

Daily Update – May 8, 2020

In a joint statement released this afternoon, Minister of Health Adrian Dix and Dr. Bonnie Henry, provincial health officer, reported 29 new cases of COVID-19 in B.C. today, bringing the total number of people who have tested positive to 2,315 since the pandemic began. Of those, 866 have been in the Vancouver Coastal Health region. The number of people in hospitals throughout B.C. sits at 73, including 20 people in critical care, and 1,579 people are considered fully recovered.

There are 21 active outbreaks in long-term care, assisted living, and acute care, and 18 outbreaks have now been declared over. Our Public Health team continues to provide support to the community outbreak at United Poultry, actively contact tracing those who may be directly affected and their close contacts.

The statement included a reminder that until we move into Phase 2 under B.C.'s Restart Plan, targeted for next weekend, all orders, restrictions and guidance remain in place. The recommendation for Mother's Day this weekend is to do something special for our mothers, whether they are near or far, in your household bubble or not. For now, avoid any close physical contact, unless your mother is in your immediate household. And if your mother is older, awaiting surgery or has an underlying illness, celebrate at a safe distance.

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 BC'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.

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/>.

