

Dear Community Partner,

In an effort to keep you connected, we are providing regular updates on COVID-19 attached and below.

Thank you.



LATEST UPDATE – June 30, 2021

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

Heat warning

As a [heat warning](#) remains in place across B.C., Vancouver Coastal Health (VCH) continues to encourage residents in our region to take precautions to stay safe. There are a number of measures people can take to cope with the current warm weather, including;

- Staying hydrated, drinking cold non-alcoholic liquids
- Remaining indoors when possible, and taking a cool bath or shower
- Plan outdoor activities before 10 a.m. or after 6 p.m.
- Wear lightweight, light coloured and loose-fitting clothing
- Wear a broad-spectrum sunscreen with SPF 30 or higher on exposed skin if outdoors

Please click [here](#) for a more information on staying cool.

Access public facilities to cool down

At this time, risks from extreme heat exceed the risks posed by COVID-19.

For those who require a break from the heat, cooling centres have been established across communities in our region where residents can rest in an air conditioned environment. Due to the current heat advisory, no one should be denied access to these public centres because of any concerns regarding crowding or physical distancing.

Those who are wearing a mask and have difficulty breathing are advised to remove their mask, whether they are indoors or outside, as wearing a mask may impact our ability to cool ourselves down during extreme heat.

Municipal government in many communities have posted guidance on their websites and social media channels on how residents can access cooling centres and other ways they can remain safe during this extreme heat, including: [City of North Vancouver](#), [Gibsons](#), [District of North Vancouver](#), [Pemberton](#), [Powell River](#), [Richmond](#), [qathet Regional District](#), [Squamish](#), [Sechelt](#), [Sunshine Coast Regional District](#), [Vancouver](#), [West Vancouver](#) and [Whistler](#).

Regularly check on vulnerable neighbours, friends and family

While everyone is at risk of heat-related illness, hot temperatures can be especially dangerous for young children, the elderly, those working or exercising in the heat, persons with chronic heart and lung conditions, persons with mental illness, people living alone and people experiencing homelessness.

Please regularly check in on neighbours, friends and family who may require additional support during this extreme weather, as their condition can change rapidly.

Accessing care during the heat warning

VCH appreciates the understanding of residents as our acute and community care sites adapt their operations to meet the healthcare needs of patients as efficiently and safely as possible. This includes increasing capacity, reducing congestion, and improving the flow of patients at sites that have experienced a surge in heat-related illnesses.

As emergency departments are experiencing an increase in those accessing care for heat-related conditions, VCH asks residents to choose the right care at the right place.

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. Heat stroke symptoms include high body temperature, dizziness or fainting, confusion, lack of coordination and very hot and red skin. As heat stroke is a medical emergency, do not delay in seeking immediate medical attention if you experience these symptoms. UPCCs have resources in place to care for mild to moderate heat stroke symptoms. However, if you are unsure where to seek care, please call 8-1-1 or your family physician.

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. For information on the care provided at these sites and to find the nearest UPCC to you, visit the [VCH website](#).

B.C. shifts to Step 3 of restart plan

With British Columbians achieving nearly 80 percent of first dose vaccine coverage for adults and COVID-19 case counts continuing to decline, the Province is safely moving to Step 3 of its four-step restart plan on July 1, 2021.

The four-step restart plan was designed based on data and guidance from the public health team led by the BC Centre for Disease Control (BCCDC) and Dr. Bonnie Henry, B.C.'s provincial health officer. Progressing to each step of the plan will be measured by the number of people vaccinated, COVID-19 case counts and hospitalizations and deaths and other key public health metrics.

Moving to Step 3 will signal the end to the longest provincial state of emergency in B.C.'s history. The emergency will be lifted on June 30 at 11:59 p.m. B.C.'s public health emergency will remain in effect during Step 3 to support amended public health orders from the provincial health officer, with reduced requirements.

During Step 3, businesses will gradually transition to new communicable disease plans, with guidelines for these plans released by [WorkSafeBC](#) on June 28. These guidelines were developed in consultation with public health and businesses will continue to be supported by WorkSafeBC and the PHO as they transition.

These plans will continue to include physical barriers at many business and retail settings. Capacity limits, formal health screening tests and directional arrows, as well as other physical distancing measures will no longer be required. However, they may still be used during this transition period.

