COVID-19 media to once a day.
- 3. Let children guide open discussions** & routinely check in. Watch for [changes in behaviour](#) as this may indicate how they are coping.
- 4. Focus on your child's strengths** & look for the positives in life.



How to **TALK TO KIDS** about COVID-19:

- [BC Children's](#) gives an approach to talking about COVID-19 with your kids.
- This [colouring book](#) about coping after a disaster can help younger kids understand the situation.

Fun Family **ACTIVITIES**:

- **Engaging with friends & family** is protective against burnout. Check out these [FREE exercise & wellbeing apps](#) and [online games](#).
- **Set limits to work times** (emails might not stop, but you CAN choose to put down the phone). Demarcating personal & professional life fosters resilience.
- It's **important for kids to have a routine** and a sense of normalcy. See [50 FREE curated activities](#) with [educational resources](#) sorted by age.

CHILDCARE Options:

- [The BC Gov't](#) can provide essential workers a personalized list of available childcare centers (age 0-12) if they fill [this form](#).
- Childcare (age 5-12) can also be obtained directly from your school.
- BC medical students care deeply about physicians' well being. Complete [this form](#) for **assistance with small tasks** (e.g. childcare, groceries).

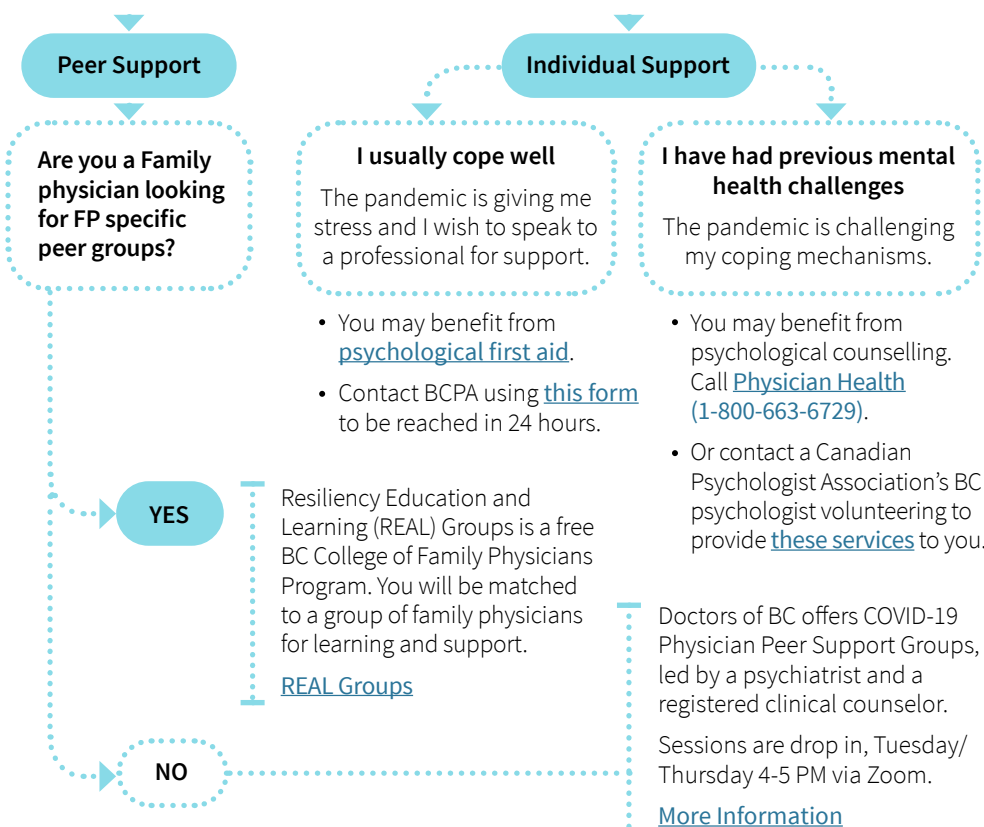
FOOD Options:

- Consider [Instacart](#) for grocery delivery, the ["Staff Meal" Movement](#) for **free or low cost take-out meals**, or one of these [restaurants offering discounts](#). Find restaurants in your area offering promotions for frontline workers [here](#).

