

Subject: Update for Individuals and Families - Spectrum's COVID-19 Updates

Date: Monday, March 23, 2020 at 3:45:48 PM Pacific Daylight Time

From: Ernie Baatz

To: Ernie Baatz

Good Afternoon, Friends and Family of people we support;

This is an update on what Spectrum is doing to ensure the safety and health of the people we support and the staff that support them. We put together a list of the family and friend contact emails. If you do not want to be on this email list, please reply with Unsubscribe and I will remove you from this email list.

How are you getting answers to your questions about the corona virus and COVID-19? Do you watch the Provincial Health Officer Dr. Bonnie Henry and Minister of Health Adrian Dix each day? Do you watch the morning updates from the Prime Minister? Many of us have been watching these daily updates and learning from them.

This is a link to the Saturday update from the Province of BC: <https://news.gov.bc.ca/releases/2020HLTH0101-000538> and here is a link to the Monday morning update:

https://archive.news.gov.bc.ca/releases/news_releases_2017-2021/2020PREM0044-000546.pdf .

We have also been getting bulletins from a number of government agencies to assist us in our planning.

1. **Community Living BC has two update pages:**

- one for individuals and families:
- <https://www.communitylivingbc.ca/resources/information-about-the-novel-coronavirus-covid-19/>
- and one for agencies:
- <https://www.communitylivingbc.ca/for-service-providers/information-about-the-novel-coronavirus-covid-19-for-clbc-funded-service-providers/>

CLBC's key message is:

What should I do to protect myself?

Health experts are asking us to focus on prevention:

1. Stay home and away from others if you or your family are sick.
2. Wash your hands often.
3. Avoid touching your face.
4. Cough or sneeze into your elbow or sleeve and dispose of tissues properly.
5. Avoid usual greetings such as handshakes, hugs and kisses.

2. **We received a letter from the Provincial Health Officer** addressing concerns about the delivery of social services in BC:

https://sscl.sharevision.ca/public/Files/COVID19/PHO_March182020.pdf

Here are some of the key messages from the letter:

Preventing COVID-19

SARS-CoV 2 (the virus that causes COVID-19) is spread through respiratory droplets.

The most important thing you can do to prevent infection is to wash your hands regularly and avoid touching your face.

Advice on Wearing Masks

Masks should be used by sick people to prevent transmission to other people. A mask will help keep a person's droplets in.

It may be less effective to wear a mask in the community when a person is not sick themselves. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask).

Advice on Self-Isolation

We now recommend that:

- People returning from travel outside of Canada stay home or self-isolate for 14 days after they return to Canada. They should monitor themselves daily for symptoms (fever, cough, muscle aches, difficulty breathing).
 - People who have been in close contact with someone who has been diagnosed with COVID-19 by laboratory testing should self-isolate for 14 days after their last encounter. Individuals should monitor themselves daily for symptoms (fever, cough, muscle aches, difficulty breathing).
 - People who have been in close contact with someone who has been showing symptoms (fever, cough, muscle aches, difficulty breathing), should monitor themselves daily for symptoms.
3. **The Health Professionals Involved:** We are working with the health professionals that are involved in the care of people we support to get specific advice for each person we support as issues arise.

Here are links to our previous updates:

- **March 21, 2020** - [Update on planning for COVID-19](#) - Using Personal Protection Equipment (PPE)
- **March 18, 2020** - [COVID-19 Updates](#) - Office Closed
- **March 16, 2020** - [Spectrum Exposure Control Plan](#) - How to keep people safe
- **March 16, 2020** - [Meeting People at their Homes and in Community](#) - Check in with people before meeting
- **March 13, 2020** - [COVID-19 Update](#) - What Spectrum is doing, What families can do.
- **March 6, 2020** - [Corona Virus COVID 19 Update](#) - What is COVID19? How to keep safe.

Let us know what questions you have.

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

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