Moving from Step 2 to Step 3 also includes:

- return to normal for indoor and outdoor personal gatherings;
- maximum capacity for indoor organized gatherings of 50 people or up to 50% of a venue's total capacity, whichever is greater;
- maximum capacity for outdoor organized gatherings of 5,000 people or up to 50% of a venue's total capacity, whichever is greater;
- return to normal for fairs, festivals and trade shows, with communicable disease plans;
- return to Canada-wide recreational travel;
- reopening of casinos, with reduced capacity and ~50% of gaming stations permitted to open;
- reopening of nightclubs, with up to 10 people seated at tables, no socializing between tables and no dancing;
- return to normal hours for liquor service at restaurants, bars and pubs with table limits to be determined by venue and no socializing between tables;
- return to normal for sports and exercise facilities, with communicable disease plans; and
- mask wearing recommended in indoor public spaces for all people 12 and older who are not yet fully vaccinated.

Canadians travelling to B.C. from outside of the province are asked to plan ahead and be respectful while visiting communities, especially smaller and rural towns, as well as Indigenous communities – including adhering to local travel advisories.

Ministry of Health update

In yesterday's joint statement on B.C.'s COVID-19 response, Dr. Bonnie Henry, Provincial Health Officer, and Adrian Dix, Minister of Health, reported 29 new cases with seven 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 147,578 since the start of the pandemic. There are 876 active cases of COVID-19 across B.C. currently.

There were no new COVID-19 related deaths, while 110 people are currently hospitalized, with 34 of these cases receiving treatment in ICU/critical care. The total number of individuals who have passed away due to COVID-19 is 1,754.

On Monday, Dr. Henry presented the latest modelling numbers, saying B.C. continues to see a significant decline in new cases, hospitalization and deaths as the number of people who are fully vaccinated goes up. Public health teams are closely watching case data to ensure this positive momentum is maintained. The latest modelling information can be found [here](#).

COVID-19 vaccine update

Dr. Henry said 78.3 percent of all adults in B.C. and 77.0 percent of those 12 years and older have received their first dose of COVID-19 vaccine. In addition, 31.6 percent of all adults in B.C. and 29.5 percent of those 12 and older have received their second dose.

In total, 4,941,795 doses of Pfizer-BioNTech, Moderna and AstraZeneca COVID-19 vaccines have been administered in B.C., 1,368,464 of which are second doses.

The health and safety of everyone at our vaccination clinics is always our top priority. As a result of the extreme heat in recent days, VCH is providing bottled water, cooling packs and umbrellas for those waiting outside. Clinics are also asking people to show up at their scheduled appointment time to avoid line ups outside and our staff are closely monitoring the flow of people at all clinics to ensure lines are moving as quickly as possible.

Throughout the week, VCH will continue to closely monitor weather conditions to ensure clinics can continue to operate safely and efficiently. Some vaccine clinic locations and times were adjusted to ensure the safety of those both providing and receiving vaccines and if further adjustments to clinic operations are required, people who have an appointment booking will be notified as a priority and will be rescheduled.

VCH apologizes for any inconvenience caused by any change in clinic schedules due to the heat. Follow @VCHhealthcare on Twitter for updated information.

Updates to VCH's implementation of B.C.'s Immunization Plan

VCH reminds residents in our region to ensure they are registered on the *Get Vaccinated* provincial registration system. To receive an alert to book your appointment for your first or second dose you must be registered on this platform: www.gov.bc.ca/getvaccinated. Residents born in 2009 or earlier (12+ years of age) are eligible to receive their first dose vaccine, with second dose appointments scheduled approximately eight weeks following your first dose appointment. Registering takes approximately two minutes and ensures you receive your vaccination appointment as quickly and efficiently as possible.

If you don't have a Personal Health Number or if you are unable to book online, you can register by phone at 1-833-838-2323 (translation support is available when calling). The call centre is open seven days a week from 7 a.m. to 7 p.m. or 9 a.m. to 5 p.m. on holidays. Those who would prefer to register in-person can visit a Service BC office.

Enhanced safety measures and protocols are in place at all Vancouver Coastal Health COVID-19 vaccination clinics. Visitors are reminded to wear a short-sleeve shirt as the vaccine will be delivered to the upper arm. Everyone receiving a vaccine will be monitored for 15 minutes following their appointment.

Community Engagement Opportunity

The [VCH Community Engagement Team](#) asks our partners in Vancouver for help directing community members of South East Vancouver to help us choose five different mural photos by July 2, 2021 for a new health-care facility coming to this community. Community members living or accessing health services in the Oakridge, Marpole, Sunset, Kensington-Cedar Cottage, Victoria-Fraserview and Killarney neighborhoods can participate by [completing this survey](#).

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**

[\[English\]](#)