

**Subject:** COVID-19 Updates - April 6, 2020

**Date:** Monday, April 6, 2020 at 6:38:40 PM Pacific Daylight Time

**From:** Ernie Baatz

**To:** Ernie Baatz

Good Afternoon;

Here's a link to today's Provincial Government Update on COVID-19: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/case-counts-press-statements>

Because their testing criteria is focused on healthcare workers and outbreaks, the number of confirmed diagnoses does not necessarily reflect the prevalence in the community, but the cautiously optimistic good news is that the number of hospitalizations, Intensive Care placements and deaths are climbing very slowly.

And their detailed statistics are here: [http://www.bccdc.ca/Health-Info-Site/Documents/BC\\_Surveillance\\_Summary\\_April\\_6\\_final.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/BC_Surveillance_Summary_April_6_final.pdf)

Their most important instructions remain: **Stay Home. Wash Your Hands. Keep your Physical Distance.**

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## **Interim Guidance to Social Service Providers for the Prevention and Control of COVID-19 in their Facilities**

Community Living BC distributed this updated set of instructions for the social services sector from the Provincial Health Officer:

[https://www.communitylivingbc.ca/wp-content/uploads/Reducing-transmission-of-COVID-19-in-social-sector-settings-April-4\\_FINAL.pdf](https://www.communitylivingbc.ca/wp-content/uploads/Reducing-transmission-of-COVID-19-in-social-sector-settings-April-4_FINAL.pdf)

*The goal of COVID-19 public health measures in social service providers is to, as much as possible, prevent the introduction and/or spreading of the virus in social service settings and/or prevent transmission between clients and staff.*

It is vitally important that front line providers of social services continue providing essential services to vulnerable populations and implement as many public health measures as possible to prevent and control COVID-19 in their facilities.

Key points include:

**Prevention:** Wash Your Hands, Keep your Distance, Stay Home if you are Sick

**Healthcare Responses:** What to do when you feel sick. What to do when someone you support starts to show symptoms.

**The Role of Masks:** There is recognition that we do not operate hospitals or healthcare facilities. They have provided guidance different from that given to healthcare workers.

### **Use of Masks at Spectrum:**

We have been searching for a reliable source of masks and recently were able to buy some medical masks, enough to have a small supply at each home and some reserves to prepare for the possibility that someone we support gets symptoms. Recently there has been much discussion about home-made masks and wearing masks when you are out in the community. The Medical Health Officer of Canada has concerns about these masks, but says they basically act similar to having a Kleenex over

your mouth, before you sneeze. They provide some protection to the community if you are sick and don't show symptoms, but they do not provide much protection to you from community spread of the disease. To prevent community spread, **WASH YOUR HANDS, PHYSICALLY DISTANCE FROM PEOPLE, STAY HOME IF YOU ARE SICK**. Linked here is our instruction sheet for the use of masks at Spectrum: <https://sscl.sharevision.ca/public/Files/COVID19/SupplyandUseOfMasks.pdf>

## **Self Care Tips Day 5 – A Calm and Clean Space to Sleep is Important**

**To-Do:** Wash your sheets and make your bed— really make your bed, as if you're prepping it for the queen! Fluff up pillows (grab a decorative throw or other items you may have lying around), and if you have candles, incense or other aesthetically pleasing items around, add them to your bedroom.

**Why?** Having a calm and clean space to sleep and relax is important for reducing stress, which improves our well-being throughout the day- and given we are all spending more time at home these days, a clean & inviting home environment will help us emotionally feel more settled & calm!

**Self-Reflection Tip:** Consider ways you can make your bedroom a more relaxing space. A few ideas you could try are; improving the lighting, purchasing new pillows (ideally from a local and handmade company - and online), or tidying-up.

You can sign up for the daily tips here:

<https://mailchi.mp/myworkplacehealth/kv0v0jdncb>

Let us know if you have any questions.

### **Ernie Baatz**

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