

WCSS COVID-19 Resources

FOOD BANK

The Whistler Food Bank is offering food deliveries to those who are in isolation, waiting for test results or have tested positive. Please note it will be a 24 -48 hour turnaround time. We provide enough food (perishable and non-perishable for 5 days and can provide another delivery if you are in need). We support all food allergies, diets and restrictions so please let us know. Please call our main office at 604-932-0113 to book in. Individuals can make a call on behalf of their own direct household (roommates) who may also be isolating.

HYGIENE KITS

Hygiene Kits are provided with food bank deliveries and contain all necessary items to safely isolate in your home from your family or housemates. They include disposable masks, gloves, disinfectant wipes, toiletries and toilet paper all in an effort to keep you home and staying put. This program has been made possible by generous donations from the [Whistler Blackcomb Foundation](#). To order one please contact our office from Monday to Saturday at 9am-4:30pm at 604-932-0113.

COVID-19 TEMPORARY SELF ISOLATION UNIT PROGRAM

Program details: The COVID-19 Temporary Self Isolation Unit Program is a partnership between BC Housing, Vancouver Coastal Health, Whistler Community Services Society and local accommodations. It is intended to provide community members that are directed by public health to isolate due to the COVID-19 pandemic with access to safe, temporary housing. Individuals are asked to contact an Outreach Worker to assess eligibility and for more details.

YOU TALK AND WE LISTEN!

WCSS provides free, confidential, virtual Support with a WCSS Outreach Worker. Are you in isolation and looking for support in the areas of finances, mental health, food insecurity or help filling out government assistance applications? Please book in with an Outreach Worker for free, or call our office at 604-932-0113 if it is more urgent.

HOW TO SELF ISOLATE



Isolation 101: How to prepare for self-isolation

In the event you become ill or you are directed to self-isolate, it's critical to be prepared. Here are some important actions you can take to ensure you are well-equipped and supported.



PLAN YOUR SPACE

If you live in shared housing, plan where someone who is isolating will stay and sleep. Consider a separate room and bathroom for them, if possible. If a separate bathroom is not available, be sure to thoroughly sanitize between uses.



FIND A BUDDY

Arrange with someone outside of your household to help with practical tasks if you need to isolate, such as delivering groceries or prescriptions. Many grocery stores and pharmacies deliver in Whistler.



GET HEALTH ADVICE

Do not dismiss your symptoms. Learn what symptoms to watch for on HealthLinkBC.ca. Connect with your health care provider or call 8-1-1 for health advice and directions on self-isolation.



REACH OUT TO WHISTLER COMMUNITY SERVICES SOCIETY (WCSS) FOR SUPPORT

WCSS can provide food bank and hygiene kit deliveries as well as assistance with accessing programs in partnership with BC Housing and VCH to help those safely isolate.

As well, the Outreach team can provide emotional support, community referrals and access to technology devices to stay connected with health care and support teams. If you are in isolation, these appointments can be made online and available through a free, confidential virtual session. Please visit mywcsc.org for more information or to book an appointment.



STAY INFORMED

Follow health updates and learn more about self isolation from the BC Centre for Disease Control.

BUILD YOUR SELF-ISOLATION KIT

Gradually stock items you will need for the directed isolation period. Stocking for longer than this is not necessary.

CHECKLIST

- Medication
- Food (including dried, canned and frozen)
- Birth control, condoms
- Harm reduction supplies (ie. naloxone kit)
- Pet food
- Soap
- Alcohol-based hand sanitizer
- Household cleaners, disinfectants
- Laundry detergent
- Tissues, toilet paper
- Face masks
- Disposable gloves
- Plastic garbage bags
- Personal toiletries
- Books, games, toys
- Emergency kit