

## How you can help pharmacists maintain essential community health care during COVID-19 pandemic

**March 24, 2020**

Saskatchewan's pharmacists are committed to maintaining continuity of care, working closely with physicians, nurses, and other health care professionals, to help us meet the challenge of the COVID-19 together.

In our hospitals and in more than 400 community pharmacies across the province, pharmacists are dedicated to maintaining the primary health care services so vital to meeting this unprecedented health care challenge.

Saskatchewan residents may notice some modifications in hours and the layout of community pharmacies. However, pharmacies are maintaining access to the medications and pharmacy services you need, subject to public health recommendations in force.

Please CALL your pharmacy for direction if you are feeling ill, and are requiring medications. Your pharmacy will direct you appropriately, and this way you are keeping the pharmacy staff and other people as safe as possible.

Help us keep one another safe, and reduce the risk of COVID-19 transmission. As a reminder, here are important things you can do:

1. **Protect yourself.** Updates and resources are available from Saskatchewan Health's dedicated [COVID-19 website](#) which is updated frequently.
2. Healthy residents should [self-monitor as standard practice](#).
3. Depending on your personal circumstances, such as recent out-of-country travel or contact with someone who has been diagnosed with COVID-19, you may need to shift from self-monitoring to [self-isolation](#).
4. Observe public health guidelines for reducing the risk of COVID-19 transmission, which includes the following practices:
  - [frequent, thorough hand-washing](#) using the technique proposed by the World Health Organization (WHO), and avoid touching hands to face.
  - [social or physical distancing](#)
  - [self-monitoring and/or self-isolating](#) in accordance with your circumstances

5. **Do you have troubling or ambiguous symptoms?** It only takes a few minutes to complete [Saskatchewan Health's Self-Assessment Tool](#).
6. **If you begin to feel sick**, immediately isolate yourself at home and call **Saskatchewan's Healthline 811** for guidance on testing.
7. If you are well, and caring for someone who is ill, self-isolate.
8. If you are sheltering in place or in self-isolation and need medication, call your pharmacist to discuss how best to get your medication to you.
9. Avoid panic buying or stockpiling supplies and medications.

**For more information:**

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