Looking for MENTAL HEALTH SUPPORT?

If you are in acute distress and feel unsafe, please call 9-1-1. If you are in crisis, call the BC Crisis Hotline (1-800-SUICIDE).

Many groups have come together to offer physicians free psychological services during the pandemic. The [BC Physician Health Program](#) is also always available.



MANAGING ANXIETY

It is certain that we face anxiety during these times. We have heard from physicians that your stressors include: increased personal risk, risk to family, finances, and consistent messaging of policies during this pandemic. We have compiled some resources to help you cope.

- Joule has made a video [Learning Series](#) for physician wellness during COVID-19.
- [3 Steps to Coping with COVID](#) (Youtube) made by physicians to help colleagues.
- Simple steps recommended by a [Fraser Health Infographic on Managing Anxiety](#).

TRY AN APP



- [Headspace](#) offers guided sleep, movement, and meditation exercises.
- [MindShift CBT](#) provides accessible tools to manage your anxiety.
- Practice breathing exercises with [Breathe2Relax](#).
- Meditate with [Insight Timer](#), [Calm](#), or [Aura](#).
- De-stress with [Colorfy](#), a digital colouring app.

PHYSICIAN BURNOUT...



...has always been an ongoing issue. With the added stressors of COVID-19, we must be even more vigilant in identifying and addressing burnout.

Burnout is identified as a syndrome of chronic workplace stress characterized by:

- Energy depletion or exhaustion
- Increased mental distance, cynicism, or negativism from your job
- Decreased work efficacy (real or perceived)

If you are experiencing burnout, please look to access mental health resources on the bottom left of this page. The [CMA](#) has more information on burnout.



INCREASING MORALE

- Be a **leader**. Strong leadership can offset fears and uncertainties surrounding a crisis and create team cohesion.
- Check in with co-workers regularly. Use a **buddy system** to monitor stress, look out for each other, and provide emotional peer support. Speaking with co-workers can reduce feelings of isolation and normalize personal experiences.
- Don't underestimate the power of **communication**. Encourage and congratulate staff on their work throughout this incredibly stressful and demanding time.

STAY CONNECTED & INSPIRED

- Take a [virtual tour](#) of the Gastown murals dedicated to essential workers.
- Visit [#bchealthcareheroes](#) on Twitter to see posts from our community saluting frontline workers.
- Watch the [Vancouver Quarantine Performance Project](#) showcasing local artists' submissions for song, monologue, short film, and stand-up comedy.
- Stay connected with others online. PHSA is offering free [Zoom Premium](#) for healthcare providers.



WHAT IF:

I need to self-isolate?

Planning is important! Create a self-isolation plan:

- Check your BC Health Authority for **Temporary Staff Accommodation**.
- Arrange for family or yourself to **stay somewhere else**.
- If unable to organize alternative living situations, sleep in a **separate bedroom and bathroom** with good airflow and **avoid face-to-face contact** with others.

I'm worried about infecting my family?

Health authorities are aware of this concern and are looking at solutions. While there's no simple answer, [steps](#) can be taken to minimize risk:

- Create a **decontamination zone at home**: change your outside clothes immediately and wash them separately with hot water.
- **Shower, wash hands** before allowing family near you.

My child gets sick?

- Health Canada has [advice for caregivers](#) of a child with COVID-19. such as:
 - Monitor child's symptoms and **watch for worsening symptoms** (fast/difficulty breathing, confusion, chills, fever for >12 h with medication).
 - **Only one healthy person** should provide care for the child.

For other what if scenarios, visit [Fraser Health's FAQs](#).

CONTACT US: Please reach out to us with any questions, comments, or concerns. bc.msrt.wellness@gmail.com | covid19medstudents.ca