LATEST UPDATE – November 9th, 2020

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

Ministry of Health Update
In yesterday's Ministry of Health briefing, Dr. Bonnie Henry, Provincial Health Officer, reported 998 new cases of COVID-19 over the past two days, for a total of 18,714 cases in B.C. since the pandemic began. There were 210 new cases in the Vancouver Coastal Health (VCH) region. Currently, 133 individuals are hospitalized with COVID-19, 43 of whom are in intensive care. The remaining people are recovering at home in self-isolation. There were five new deaths, bringing our total number to 281. VCH Assisted living, long-term care homes and seniors' rental buildings with ongoing COVID-19 outbreaks are:

- Pinegrove Place (first floor)
- Hamilton Village Care Centre (first floor)
- Yaletown House
- Louis Brier Home & Hospital
- Banfield Pavilion (fourth floor)
- Royal Arch Masonic Home
- Haro Park Centre (third floor, special care unit)
- Three Links Care Centre.

New Temporary Public Health Order for Vancouver Coastal Health and Fraser Health
Dr. Henry elaborated on the new Provincial Health Officer temporary order for Vancouver Coastal Health and Fraser Health. The goal of the orders is to break the chain of COVID-19 transmission through non-essential events such as social gatherings and travel so that essential events such as school and healthcare can safely occur in our communities.

By order, all individuals, places of work and businesses in the Lower Mainland and the Fraser Valley must significantly reduce their level of social interactions and travel. The order is in effect from November 7, 2020 at 10 p.m. to November 23, 2020 at 12 p.m.

A complete list of all the orders/regions affected can be found here: https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/lower-mainland. Some of the order includes the following:

Social interactions
Socialize only with those in your core bubble.

Core bubble
A core bubble are the people you spend the most time with and are physically close to. For some people, their core bubble is their immediate household. For others, their core bubble may contain a partner, relative, friend or co-parent who lives in a different household.

An immediate household is:
- Your immediate family
- A group of people who live in the same dwelling. For example:
  - If you have a rental suite in your home, the suite is a separate household
  - If you live in an apartment or house with roommates, you are all members of the same household.

gatherings
No social gatherings of any size with anyone other than your core bubble. For example:
- Do not invite friends or extended family to your household
- Do not gather outdoors
- Do not gather at restaurants
- Do not have playdates for children.

Allowed activities
Going for a walk is not considered a social gathering. You must make sure a walk does not turn into a group of people meeting outside.
Parents can continue to carpool kids to and from school. Grandparents can continue to provide child care.

**Travel guidance**

From November 7, 2020 at 10:00 pm to November 23, 2020 at 12:00 pm travel into and out of the Lower Mainland and the Fraser Valley should be limited to essential travel only. Postpone recreational and social travel. For example:

- Travel for a vacation
- Travel to visit friends or family outside of your core bubble

**Group physical activities**

Businesses, recreation centres or other organizations that organize or operate indoor group physical activities must suspend these activities. This includes:

- Spin classes
- Yoga
- Group fitness
- Dance classes
- Any other group indoor activity that increases the respiratory rate.

**What is essential travel?**

Essential travel within B.C. includes:

- Regular travel for work within your region
- Travel for things like medical appointments

For example, if you live in Vancouver and work in Surrey you can continue to commute. Individual circumstances may affect whether a particular trip is considered essential or non-essential.

**Flights to and from B.C.**

The order does not restrict travel and flights will continue to operate.

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**Masks Now Mandatory in All B.C. Healthcare Sites**

Protecting the wellbeing of health-care workers, non-clinical staff, patients and visitors is a priority, and it is important to recognize that our workplaces are safe. We have comprehensive safety plans in place and we are well-versed in practicing good infection prevention and control measures.

The new provincial masking policy outlines expectations for the use of face masks in all health-care facilities, programs and services, including community physician offices and outpatient clinics during the COVID-19 pandemic. For more information, visit: [http://www.bccdc.ca/Health-Professionals-Site/Documents/Mask_Use_Health_Care_Facilities.pdf](http://www.bccdc.ca/Health-Professionals-Site/Documents/Mask_Use_Health_Care_Facilities.pdf)

**VCH Website and Translation Engagement**

VCH is starting two important projects – the redesign of the VCH website and review of VCH translation practices. Your input in the web design project and the translation needs at VCH for safe care will help us improve our translation tools and ensure our future website is a user-friendly resource that is easy to navigate.

We are hosting Zoom focus groups to hear from diverse communities we serve. To register for any of the focus group times and dates (see the attached poster), please email ce@vch.ca.

**Testing**

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 centres can be found by visiting: [http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing) or by calling 8-1-1. For more information and latest updates on COVID-19, follow the BC Centre for Disease Control on Twitter @CDCofBC or visit the website: [http://www.bccdc.ca/](http://www.bccdc.ca/).
Other Resources
To find the Provincial Health Officer’s orders, visit:

To see a map of COVID-19 cases by local health area, visit:
http://www.bccdc.ca/health-info/diseases-conditions/covid-19/data

For a listing of the community exposure events, go to: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/public-exposures

For the latest medical updates, including case counts, prevention, risks and testing, visit: http://www.bccdc.ca/

For community engagement opportunities at VCH, see: http://cean.vch.ca/members/current-opportunities/