

Subject: Covid-19 Updates - January 10, 2022 - Caution Required
Date: Monday, January 10, 2022 at 1:35:14 PM Pacific Standard Time
From: Ernie Baatz
To: Ernie Baatz
Attachments: image001.jpg

Happy New Year!

I've enjoyed hearing people's hopes for this year. Bill is planning his vacation to Harrison Hot Springs and spending some time in the hot tubs. Kathy is planning to go to Kelowna and visit her friend Rita. Scott wants to go boating this summer. I am looking forward to a quiet week of camping on the shores of Shuswap Lake.

I hope you are planning and looking forward to some interesting experiences this spring or summer!

But Right Now: Omicron is more infectious!

**Omicron in BC:
What you need to know**

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Omicron is highly contagious. It has overtaken Delta as the most common variant in BC.
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You can pass on Omicron to others before you know you're infected. Don't take the risk — stay home if you're sick.
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Omicron spreads fastest in unvaccinated people. It can infect people who are vaccinated or who had COVID-19.
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Omicron could overwhelm our health care system and prevent people from getting the care they need.

COVID-19 IN BC

From 300 cases per day in November, we now see 3,000 or more new cases per day of

Covid-19 since the Omicron variant has become the dominant strain circulating in the community. You can protect yourself, your family and the people around you by:

1. Getting vaccinated and get your booster shot
2. Reducing your in-person social activities
3. Wearing masks in indoor public spaces
4. Stay Home when Sick

1. **Getting Vaccinated – Getting Your Booster**

To get your first or second shot, go to <https://www.getvaccinated.gov.bc.ca/s/> or call 1-833-838-2323.

To get your booster shot, make sure you are registered at <https://www.getvaccinated.gov.bc.ca/s/> and you will receive an invitation when you are eligible.

When you get your invitation, look through the list for all the options – vaccine centres and local pharmacies – as some may have appointments earlier than others, and many have noted that the pharmacies do not have long line ups. Let us know if you have any questions or need assistance.

2. **Reducing your In-person Social Activities**

For the next four weeks, please do everything you can to reduce your time spent face-to-face with people outside your household. Staff beginning and ending shifts should pass on information outside or through documentation. Families that can keep their sons and daughters home safely should not worry about maintaining their space in a program. Over the past week and for the next four weeks, we are preparing for staff shortages because when there is a high level of Covid transmission in community, there will be a number of staff who get sick. We will need all available staff to be able to continue providing essential services.

3. **Wearing Masks in Indoor Public Spaces**

Masks keep you and the people around you safer than without masks. Keep your distance from people. Increase ventilation by opening windows.

4. **Stay Home if You are Sick**

Most common symptoms: Fever, Cough, Tiredness, loss of taste or smell, difficulty breathing. Other symptoms may include sore throat, headache, body aches, nausea or vomiting, diarrhea.

Call 811 or use the covid App to review your symptoms. They will tell you if you need to go for a test and how long to isolate.

For employees, email hr@spectrumsociety.org to let them know you have symptoms. They will guide your return to work.

Thank You For Staying Safe Through the Ice and Snow.

Thank you for traveling safely, staying home on icy, snowy days, and avoiding injury and accidents. Let us know if you need assistance because of the weather.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

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Be Calm, Be Kind, Be Safe

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