Glenboro South Cypress Emergency Response Team Is Here To Help

As most people are now aware, the CoViD19 virus has reached many parts of Canada, even rural areas, and all levels of government and health agencies are encouraging people to take steps to protect their health and the health of their loved ones.

Schools are slated to close on March 23 for at least three weeks, and many other public places have been closed due to concerns about exposure to and spread of the virus. It is believed that it is only a matter of time until it reaches our part of the world, and with local cases almost guaranteed to happen at some point, the local Emergency Response Team has been monitoring the situation closely.

While the situation has not yet reached the point where our group would normally be activated (which would typically take place upon the declaration of a local state of emergency), we do feel it is incumbent upon us to share information and offer our assistance to those who may need it.

The CoViD19 symptoms include fever, dry cough, and shortness of breath. If you have the sniffles or vomiting or diarrhea, it is more likely to be a seasonal flu, cold, or gastrointestinal complaint.

Having said that, the demographic of our area may be at certain risk, given the fact that while anyone can contract this virus, it has proven to be especially serious in those over the age of 60, or with pre-existing health concerns. We would like to suggest that everyone take necessary precautions to protect themselves, and those of our community who are part of this vulnerable population. Wash your hands frequently with soap and warm water for at least 20 seconds, avoid touching your face, sneeze and cough into a tissue or the crook of your arm, avoid shaking hands or having close (within 2 meters) contact with anyone outside of your own household for more than 10 minutes at a time, sanitize often-touched surfaces in your home and workplace regularly with antibacterial products, and maintain social distancing as much as possible.

While all of this will result in fewer illnesses, it will not stop it entirely. As stated above, we fully expect some cases here, probably sooner rather than later, and we would like to remind the community that self-isolating yourself if you show signs of illness or find that you’ve had exposure to someone who has contracted the virus will protect both yourself and others.

A few other guidelines, if you think you may have contracted the virus:

* do not call 911. Unless you are in an emergent situation, 911 cannot help you, and make distract local resources from someone who is. Certainly, if you find yourself unable to breathe or in any other immediate emergency situation, call, but otherwise, follow the MB Health guidelines for this situation, which means:
* direct your inquiries to the appropriate resource, i.e., MB Health Links at 204-788-8200, or toll-free at 1-888-315-9257, and follow their directions.
* do not go to your local hospital. They cannot test you, and your presence, if you do have CoViD19, only increases the risk to others, some of whom will already be very vulnerable.

It should also be noted that there are many sources out there spreading misinformation, especially on social media. Most of these sources are not reputable and may end up causing more harm than good. Two reputable online sources for information are [www.prairiemountainhealth.ca](http://www.prairiemountainhealth.ca), and [www.gov.mb.ca/news](http://www.gov.mb.ca/news).

Also, remember that there are services which can assist you. We live in a small community, and friends and neighbours can be called on to deliver needed items if you do fall ill. If you truly have no one to call, we remind you that delivery services are available from most of our local businesses, and there are many volunteers willing to assist, if they know that assistance is needed.

In short, protect yourself by being prudent, protect others by being considerate, and call on your community if you are in need. You are not alone, and members of the Emergency Response Team and your Block Captains are willing to help if we can.