



COVID-19

B.C.'s schools are officially closed: Tips for VCH parents



With B.C.'s schools now closed indefinitely, Vancouver Coastal Health has established a priority working group with key municipal partners to address childcare needs for essential services staff. While day care centres are permitted to stay open for now, the situation may change in the coming days. While a longer-term strategy is being developed, we are hoping the following tips are helpful for VCH parents.

Tips if working from home is not an option:

Mobilize your village

Can you trade childcare duties with a colleague, or do you have a healthy family member/baby-sitter who may be able to step in? Universities are closed, can you leverage students who may be willing to help?

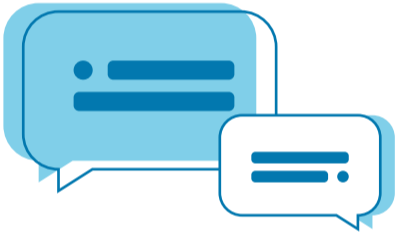


Stagger shifts with your parenting partner (if applicable)

Can you work earlier and your parenting partner later? (This could apply for both remote and shift work).

Be cautious with grandparents

While it might be tempting to ask older family members to assist with childcare, use your best judgement. Children seem to be more resistant to the virus, but they can be carriers to those in our community who are more vulnerable - including grandparents or elderly neighbors.



Talk to your manager

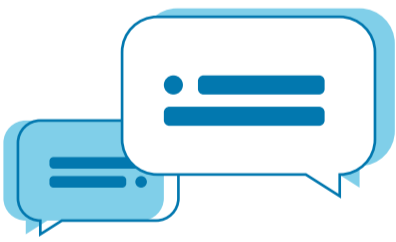
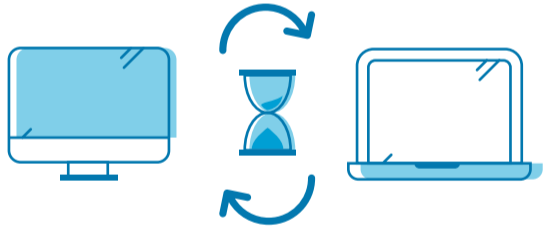
VCH leaders are aware of the challenges facing staff, and may be open to flexible scheduling arrangements. Have a conversation, get on the same page, and see if you can come up with a win-win situation.



Tips if you are able to work remotely (leader approval required):

Use technology effectively

Working from home but struggling to keep the kids entertained? Consider temporarily relaxing normal screen-time restrictions for educational games and shows to enable you to get your work done.

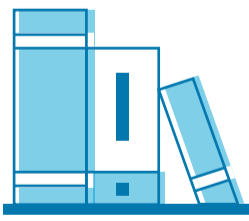


Talk to teachers

Parents of school-aged children may be given supplemental educational materials to keep them learning.

Master life skills

Gardening, cooking, baking, house work. Develop a proactive list of chores and responsibilities and set your children up to learn during this break.

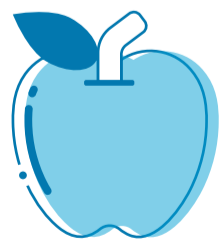


Reading

No need to say more on this gem of a tip. Books may be a parent's best friend during the coming days.

In this rapidly changing landscape filled with anxiety and frustrations, remember that these changes are temporary to try to contain the spread of COVID-19.

Thank you for your commitment to VCH, and all that you do every day to make VCH a great place to work and deliver exceptional care!



Did you know:

When the Great Plague of London was going around in 1665, Cambridge University shut down and Sir Isaac Newton was forced to stay home. During this time, he invented calculus, parts of optic theory and allegedly, while sitting in his garden, he saw an apple fall from a tree that inspired his understanding of gravity and the laws of motion.

Do the FIVE to help stop COVID-19:



- 1. HANDS** wash them often
- 2. ELBOW** cough into it
- 3. FACE** don't touch it
- 4. FEET** stay more than 3ft (1m) apart
- 5. FEEL** sick? Stay home