

LATEST UPDATE – AUGUST 13, 2021

In an effort to keep our community partners connected, we are providing you with regular COVID-19 updates.

A HEAT ALERT IS IN EFFECT - [LEARN MORE ON VCH.CA](#)

Read about the heat alert in the following languages:

[English](#) | [Arabic](#) | [Farsi](#) | [Chinese \(Simplified\)](#)
[Japanese](#) | [Punjabi](#) | [Korean](#) | [Vietnamese](#)

Extreme Heat Alert

Medical Health Officers from Vancouver Coastal Health (VCH) and Fraser Health (FH) are advising the public that across the Lower Mainland, Environment Canada's Heat Warning remains at an Extreme Heat Alert.

High temperatures forecast for tomorrow are anticipated to continue until Sunday, with daytime highs ranging from 32 to 35 degrees Celsius combined with overnight lows of 17 to 19 degrees Celsius. Humidex values during this period will reach the high 30's.

Medical Health Officers are again strongly advising Lower Mainland residents to take precautions to protect themselves and others. Combined with significant wildfire smoke rolling into the Lower Mainland for the next few days, it is critical to take extra steps as a priority to protect both yourself and those who are vulnerable in our communities. While the Extreme Heat Alert is in place:

- Cooling centres will be open, and no one should be denied access to these centres because of concerns about crowding or physical distancing.
- If people are wearing a mask and have difficulty breathing, they should remove the mask, whether they are indoors or outside, as wearing a mask may impact thermal regulation during heat events.

Other important steps people living in the Lower Mainland are advised to take for the duration of the Extreme Heat Alert include:

- **Conduct regular checks on vulnerable people-** Individuals who live alone, particularly seniors, are at high risk of heat-related illness. Check in regularly to ensure they have no symptoms.
 - If you identify signs of illness, assist in moving them to a cooler indoor or shaded space, support them in getting hydrated and seek medical assistance.
 - If urgent medical support is required, call 9-1-1 without delay.
- **Access other air conditioned spaces-** Seek out an air-conditioned facility (such as a shopping centre, library, community centre, restaurant, or a residence of friends or family).
 - Use public splash pools, water parks or pools or take a cool bath or shower.
 - At high temperatures, fans alone are not effective. Applying cool water mist or wet towels prior to sitting in front of a fan is a quick way to cool off.
- **Keep your home cool-** Open windows, close shades, use an air conditioner (if you have one) and prepare meals that do not require an oven.
- **Avoid tiring work or exercise in the heat-** If you must exercise or conduct strenuous work, drink two to four glasses of non-alcoholic fluids each hour. Limit day time outdoor activity to early morning and evening time.
- **Stay hydrated-** Drink cool non-alcoholic beverages (preferably water) irrespective of your activity intake- don't wait until you are thirsty. If your doctor generally limits the amount of fluid you drink or you take water pills, ask about increasing the amount of water you can drink while the weather is hot.
- **Keep pets and children cool-** Never leave children or pets alone in a parked car. Temperatures can rise to 52°C (125°F) within 20 minutes in an enclosed vehicle when the outside temperature is 34°C (93°F).
- **Dress for the weather-** Wear loose, light-weight clothing. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses.
- **Avoid sunburn-** Stay in the shade or use sunscreen with SPF 15 or more.
- **Seeking care-** For critical, life-threatening conditions, please call 9-1-1 or go to the nearest emergency department. This includes anyone experiencing difficulty breathing, shortness of breath or chest pain.
 - For other non-life-threatening matters, there are a number of options to seek care during the summer. Urgent and Primary Care Centres (UPCCs) are open evenings and weekend, seven days a week and

provide care for unexpected, non-life threatening health concerns that require treatment within 48 hours.

- If you are unsure where to seek care, please call 8-1-1 or your family physician.

Ministry of Health update

In today's statement on B.C.'s COVID-19 response, 717 new cases were reported with 101 of those in the Vancouver Coastal Health (VCH) area.

The total number of people who have tested positive for COVID-19 in B.C. now stands at 155,079 since the start of the pandemic. There are 4,277 active cases of COVID-19 across B.C. currently.

There have been no new COVID-19 related deaths, while 82 people are currently hospitalized, with 39 of these cases receiving treatment in ICU/critical care. The total number of individuals who have passed away due to COVID-19 is 1,779.

COVID-19 vaccine update

As of today, 82.4 per cent of all eligible individuals 12 years and older have received their first dose of a COVID-19 vaccine and 72 per cent of those 12 and older have received their second dose. In addition, 83.2 per cent of all eligible adults in B.C. have received their first dose and 73.6 per cent received their second dose.

