

# COVID-19 Information

## Resources regarding COVID-19

[BC Centre for Disease Control](#) - includes information for the public and specific information for [pediatricians](#) and data specific to [pregnancy](#). This link is for a [one-page PDF document](#) highlighting pediatric clinical and family resources that can be found on the BCCDC website.

[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.

[Royal Society of Canada COVID-19 task force briefing](#) - with recommendations for services, funding, and accessibility during and post-pandemic, for people with intellectual and developmental disabilities.

## COVID-19 Vaccination

[Register and book online](#) to access vaccine at participating pharmacies or contact the Vaccine Call Centre at 1-833-838-2323

[COVID-19 vaccine](#) for the clinically extremely vulnerable patient populations ages 16 and older | BC CDC

[COVID-19 vaccine](#) for 6 month-5 years of age | NACI

[What Parents Need to Know: Vaccines and Children 6 Months-11 years of age](#) | BC CDC

[COVID-19 vaccine](#) for 5-11 years FAQ for parents and guardians | BC CDC

[COVID-19 vaccine booster doses](#) for those ages 12 and older | BC CDC

[Vaccine Considerations](#) - vaccinations for special patient populations | BC CDC

[Pregnant Persons and Breastfeeding](#) | BC CDC

[Pregnant Persons and Breastfeeding](#) | NACI

### **Information regarding K-12 School**

BC Centre for Disease Control [webpage](#) dedicated to K-12 Schools and COVID-19 including: K-12 Health Checker App, COVID-19 Self-Assessment Tool, information on contact tracing in schools, and Frequently Asked Questions (FAQ) for parents, students, and staff.

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

### **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 - 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.

[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).

### **Video for Helping Children Through a COVID-19 Test**

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

### **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