

MY COVID-19 EMERGENCY PLAN**My Name:** _____**My Main Contact Person is:**

Name: _____

Relationship: _____

Phone: _____

Email: _____

Address: _____

My Emergency Information:

Date of Birth: _____

Personal Health Number: _____

Organization I get help from: _____

Contact Person: _____

Phone: _____

Email: _____

Representation Agreement: ☐ Yes ☐ No

Name: _____

Phone: _____

My Doctor's name is: _____

Phone: _____

Address: _____

Medical issues, medications, or allergies.

My Photo**How do I want to be contacted and how do I want to contact people:**☐ Phone: _____☐ Text: _____☐ Email: _____☐ Video Chat: _____

Where am I living right now?

(i.e. in a Home Share, with family, with friends, on my own)

Who is in my life to provide support, help me, and check on me to ensure I am healthy and safe? List in order of who should be contacted first.

(e.g. family, friends, neighbours, support staff, home share providers, other supporters)

#	Name	Relationship	Phone	Email
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

What are people helping me with right now:

(e.g. cooking, cleaning, buying groceries, transportation, medical appointments, checking in)

These are things I don't have help with right now but would like help with:

My Finances – How am I doing financially, affordability, my money worries?

- ☐ I have enough help with all of this right now. Go to next section
- ☐ I need help to make a plan and have help to:

Ensure I have enough money to pay for what I need and my bills. **The plan is...**

Help me pay my bills/expenses. **The plan is...**

Ensure I have enough money to pay for what I need and my bills. **The plan is...**

How I will get money. **The plan is...**

How I will pay for things like groceries and supplies (debit card/gift card) **The plan is...**

Other important things I need to plan for regarding my finances.

These are the people who will help me and how they will help me.

What Do I Do if I Feel Sick?

These are the symptoms of COVID-19, they are similar to other respiratory illnesses:

- Frequent dry cough, sore throat.
- Fever of 100 degrees or higher.
- Hard time breathing.

Who to call for advice, guidance, or in an emergency:

If you have signs of sickness or illness, do not go to the doctor's office, clinic, or hospital unless it is an emergency.

Try to check your symptoms with the BC COVID-19 Symptom Checker available at <https://bc.thrive.health/>. It can be helpful to help you know what to do.

You can also call your Doctor as most doctors are now providing phone help or phone appointments which include advice and guidance. If you do not have a doctor you can call 8-1-1 to talk to a medical professional.

Follow the advice given by your doctor or medical professional.

When is it an Emergency?

You may experience a change in your health that requires emergency help. If you are experiencing these symptoms **call 911 to receive medical help right away:**

- Chest pain, difficulty breathing, severe bleeding.
- High fever that does not go away.
- When it becomes hard to breathe, you can't drink anything or breathing becomes much worse than when you were first feeling unwell.

If I get sick, contract COVID-19, or go to the hospital, these are the people who need to know: **List in order of who should be contacted first.**

#	Name	Relationship	Phone	Email
1.				
2.				
3.				
4.				
5.				
6.				
7.				

The plan if I get sick with COVID-19

(based on my situation – where I live and who I live with)

This is the plan if my supporters get sick with COVID-19.

(i.e. Family, friends, Home Share Provider, Support Staff)

This is the plan if it becomes an emergency and I need to go to the hospital.

If I am sick, this is the plan for people to check in and see how I am doing.

Who <i>(Name)</i>	How <i>(e.g. email, phone, text)</i>	When <i>(e.g. how often)</i>	Contact Info <i>(e.g. phone number, email)</i>

This is what is important to me during this COVID-19 crisis. What is important for people to know to help me get through this? *(i.e. I want people to call me regularly, I am worried about being lonely, I want to have things to do to keep busy, I want fresh air or exercise each day, I don't want to watch the news too much, I want a routine)*

What else do I need or do people need to know to keep me stay healthy and safe?

Phone Numbers

- BC phone line for COVID-19 for non-medical information: 1-888-268-4319 text: 604-630-0300
- Health information and health advice phone line: 811
- Information and referral service to connect to community, social, or government services: 211
- Emergency: 911

Resources

- **BC Thrive Health:** on-line self-assessment tool for guidance when you are not feeling well.
<https://www.thrive.health/covid19-app>
- Plain Language Information on COVID-19 <https://bit.ly/2Rev28Y>
- Planning for Being Safe and Staying in <https://bit.ly/34dFRNK>