

LATEST UPDATE – December 31, 2021

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

Happy holidays from Vancouver Coastal Health

With the holidays here, we express gratitude for our community partners, who deliver critical supports to populations across the health authority. As we continue to navigate the pandemic together, we sincerely appreciate your collective support and look forward to continuing our partnership in the New Year.

Extreme cold

Cold temperatures continue this week. VCH Public Health advises the risk from exposure to cold weather is a greater risk to health than COVID-19 for the housing insecure. Please check on:

- People who are isolated or experiencing homelessness
- Outdoor workers, older adults and young children
- People who may be more likely to experience hypothermia as a side effect of alcohol and substance use
- Anyone who isn't acclimatized to our weather

Warming centres are exempt from the Provincial Health Officer Gatherings and Events Order and are not subject to event or capacity limitations that took effect on Dec. 22, 2021. However, COVID-19 safety measures, such as face masks, are in place at warming centres to reduce the risk of transmission of COVID-19. Proof of COVID-19 vaccination is not required for access to warming centres.

Other things that can help the community this time of year include handing out clothing to help keep exposed skin covered and dry (hats, scarves, mittens, socks, footwear, warm layers, umbrellas) and providing a warm drink.

Vancouver Coastal Health COVID-19 testing update

Due to hazardous winter weather conditions, Vancouver Coastal Health (VCH) has temporarily suspended operations at the St. Vincent and YVR testing sites, and is redirecting people to alternate testing locations, including a new COVID-19 testing site located at the Life Sciences Centre, Health Sciences Mall on UBC campus. Services will be available from 9 a.m. to 7 p.m. seven days a week, with free parking for those accessing care.

A full list of testing centers can be accessed on the [BCCDC website](#) via the collection centre finder tool ([Mobile and desktop users](#) | [Internet Explorer users](#)). Please make sure to check the hours of operation to determine whether a testing center is temporarily closed.

To support testing capacity and to prioritize care to those who are most vulnerable, Provincial Health Officer (PHO) Dr. Bonnie Henry recommends people with mild illness who are fully vaccinated can self-manage symptoms at home and don't need a test. Instead, if you're sick,

stay away from others, rest, drink plenty of fluids, and get medical help if symptoms worsen. For more information about what to do if you're sick, visit [If You Have COVID-19 \(bccdc.ca\)](https://bccdc.ca).

COVID-19 vaccine update

As of Thursday, Dec. 30, 2021, 88.0% (4,388,068) of eligible people five and older in B.C. have received their first dose of COVID-19 vaccine and 82.9% (4,131,506) have received their second dose.

In addition, 91.9% (4,260,681) of eligible people 12 and older in B.C. have received their first dose of COVID-19 vaccine, 89.1% (4,131,345) have received their second dose and 19.1% (884,416) have received a third dose.

Since December 2020, the Province has administered 9,368,643 doses of Pfizer-BioNTech, Moderna, AstraZeneca and Pfizer Pediatric COVID-19 vaccines.

Ministry of Health update

In the Dec. 30 [statement](#) on B.C.'s COVID-19 response, 4,383 new cases were reported with 977 of those in the Vancouver Coastal Health (VCH) area.

The total number of people confirmed positive for COVID-19 in B.C. now stands at 251,054 since the start of the pandemic. There are 17,357 active cases of COVID-19 confirmed across B.C. currently.

In the past 24 hours, one new COVID-19 death was recorded, while 211 individuals are currently in hospital and 66 of those are receiving treatment in ICU/critical care. The total number of individuals who have passed away due to COVID-19 is 2,420.

Province announces enhanced safety measures, delayed return to school to support safe, in-person learning

The province has announced that a full return to school for students in kindergarten to Grade 12 will be delayed until Monday, Jan. 10, in order to give public health and B.C. schools additional time to adapt to the impacts of the Omicron variant on communities and schools, and to implement enhanced safety plans to support the continuation of in-class learning.

During this time, schools will be open for limited numbers of students in particular need. Districts will be communicating out to families about how this process will work.

Read more [here](#).

Province strengthens COVID-19 measures for a safer holiday season

The PHO has implemented additional measures to address rising COVID-19 case counts that could result in increased hospitalizations and critical care admissions and potentially overstress the health-care system.

