

# COVID-19 Information

## BCPS COVID-19 BCPS Safety Plan Template

As of May 14, 2020, as directed by Order of the Provincial Health Officer, Dr. Bonnie Henry, employers must post a copy of their COVID-19 Safety Plan on their website, if applicable, and in the workplace, and must provide a copy of the COVID-19 Safety Plan to a health officer or a WorkSafeBC officer, on request. The COVID-19 Safety Plan must outline the policies, guidelines, and procedures that have been put in place to reduce the risk of transmission. The BCPS has prepared an adapted COVID-19 BCPS Safety Plan template for your use. [Please download it here.](#)

## Please refer to these resources for information regarding COVID-19

[BC Centre for Disease Control](#) – provincial and national leadership in public health through surveillance, detection, treatment, prevention, and consultation services. Their website includes information for the public. The site also includes specific information for [pediatricians](#) and data specific to [pregnancy](#).

[BC Nurse Line - HealthLink BC - 811](#) – a free-of-charge phone service available 24 hours a day, seven days a week, for provincial health information and advice in British Columbia – dial 811 to connect to this service

[BC Children's Hospital](#) – provides answers to frequently asked questions, including information on when to seek urgent care

[BC Health Authorities](#) – access to each of the province's regional health authorities, First Nations Health Authority, and provincial health services

[Child and Youth Mental Health Services](#) | MCFD services continue during COVID-19

Here's a link to the main page for [Canadian Paediatric Society](#) and a link to [material specific for paediatricians](#).

[Government of Canada](#) – information regarding health, finance and economic support, travel, safety and security. [Get the Canada COVID-19 app](#) (iOS or Android) for COVID-19

information, recommendations, and resources.

## **BC Children's Hospital and UBC are studying Child and Youth Mental Health during a Pandemic**

### **Who can participate in this study?**

- Children and youth aged 10-17 in BC (only children aged 10 and up can fill out the MyHEARTSMAP on their own)
- Parents with a child aged 6-17 in BC (the MyHEARSTMAP applies to children down to age 6 if completed by a parent)

Here's the [link to the webpage for more information](#) and to participate if you would like to do so.

### **These links provide information regarding K-12 School**

[COVID-19 Public Health Guidance for K-12 School Settings](#) | BC CDC

Dr. Tyler Black spoke on CBC Am Radio The Early Edition on August 11, 2020 about the return to school and why it's not the best idea for all kids to go back. You can [listen to the segment here](#) (10 mins 12 seconds).

Doctors of BC has a article by Dr. Ashley Miller, Psychiatrist, BCCH, called [Going the Distance for our Kids Mental Health and Safe Return to School](#) (dated Aug 26, 2020).

Here's some information about supporting children and families in returning to school. [This article](#) was an op-ed published August 29, 2020 in *The Vancouver Sun*.

Dr. Srinivas Murthy spoke on CBC AM Radio The Early Edition on August 27, 2020 regarding health-related issues associated with the decision to send children back to school during the pandemic. You can [listen to the segment here](#) (14 mins 29 seconds).

## **These links provide information regarding specific situations**

[Adrenal Insufficiency](#) - | Endocrinology & Diabetes Unit, BCCH

Anxiety - [Managing Anxiety and Stress in Families with Children and Youth](#)

Anxiety - [Coronavirus Sanity Guide](#)

Anxiety - [Anxiety Canada](#) provides information for children, youth, and adults including links to video and audio resources

Autism - [Information about supporting children and youth with Autism](#), when they have anxiety about Covid-19 and are out of school and don't have their usual routine. Here is a [link for a package of specific resources](#) - a very simple example, how to make a timetable for a new daily routine.

Breathing, Calming, Guided Meditations - [this link](#) is to a curated collection of online meditations, sleep stories, music and more, all hand-picked to support your mental and emotional wellness through this time.

Children and Youth with Disabilities - [My Covid Disability Q: Canada's New Q&A Hub for Canadians with Disabilities](#) | CHILD-BRIGHT Network

Youth with Disabilities - [Resources for Youth with Disabilities, Their Families, and Support Teams](#) | CHILD-BRIGHT Network

Type 1 Diabetes - [Diabetes at School](#) | Diabetes@School

[Family Support during COVID-19](#) - centralized resource sheet outlining comprehensive, biopsychosocial support resources for children, youth, and families across BC during the COVID-19 pandemic. [Click here](#) for quick access to an updated QR code.

[MCFD Emergency Services for Children with Special Needs](#) | BC Ministry of Children and Family Development

[Kids Help Phone](#) - text 686868 or call toll free (1-800-688-6868) 24/7 to reach free support for children and teens

Mental Health - [Taking Care of your Mental Health \(COVID-19\)](#) | Government of Canada

Mental Health - [MHCC Covid-19 Resources](#) | Mental Health Commission of Canada

Mental Health and Substance Use Support - [Wellness Together Canada](#) | Government of Canada

Physical Activity - [Keep Kids Moving](#) & [Be Active Every Day](#) | Doctors of BC

[TED Connects: Community and Hope](#) during coronavirus | TED *Live*, daily conversation series with featured experts

Youth and Young Adults - [Foundry](#) offers young people ages 12-24 confidential health and wellness resources, services, and supports for free via [virtual services](#) and access by phone at 1-833-FØUNDRY (yes, that's FØUNDRY with a zero! or 1-833-308-6379).

### **Here is a Video about Helping Children Through a COVID-19 Test**

This [video from BCCH](#) provides information for helping children through a COVID-19 test.

### **Here are some resources for Physicians**

[Caring for self to be able to care for others](#) | Canadian Society of Physician Leaders (CSPL)

[Care for Caregivers](#) - mental health support for health care providers | a partnership with the Canadian Mental Health Association (BC Division) and SafeCare BC

[Maintaining your and your family's well-being during a pandemic](#) | Canadian Medical Association, page includes links to each province's physician health programs, how to talk to your children about COVID-19, and tips for managing stress and anxiety.

[Free psychological services for front-line health service providers](#) | Canadian Psychological Association

Here's a link for the [Physician Health Program](#). The Physician Health Program is now hosting a twice weekly drop-in COVID-19 physician peer support session every Tuesday and Thursday from 4-5pm (PDT) via Zoom phone or video. Sessions are drop-in, no commitment necessary, focusing on peer support not psychiatric care. Please [click here](#) for more

information.

[Public Health Agency of Canada](#) - information for health professionals