

Daily Update – May 11, 2020

In today's daily Ministry of Health briefing, Dr. Bonnie Henry, provincial health officer, reported a total of 23 new cases of COVID-19 in B.C. since Saturday, bringing the total number of people who have tested positive to 2,353 since the pandemic began. Of those, 873 have been in the Vancouver Coastal Health region. The number of people in hospitals throughout B.C. sits at 66, including 18 people in critical care, and 1,719 people are considered fully recovered. There are 19 active outbreaks in long-term care, assisted living, and acute care.

Dr. Henry said if things continue on the same trajectory we will be moving into Phase 2 by next week. The playbook for moving forward with the plan has "rules" all of us must learn and follow. Keeping these top of mind will allow us to keep progressing through B.C.'s Restart Plan:

- Maintain physical distancing outside your household. For example, no handshaking or hugging, keeping your number of contacts low and keeping a safe distance.
- Practise good hygiene – hand hygiene, avoid touching your face and respiratory etiquette.
- Stay at home and away from others if you are feeling ill. That means staying home from school, work or socializing.
- Make necessary contact safer with appropriate controls, e.g., using plexiglass barriers or redesigning spaces.
- Increase cleaning of frequently touched surfaces at home and work.
- Consider using non-medical masks in situations where physical distancing cannot be maintained, such as on transit or while shopping.
- Continue to minimize non-essential personal travel.
- Stay informed, be prepared and follow public health advice.

Last week, Vancouver Coastal Health's Deputy Chief Medical Health Officer, Dr. Mark Lysyshyn, issued two letters to offer guidance to help businesses and arts, culture and recreation facilities to operate in ways that put the health and safety of staff and customers first as B.C. looks to move into the second phase of the Restart Plan. Both letters outline the need to comply with applicable Provincial Health Officer orders and discuss strategies that allow businesses and other facilities to operate in ways that respect physical distancing recommendations or mitigate face-to-face contact. The letter for businesses can be found [here](#) and the letter for arts, culture and recreation facility operators is [here](#).

Anyone in the VCH region with cold, influenza or COVID-19-like symptoms, however mild, can now be assessed for and get a COVID-19 test. Contact your physician or nurse practitioner's office, or a local community collection centre to arrange for a test. Phone numbers and locations of collection centre can be found by visiting: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing> or by calling 8-1-1. In Vancouver, the City Centre and REACH urgent and primary care centres can provide testing as well as the St. Vincent's drive-up location at 4875 Heather Street. On the North Shore, testing is available at the North Vancouver Urgent and Primary Care Centre. If you think you need testing, please call ahead before visiting your doctor, urgent and primary care center or health clinic.



VCH Medical Health Officers, our provincial partners and the Public Health Agency of Canada continue to actively monitor the COVID-19 pandemic. To protect yourself while out in public, wash your hands frequently and maintain social distance. For more information on COVID-19, please visit <http://www.vch.ca/covid-19>.

For more information and latest updates on COVID-19, follow the BC Centre for Disease Control on Twitter [@CDCofBC](https://twitter.com/CDCofBC) or visit the website: <http://www.bccdc.ca/>.

