



HEALTH & SAFETY

HOW WILL THE HEALTH AND SAFETY OF YOUTH IN AND FROM CARE BE PROTECTED DURING COVID-19?

WHAT WE KNOW

IF YOU ARE A

- Youth in foster care
- Youth on Independent Living
- Youth on Youth Agreements
- Youth on an AYA
- Youth leaving care

If you need to support to make sure that your current living situation is healthy and safe, or you're concerned about the health and safety of your placement, reach out to your social worker or AYA worker.

IF YOU ARE A

- Youth in custody

Public entry to facilities have been restricted. Connection to family and community folks is important, so visits will be virtual or over the phone rather than in-person. Centres are using screening processes and following recommended cleaning and sanitation procedures.

IF YOU ARE

- Any young person in or from care

FOR NON-MEDICAL-RELATED QUESTIONS ABOUT COVID-19, call 1-888-COVID19 (1-888-268- 4319). Service is available from 7:30 a.m. to 8:00 p.m. seven days a week.

IF YOU ARE CONCERNED YOU MAY HAVE BEEN EXPOSED TO OR ARE EXPERIENCING SYMPTOMS OF COVID-19, call 811 or your primary care provider

FOR GENERAL HEALTH-RELATED QUESTIONS, call 1-833-784-4397. Service is available from 7:00 a.m. to midnight EST.

FOR GENERAL INFORMATION ON COVID-19, see the BC Centre for Disease Control online resources at <http://covid-19.bccdc.ca/>.

IF YOU THINK YOU MAY HAVE SYMPTOMS, the BC Centre for Disease Control's self-assessment tool can help you determine if you need further assessment of testing for COVID-19: <http://covid19.thrive.health>

IF YOU ARE A

- Youth in a group home or other residential facility

MCFD is working with group homes and facilities to make sure they're following the guidance and recommendations of BC's Public Health Officer, Dr. Bonnie Henry.

For more information on MCFD's response to COVID-19 for youth in and from care, visit <https://www2.gov.bc.ca/gov/content/family-social-supports/covid-19-information/youth-young-adults-response-to-covid-19>

THE BEST WAYS YOU CAN KEEP YOURSELF AND OTHERS HEALTHY

1. **WASH YOUR HANDS** with soap and water for at least 20 seconds
2. **USE HAND SANITIZER** with at least 60% alcohol
3. **AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH** especially with unwashed hands
4. **AVOID CLOSE CONTACT WITH PEOPLE** who are at risk, especially seniors and people with compromised immune systems
5. **COVER YOUR MOUTH AND NOSE WITH YOUR ARM** when coughing or sneezing
6. **CLEAN AND DISINFECT** frequently touched objects and surfaces such as toys, electronics, and doorknobs
7. **STAY HOME** if you are sick
8. **AVOID CROWDED PLACES,** like beaches and parks. Take transit and go to the store at off-peak times. Try not to take more trips to run errands than you need to.
9. **STAY 2 METRES (6 FEET) AWAY FROM OTHER PEOPLE** when you go out, and consider wearing a mask