Revised PHO orders, which took effect on Wednesday, Dec. 22, and will extend to Jan. 18, 2022, include the following measures:

- Indoor organized gatherings of any size are not allowed. This includes gatherings like New Year's Eve parties, wedding receptions or other celebrations.
- Indoor events at venues can only have 50 per cent capacity. This includes events like concerts, sports or movies.
- Bars and nightclubs are closed.
- Restaurants, cafes and pubs can have a maximum of 6 people at each table and must have physical distancing or barriers between tables.
- Adult exercise, fitness and dance activities are not permitted.

These measures are in addition to the revised PHO orders that took effect on Monday, Dec. 20, which include:

- Indoor personal gatherings are limited to your household plus 10 visitors or 1 other household. Everyone 12 + must be fully vaccinated.
- At restaurants, cafes and pubs, customers must stay seated and cannot move between or visit other tables. Masks are required when not seated.
- All sports tournaments are not allowed, except for high performance athletes.

The measures introduced on Dec. 20 will extend until January 31, 2022.

Updates on PHO measures can be found by visiting <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>.

Vancouver Coastal Health winter care campaign – know where to go for the right care

Winter can be an exciting time of year, but it also comes with an increase in people visiting the emergency department. After another extraordinary year, our health facilities continue to be safe places for patients. For critical, life-threatening conditions, please call 9-1-1 or go to the nearest emergency department. For other non-life-threatening matters, there are a number of options to seek care during the winter season.

Find out more [here](#) about where and when to seek care this winter.

Access translated resources in the following languages:

Winter care poster in [English](#) | [Chinese Simplified \(简体中文\)](#) | [Traditional \(繁體中文\)](#) | [Punjabi \(ਪੰਜਾਬੀ\)](#) | [Arabic](#) | [Korean \(한국어\)](#) | [Tagalog](#) | [Spanish \(Español\)](#) | [Vietnamese \(Tiếng Việt\)](#)

Winter care postcard in [English](#) | [Chinese Simplified \(简体中文\)](#) | [Traditional \(繁體中文\)](#) | [Punjabi \(ਪੰਜਾਬੀ\)](#) | [Arabic](#) | [Korean \(한국어\)](#) | [Tagalog](#) | [Spanish \(Español\)](#) | [Vietnamese \(Tiếng Việt\)](#)

VCH vaccination clinics

Access a full list of VCH vaccination clinics, including pop-up clinics, by visiting <http://www.vch.ca/vaccine>.

All clinics are accepting drop-ins for first and second doses, but appointments are required for children aged five to 11 years old, and for booster or third doses. All are welcome at our clinics, including those without personal health numbers and people who are not residents of B.C. To book a vaccine, [register on the provincial system](#) or call 1-833-838-2323. [Service BC locations](#) can also help you register for a vaccine.

Get your BC Vaccine Card online at gov.bc.ca/vaccinecard. Once verified, you will be able to save a digital copy to your mobile device or print a hard copy to present along with your government-issued photo identification when entering designated businesses. Don't have access to a computer? Get your card from a Service BC Centre or by calling 1-833-838-2323 at the Get Vaccinated call centre.

Community engagement opportunities

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

- [Mental Health & Substance Use Services - Dialectical Behavioral Therapy \(DBT\) Intake Process Review](#)
We are encouraging individuals with Borderline Personality Disorder or with traits of Borderline Personality Disorder, who have been looking to access or who have accessed the Dialectical Behaviour Therapy program at VCH Mental Health & Substance Outpatient Services, to complete the short survey below. We are also encouraging input from family members of prospective/current clients.
- [Become a Mental Health & Substance Use Interview Panel Advisor](#)
The Client and Family Support and Involvement Team for Vancouver Acute, Community & Regional Tertiary are seeking a number of client and family advisors that can be part of leadership interview panels in all of our Vancouver Mental Health and Substance Use areas: Vancouver Community, Vancouver Acute, and Regional Tertiary.

VCH community engagement opportunities can be found on our [Engage VCH](#) homepage.

Home support resource pamphlet

VCH has developed some 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.

Land Acknowledgement

We would like to acknowledge that our places of work and the Vancouver Coastal Health facilities lie on the traditional, unceded homelands of the fourteen First Nation Communities of the Heiltsuk, Kitasoo-Xai'xais, Lil'wat, Musqueam, N'Quatqua, Nuxalk, Samahquam, Sechelt, Skatin, Squamish, Tla'amin, Tsleil-Waututh, Wuikinuxv, and Xa'xtsa.