

Subject: COVID-19 Updates - January 5, 2021
Date: Tuesday, January 5, 2021 at 7:24:45 AM Pacific Standard Time
From: Ernie Baatz
To: Ernie Baatz
Attachments: image001.jpg, image002.jpg

Happy New Year – Looking forward to a Safe and Healthy 2021

We hope everyone had a peaceful and relaxing holiday season. Thank you for making safe choices in your social activities, keeping to your household gatherings, washing your hands, wearing masks and staying home when sick.

If you are not feeling well, call 811 to discuss your symptoms and confirm whether you need to get a test for Covid-19. If you test positive, the health authority will contact you to complete Contact Tracing. Fraser Health has a checklist to help the Contact Tracer and it gives us a good example of the detailed information they would like to gather from you if you test positive:

<https://covidselfreporting.myhealthinfo.ca/index.php>

They ask about the following activities where you might have been infected by Covid, or passed the infection on to other people:

- Any Care Facilities you entered in the period beginning two days before you tested positive (Schools, Daycares, Long-Term Care)
- Have you accessed any healthcare services – visited our doctor, physio, dentist
- Who have you been intimate with – shared a meal or a drink, kissed
- Who have you been in close contact with – closer than 6 feet for 15 minutes
- Where did you go to work?

- Did you attend any large social gatherings – Weddings, Funerals, Parties with 10 or more people?

How are you doing in limiting your social contacts? When you are out in public places, are you using your levels of safety – keeping your distance, washing your hands, wearing a mask?

These basic safety steps will keep everyone safe and healthy for the next few months while the vaccines get distributed to high risk groups and then to the rest of the population.

Joint statement on B.C.'s COVID-19 response, latest updates

Dr. Bonnie Henry, B.C.'s provincial health officer, and Adrian Dix, Minister of Health, have issued the following joint statement regarding updates on the novel coronavirus (COVID-19) response in British Columbia:

“Today, we are reporting on new cases of COVID-19 from Dec. 31 through to today. From Dec. 31 to Jan. 1, we had 565 new cases; from Jan. 1 to 2, we had 607 new cases and from Jan. 2 to 3, we had 500 new cases. In the last 24 hours, we had 539 new cases.

“This represents 2,211 new cases of COVID-19, including 22 epi-linked cases, for a total of 54,201 cases in British Columbia.

...

“Since the start of immunizations up to yesterday, 24,139 people have received a COVID-19 vaccine in British Columbia. While our December allotment was limited, the smaller initial deliveries have allowed us to refine our processes and address any hurdles that have emerged as we ramp up our provincewide immunization program.

“Our approach is to maximize distribution, while balancing supply – vaccinating as many high-risk people as possible in this initial period.

Read more here: <https://news.gov.bc.ca/releases/2021HLTH0001-000003>

Updates from Facebook and our friend Jule Hopkins:

Vaccines are being administered!



Long Time PLAN member, Marge, who also sits on PLAN's Wise Elder Committee got her COVID Vaccination last week. Pictured here is here getting the protection she needs to stay safe and healthy. Marge resides in a care facility so it is extra important for her to have this much needed care.

She tells us - it didn't even hurt and she is pleased to know that this might mean that she can have visitors again soon.

Marge, we are proud of you and so glad to know that you have this extra protection. Stay well and safe so we can see you in person again soon.

BC Recovery Benefit – You need to Apply!



Barb Goode, applied for her B.C Recovery Benefit payment today. She is so pleased that her PLAN and other friends can get this benefit to help them out during these difficult times. Barb asks "have you applied for your benefit yet?" If not she says "get your Support Network members to help you go online or on the phone to help you do so". If you have, she adds "she is proud of you".

====

Calendar of Social Activities Online

The Family Support Institute has been collecting online activities and posting them to their website. Here is a link to the calendar: <https://familysupportbc.com/calendar-cfc/>

Coming up this week are activities such as:

- Dance With Amanda – January 5th – 4pm
- Game and Coffee Hangout – January 6th – 2pm
- Yoga with Maria – January 7th – 10am

Check it out share some fun online activities.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

www.spectrumsociety.org

cell: 604-644-1474

Be Calm, Be Kind, Be Safe