

Subject: Covid-19 Updates - March 29, 2022 - Rapid Test Kits Available at Office
Date: Tuesday, March 29, 2022 at 1:24:48 PM Pacific Daylight Time
From: Ernie Baatz
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Attachments: image001.jpg, image002.jpg, image003.jpg, image004.jpg, image005.png

Living with Covid – Safely

We all want Covid to be over, but there are still people getting sick and there will be new variants, so we all need to learn strategies to keep ourselves and others safe and healthy.

(Here is an interesting discussion of pandemics and when they might be “over”. [#CovidisNotOver](#) by Dan Gardner.)

Remember the Golden Rules?



All of these are still great rules to follow.

1. **Getting vaccinated** helps your immune system fight Covid if you get it. Unvaccinated people are five times more likely to end up in hospital if they get a covid infection. More information on locations and steps to follow here: <https://www.getvaccinated.gov.bc.ca/s/>
2. **Respect personal space.** If you are going to be getting close to someone you don't live with, wear a mask.
3. **Follow guidelines.** At Spectrum's locations, at the office and inside people's homes, we are wearing masks. The BC Vaccine Card is still in place until April 8 for non-essential events, services and businesses.
4. **Consider people's situations and comfort levels.** Some people are comfortable meeting outside. Some people are still wearing masks when they visit other people. In the absence of broader public health mandates, we have to consider our own health and the health of others and recognize that everyone will have different ideas about what is safe for them.
5. **Stay home if sick.** If you have symptoms, you can use the covid app or call 811 to assess the

symptoms. Rapid tests are now widely available. At Spectrum we have kits of five tests available for people we support, their families, and for our employees and home-share providers.

Rapid Test Kits Available

We have two brands of rapid test kits available at the Spectrum office and we have over 400 kits, so please put in a request at the office or drop by to pick one up. You can also get one kit every 30 days at your neighbourhood pharmacy. Here is a link to a list of pharmacies with kits available:

<https://www.bcpharmacy.ca/news/covid-19-rapid-test-kits-pharmacies>

Rapid Response (5 tests in one box):

Instructions are in the box and here on the BC CDC website:

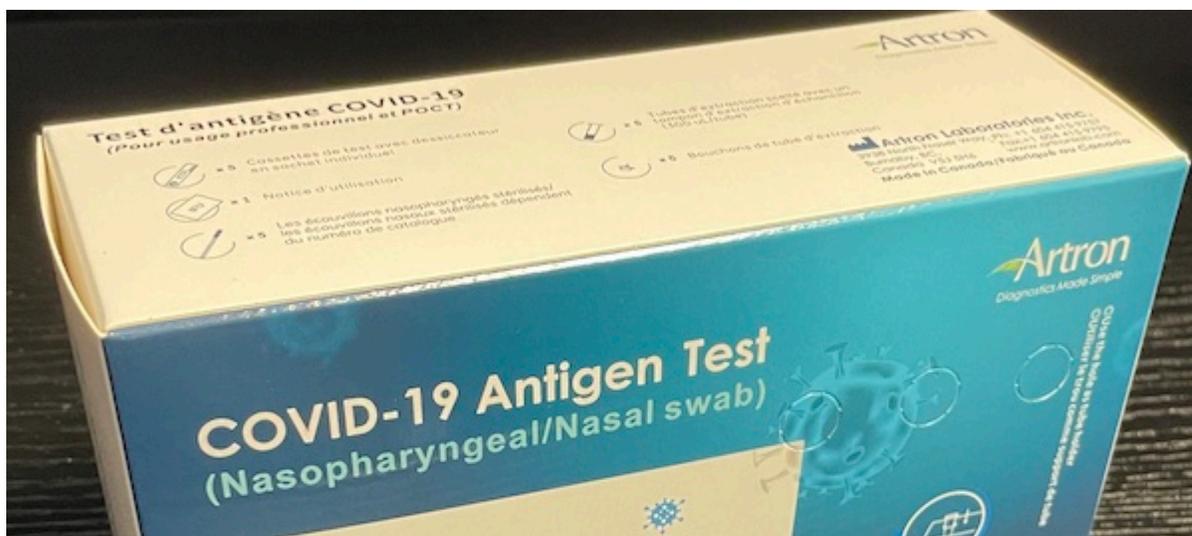
http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_Tests/POC_screening/BTNX_test_guidelines.pdf



Artron (5 tests in one box):

Instructions are in the box, and here on the BC CDC website:

http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_Tests/POC_screening/RapidTestInstructions_Artron.pdf





As well, from Red Cross and the Government of Canada, we have a supply of KN95 masks. They come in boxes of 20 masks and fit closer to your face with straps that go around your head instead of around your ears. You can get these at the office as well.



