

# COMMUNITY CONNECT



## Coronavirus – How to Protect Ourselves

Coronaviruses are a large family of viruses. Some cause respiratory illness in people, ranging from mild common colds to severe illnesses. It is believed to be spread mainly by coughing, sneezing or direct contact with someone who is sick with COVID-19 or with surfaces they have recently touched.

Anyone who has symptoms, including cough, fever or sore throat, must self-isolate for 14 days. Please do not visit a hospital, physician's office, lab or healthcare facility without consulting Health Link (811) first. If you need immediate medical attention, call 911 and advise them that you may have COVID-19. Most people (about 80%) recover from this disease without needing special treatment.

Self-isolation includes avoiding close contact with other people, especially those with chronic conditions, a compromised immune system, or seniors; do not attend work, social events or any other public gatherings; watch for symptoms like fever, cough or shortness of breath in yourself or family members. You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine. Regularly clean and disinfect frequently touched and shared surfaces such as doorknobs, counters.

Social distancing involves taking steps to limit the number of people you come into close contact with. It can help you reduce the risk of getting sick. This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.

To help protect you and your family against all respiratory illnesses, including flu and COVID-19, you should:

Wash your hands often and well

Avoid touching your face, nose, or mouth with unwashed hands.

Avoid close contact with people who are sick

Clean and disinfect surfaces that are frequently touched

Stay at home and away from others especially if you are feeling ill

When sick, cover your cough and sneezes and then wash your hands

Contact your primary health provider or Health Link 811 if you have questions or concerns about your health

Keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs

Limit the number of times you leave your home for errands

Go for a walk in your neighborhood or park while maintaining distance from others

In order to provide consistent and reliable information about COVID-19 (novel coronavirus) to the public in the G5 Central Peace region, Central Peace Regional Emergency Management has launched a website and a Facebook page containing the latest information on COVID-19.

Website: <http://cprem.ca/>

Facebook: [Central Peace Regional Emergency Management](#)

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River.

We welcome your ideas and submissions, please email by the 20th of the month to [cphawc2.connect@outlook.com](mailto:cphawc2.connect@outlook.com)

Visit [Central Peace Health And Wellness Coalition \(CPHAWC\)](#) Facebook page.

If you would like to receive the newsletter via email, please send an email to [cphawc1@outlook.com](mailto:cphawc1@outlook.com) requesting to be added to the list.

**Text4Hope - Supporting Mental Health & Wellness in a Time of Stress & Isolation**

**Text COVID19HOPE to 393939 to subscribe**

Feeling stress, anxiety and depression due to the COVID-19 crisis? We can help.

The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, and the Alberta Children’s Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists.

An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can’t access face-to-face services, as well as those in remote locations.

**50th Annual WANHAM PLOWING MATCH**  
 Albert Leisiger Community Sports Grounds, Wanham, Alberta

**50th WANHAM PLOWING MATCH**  
 CELEBRATING 50 YEARS

**June 19-21, 2020**

- Plowing
- Horse Pulls
- Barrel Racing
- Beer Gardens
- Camping
- Modified Tractor Pulls
- Slo-Pitch Tournament
- Silent Auction
- Food Trucks
- COCO Kids Zone
- Bouncy Castle
- Trade Show
- Show & Shine
- Live Entertainment
- Camping
- Wanham Wildcat Reunion

Live music all weekend!  
**FAMILY DANCE FRIDAY**  
 Think as Thines and One Music  
**18+ DANCE SATURDAY**  
 Drive House Band

Steak Supper Saturday 5:30-7:30  
 Awards Supper Sunday 6:30

For more information, pricing & a full list of sponsors visit:  
[www.wanhamplowingmatch.com](http://www.wanhamplowingmatch.com)

**Some At Home Fun**

Create a journal with your child to record each days activity. They can decorate the front page.	Have a campfire in the backyard or go to a local picnic spot to set one up.	Design a fairy house or superhero lair. Draw it out first and then make it with various craft materials.	Grab a flashlight, shut off the rest of the lights and start the shadow puppet show.	Color or doodle Consider breaking out your coloring books, or drawing your own pattern.
Set up a tent or a fort inside the house or in the backyard. Then, let the kids play.	Drive to a local trail and take a walk or a hike.	Create a story. For inspiration, write a story about one of the characters on this page!	Surprise food creation. Let your kids create a food dish on their own with whatever foods they want to mix together.	Consider doing some yoga. There are several online yoga classes such as YouTube’s Yoga With Adriene or CorePower Yoga On Demand.
Create tic tac toe game on the ground with tape, string, or chalk and use a ball or frisbee to play.	Make a bunch of different paper airplanes. Then go out side and see which ones fly farthest.	Movie Day. Give yourself a big long break and watch a movie. (Do this anyday to keep your sanity)	Catch up on reading I don’t know about you, but my reading list is the length of my arm.	Have a floor picnic You spread out a blanket on the floor and everyone sits eating sandwiches and cakes.
Photo Fun. Go outside and take only 10 photos. Print the photos and attach them to your journal. Then, write about why you chose the photos.	Bake Cookies and enjoy a playdate over Skype with a friend and their kids.	Connect with a friend over the phone while the kids entertain themselves or watch a show	Learn a language So many free language apps and YouTube videos are available now to help you learn a language.	Check out the Daily Dose at the Calgary Zoo on Facebook to learn about their animals.
Go on a backyard bug hunt or bird watching adventure.	Play a Boardgame or build a puzzle.	Listen to or play music	Go for a walk and play eye spy.	Pull out those legos and start building.

<https://gpsportconnect.ca/online-fitness-classes> - The Grande Prairie Regional Sport Connection has created an At Home Sport and Recreation page with activities categorized by age.

<https://www.albertahealthservices.ca/news/Page15439.aspx> - your guide to family and home life during COVID-19. Each weekday, we’ll post a new story about how families can be healthy, active and safe in these changing times.