

Limit Exposure

A message from Saturna Island Fire Protection Society

The COVID-19 pandemic is threatening our small community. We are particularly vulnerable due to our demographics (median age is 65) and limited emergency resources. Saturna Island Rescue has 12 volunteers who work shift in pairs to respond to medical emergencies. The Volunteer Fire Department has 20 volunteers, who will be called in for fire and to assist in other emergencies, but their training for medical emergencies is quite limited.

Due the rapid spreading of COVID-19, we are taking measures to protect our volunteers so they can respond to emergencies other than COVID-19 and protect our most vulnerable residents. Our goal is to **LIMIT EXPOSURE**. And we need everyone's help!

If you suspect you have been exposed to COVID-19 or show symptoms that could be COVID-19

- Call the COVID-19 Hot Line: **1-888-COVID19 (1.888.268.4319) OR 811**. Inform the 'navigators' that you are in a place with very limited treatment and transportation capabilities. You are encouraged to make your own way, whenever possible, to the hospital in your own vehicle.
- If you have severe symptoms call 911. If you need treatment, be mindful that we have limited ability to treat you on island and transport you to the nearest hospital off island.
- If any of our volunteers comes in contact with COVID-19, that volunteer must be tested and isolated and will not be available to respond to emergencies. This would be a very serious problem for us because the number of SIR volunteers is small and we need them all to be healthy.

How can YOU help?

- **Do not plan a vacation on Saturna** and if you are already here on vacation, consider going home.
- **If you are a returning Saturna Island resident** from **any** location outside Canada you **MUST** self-isolate immediately upon arrival for 14 days.
- **And, following advice from Mayne Island**, we are asking anyone coming to Saturna for non-essential travel from **any** other location (including the Vancouver mainland and the rest of Canada) to self-isolate for 14 days when you get here. Bring provisions with you, go straight to your residence as soon as you arrive, and **stay put**.
- **If you live on Saturna**, keep a distance of at least 6 feet (2 meters) away from other people.
- **Cancel** every gathering/meeting and postpone any planned community events for the foreseeable future.
- **Cancel** any planned visits to Saturna from family and friends.
- **Cancel** nonessential travel – anywhere.
- **On the ferry, stay in your car**. Transport Canada has relaxed its rules about closed decks and is allowing passengers to remain in their cars during this time.
- **Wash your hands** with soap for at least 20 seconds several times a day. In the absence of soap and water, keep some sanitizer or disinfectant wipes handy.
- **Disinfect** surfaces and door handles within your home – daily.
- **Avoid touching your face**.

We rely on our Volunteers and we are asking that you work with us to help keep them safe.