

Subject: Covid-19 Updates - February 11th, 2022 - Living Safely with Covid

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From: Ernie Baatz

To: Ernie Baatz

Living Safely with Covid-19

Two years after the first Covid-19 cases were identified in BC, we are still experiencing the challenges of this new communicable disease spreading in a community. Many people are anxious to return to their “normal” lives and hope to see an end to the restrictions that make social interactions more difficult. The challenge with “living with Covid” is that some people are more at risk of getting seriously sick from Covid-19. If we as a society do not provide support to balance their increased risk, we are creating barriers to society in the same way we would if we did not put wheelchair ramps up to buildings. Some examples of supports that could be provided to people who are more vulnerable are:

- Ensuring access to Vaccines. Clinics must be accessible and support provided to ensure people are able to get their full vaccination and booster shots with high priority.
- Ensuring their supporters are healthy. A vaccine mandate may become a permanent part of occupational requirements for staff working in healthcare and with other people who are more vulnerable.
- Access to testing. People who are more vulnerable to covid-19 need to have access to testing if they begin to have symptoms. There are now anti-viral medications that can help people recover from covid-19 but they must be provided within 5 days of the beginning of sickness.
- Provision of quality PPE. People who are vulnerable to a serious covid-19 infection want their caregivers to have the best available PPE to ensure their care is provided safely.

So when you hear people talking about “living with Covid”, add the word “safely” and remember that we don’t all face the same risks of serious illness from a covid infection.

Here is an article on CBC about “Living with Covid”.

<https://www.cbc.ca/news/canada/saskatchewan/living-with-covid-experts-1.6343022>

Living Safely Safeguards for Every Day

1. Get Vaccinated. Get your booster six months after your second shot.
2. Stay home if you are sick.

3. Keep your distance.
4. Outside is safer. If you can meet up with friends and go for a walk, you are much safer than sitting down together inside.
5. Wear a mask indoors.

Wednesday's Covid-19 Update from the Province of BC

Over the past two weeks, cases hospitalized per 100,000 population after adjusting for age (Jan. 25 to Feb. 7)

- Not vaccinated: 89.8
- Partially vaccinated: 47.5
- Fully vaccinated: 18.5

So if you are not vaccinated, you are 5 times more likely to need hospitalization than if you are fully vaccinated.

Read more here: <https://news.gov.bc.ca/releases/2022HLTH0048-000196>

Spectrum's Covid-19 Rapid Antigen Testing Clinic

With the support the Red Cross and the Government of Canada, we have received supplies to allow us to run a clinic to provide Rapid Antigen Tests for Spectrum staff, caregivers, volunteers and people we support. The tests are available as another safeguard to keep us all safer by detecting an infection before there are symptoms. If you already have symptoms, you should stay home and call 811.

The Clinic is at the Barb Goode Training Centre, two doors west of the Spectrum Office at 3223 Kingsway in Vancouver.

You can book an appointment below, or just DROP IN. We have four stations and it only takes 20 minutes, so you won't have to wait.

<https://outlook.office365.com/owa/calendar/SpectrumRapidAntigenTestingClinic@spectrumsociety.org/bookings/>

Schedule for February 14 – 18th, 2022

Mon 9am-1pm

Tue 4pm-7pm

Thu 2pm-5pm

Fri 9am-1pm

You will get a waiver form when you arrive, and after signing, you will be provided with a swab to do your own sample. Then our staff will test the sample and provide you with your result after 15 minutes. The results are confidential. Red Cross

requires us to report aggregate data only – the number of tests conducted, the number that were positive and the number that were negative.

Reasons you might get a rapid test:

1. **A weekly rapid test will keep you and your team safer because you'll be alerted if you do not have symptoms but are infectious.**
2. **You may have a family member with symptoms and want to confirm you are not infectious.**
3. **You had a recent contact with someone who has tested positive (3-5 days).**
4. **You are going to be spending some time with friends or family and want extra assurance that you are not infectious before you gather.**

Let us know if you have any questions.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

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www.spectrumsociety.org

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Be Calm, Be Kind, Be Safe

Acknowledging that I work and live on the unceded and ancestral lands of the ʷməθkʷəyəm (Musqueam), Sḵwx̱wú7mesh (Squamish), and səliłwətaʔt (Tsleil-Waututh) Nations.