You can call the office to put in your order – 604-323-1433.

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CLBC Update



Supporting individuals and families as B.C. eases COVID-19 restrictions

Dear self advocates and family members –

On March 10, Dr. Bonnie Henry, our provincial health officer, announced the removal of the order requiring people to wear masks indoors. She said we can do this because so many people in B.C. have gotten their COVID-19 vaccinations. We know as well that the number of COVID-19 cases is dropping and people will be able to resume some in-person social connections and community activities. [Here is Dr. Henry's announcement.](#)

This is welcome news after two years of sacrifices that have been difficult on everyone's physical and mental health.

We know many individuals and families are thinking through how to adjust their lives during this time. Wearing of masks will no longer be an order, but people can continue to do so and are encouraged to do so on public transit and BC Ferries. Organizations and service providers can also continue to require staff, individuals, families, and visitors to wear masks in their services.

Because many people we serve are more vulnerable to severe illness from COVID-19 than other people in B.C., we have recently told our service providers that it is reasonable for them to continue mask requirements and safety precautions for the coming months. But we have also asked them to take advantage of this time to support individuals to resume in person social connections and activities where they can do so in safe ways. [You can see our message to service providers here.](#)

Here are things to think about and help you decide how to adjust:

1. Think about your personal risks

Every person will have different levels of risk. Many of you are very strong and healthy and ready to be more active. Others have health conditions that mean you may get sicker if you catch COVID-19. If you are unsure of your risk, talk to your doctor and support networks to help you understand your risk levels and the things you can start to do again, and how to do them safely. Also consider the level of risk of your family members. If they are getting older and have some health concerns you will want to take extra precautions to protect their health.

2. Think about things that help your physical and mental health

With the number of COVID-19 cases lower than before, and if you have had all your vaccinations, now is the time to find safe ways to do more things that are important to your physical and mental well being.

In some cases, you may be able to see people again in person, and do so in safe ways outside, or in smaller groups, and practising distancing. You can still wear a mask, and everyone should still practice washing their hands and respiratory hygiene, which protect you from catching colds, the flu and COVID-19.

3. Think about what will give you comfort and confidence

Everyone also will have different levels of comfort when resuming activities. It is important for everyone to listen to each other's preferences and respect them. People who are more cautious must be supported. While many people may decide they are comfortable no longer wearing masks, it is your right to choose to continue to wear a mask, and your support networks will help make sure your friends and community understand and respect your choices.

4. What to do when you or someone else feels unwell

One of the things this pandemic has taught us is that when we feel unwell we should not be in close contact with others. If you are feeling sick, even if it isn't COVID-19, do your best to keep your distance and focus on getting well. Agencies are also encouraging their staff that are ill to be off work until they are well. In this way they won't spread their illness with individuals or other support staff.

Let's remember that we can begin to think about these things due to the protections that have come from people being vaccinated. Being vaccinated remains the best form of personal protection from serious COVID-19 and offers protection for ourselves and others.

CLBC is grateful for all the steps individuals and families have taken over the past two years to take care of themselves and others. While this next stage is not without challenges, it is an opportunity for us all to begin to reclaim things we had to forgo to remain safe. In all our efforts, let's remember to be easy on ourselves and kind to each other.

CLBC will hold its next COVID-19 update call for individuals and families on Tuesday, April 19, from 1-2 p.m. Pacific Daylight Time to answer your questions with deputy provincial health officer Dr. Daniele Behn Smith. We will send out an invitation with registration information soon.

Sincerely,

Ross Chilton

CEO, Community Living BC

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

Acknowledging that I work and live on the unceded and ancestral lands of the ʷməθkʷəy̓əm (Musqueam),

Skw̓wú7mesh (Squamish), and sə́ilwətaʔ (Tsleil-Waututh) Nations.