Since December 2020, the Province has administered 7,164,020 doses of Pfizer-BioNTech, Moderna and AstraZeneca COVID-19 vaccines.

VCH vaccination clinics

VCH vaccination clinics are listed on our [website](#) including locations and hours of operation and all are accepting drop-ins for first and second doses. All are welcome at our clinics, including those without personal health numbers and people who are not residents of B.C. Clinic staff are available to help people register and book appointments at other clinics throughout the region if needed, and can help answer any vaccine-related questions.

All residents are encouraged to still register on the [provincial system](#) to ensure they receive an alert once they are eligible to book their second dose vaccination appointment.

Community Engagement Opportunities

VCH values community input. Please consider participating in or sharing the featured community engagement opportunities below:

- [Family Advisor - Carlile Youth Concurrent Disorders Centre Quality Council](#)
The Carlile Youth Concurrent Disorders Centre ("The Carlile Centre") is seeking a family advisor/liaison for their monthly Quality Council. The Carlile Centre's Quality Council helps make services delivered at the centre better for patients, their families and for staff.
- [Richmond Primary Care Network \(RPCN\) Advisory Committee Members](#)
Community members are needed for a planned advisory body to advise the Richmond Primary Care Network (RPCN). The Richmond Primary Care Network (RPCN) is a partnership between the Richmond Division of Family Practice, Ministry of Health, and Vancouver Coastal Health.

New home support resource pamphlet

VCH has recently developed some new resource material for home support services and how to access it. This information is available in various languages.

- **Home support pamphlet**
[\[English\]](#) | [\[العربية Arabic\]](#) | [\[فارسی Farsi\]](#) | [\[Français French\]](#) | [\[Español Spanish\]](#) | [\[Tagalog\]](#) | [\[Tiếng Việt Vietnamese\]](#)
- **Home support client handbook:**
[\[English\]](#) | [\[فارسی Farsi\]](#)

Other resources

Find the Provincial Health Officer's orders [here](#).

To see a map of **COVID-19 cases by local health area**, [visit here](#).

For the **latest medical updates**, including case counts, prevention, risks and testing, visit: <http://www.bccdc.ca/>
For **community engagement opportunities** at VCH, see: <https://engage.vch.ca/>

COVID-19 vaccination resource toolkit:

- **COVID-19 vaccine registration poster:**

[\[English\]](#) | [\[العربية Arabic\]](#) | [\[简体中文 Chinese Simplified\]](#) | [\[繁體中文 Chinese Traditional\]](#) | [\[فارسی Farsi\]](#)
[\[한국어 Korean\]](#) | [\[ਪੰਜਾਬੀ Punjabi\]](#) | [\[Español Spanish\]](#) | [\[Tagalog\]](#) | [\[Tiếng Việt Vietnamese\]](#)

- **Vaccine safety information:**

[\[English\]](#) | [\[简体中文 Chinese Simplified\]](#) | [\[繁體中文 Chinese Traditional\]](#) | [\[한국어 Korean\]](#) | [\[ਪੰਜਾਬੀ Punjabi\]](#)
[\[Tagalog\]](#)

- **Aftercare information:**

[\[English\]](#) | [\[العربية Arabic\]](#) | [\[American Sign Language - ASL\]](#) | [\[简体中文 Chinese Simplified\]](#) | [\[繁體中文 Chinese Traditional\]](#) | [\[فارسی Farsi\]](#) | [\[Français French\]](#) | [\[한국어 Korean\]](#) | [\[ਪੰਜਾਬੀ Punjabi\]](#) | [\[Español Spanish\]](#)
[\[Tigrinya\]](#) | [\[Tiếng Việt Vietnamese\]](#)

- **COVID-19 vaccine information sessions hosted by S.U.C.C.E.S.S. and VCH (Cantonese and Mandarin)**
[\[Cantonese\]](#) | [\[Mandarin\]](#)

- **COVID-19 vaccine Q&A with Dr. Ray Chaboyer**

[\[English\]](#)

- **COVID-19 vaccine info session by VCH Chief Medical Health Officer Dr. Patricia Daly**

[\[English\]](#)

Thank you

We appreciate the time you spend reading these updates and hope you find the information and resources useful. If you no longer wish to receive the VCH Community Partner Update, please reply or send an email to ce@vch.ca with the word “unsubscribe”. Thank you.