

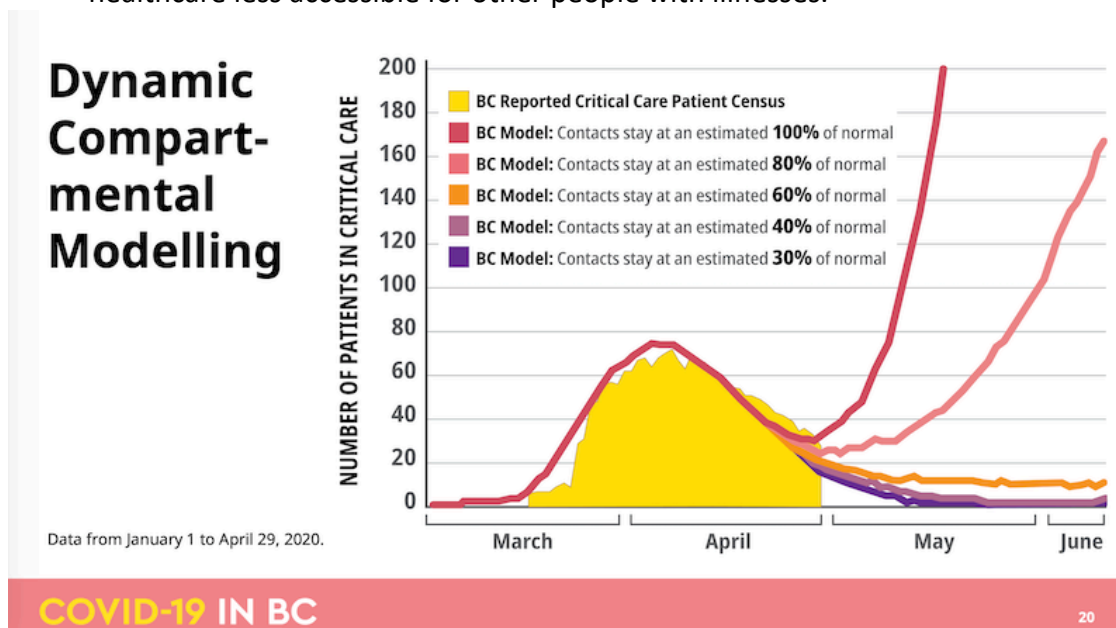
Subject: COVID-19 Update - May the Fourth (be with you) 2020
Date: Monday, May 4, 2020 at 3:22:32 PM Pacific Daylight Time
From: Ernie Baatz
To: Ernie Baatz
Attachments: image001.png, image002.png, image003.png

COVID-19 – Going Forward

Dr. Bonnie Henry's presentation today is already posted to the BC Centre for Disease Control website: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_ModellingPresentationMay4.pdf

A key topic discussed today was what happens if we relax the current physical distancing rules a little or a lot. On page 20 of the presentation, it shows the projected number of people that will end up in hospital depending on our physical distancing behaviour.

- If we keep our physical distancing as we currently have it – about 30% of normal behaviour – we will have very few people end up in critical care.
- If we increase our physical distancing behaviours so that we are interacting at about 60% of normal, we could keep the number of people in critical care below 20 people at a time.
- If we increase our physical distancing behaviours to 80% or 100% of normal, we could see large increases in the number of people in critical care, overwhelming hospitals and making healthcare less accessible for other people with illnesses.



There is a three slides outlining the principles for a Go Forward Plan on pages 24, 25, 26. There is a ranking of effectiveness of controls to reduce transmission of the coronavirus.

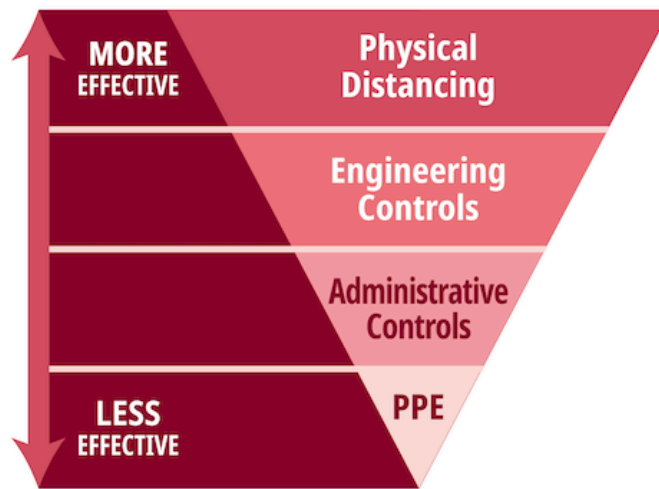
- The most effective measure is physical distancing – keeping at least six feet (2 metres) away from each other.
- The next most effective measures are those engineering controls – things we can change in the physical environment to prevent transmission, like plexiglass shields.
- The third most effective measures are administrative controls including things like getting people to make appointments rather than drop in, and limiting the number of people in space.
- The fourth measure, described as less effective, is the use of personal protective equipment

(PPE). It is useful in very specific situations like when providing direct personal care, but less effective as a broad public measure to reduce transmission of the virus.

Hierarchy of Controls For COVID-19

The hierarchy of controls is a framework for reducing transmission hazards. The most effective controls are at the top of the pyramid.

Source: Koehler, K, Rule A. Can a mask protect me? Putting homemade masks in the hierarchy of controls. [Internet] 2020 April 2. Johns Hopkins Education and Research Center for Occupational Safety and Health.



On Slide 26, there is a list of Key Principles Going Forward:

Key Principles Going Forward

- ✓ Staying informed, being prepared and following public health advice.
- ✓ Practicing good hygiene (hand hygiene, avoid touching face, respiratory etiquette, disinfect frequently touched surfaces).
- ✓ Staying at home and away from others if feeling ill – not going to school/work.
- ✓ Maintaining physical distancing outside the household (e.g. no hand shaking or hugging, small numbers of contacts and keeping a safe distance).
- ✓ Making necessary contact safer with appropriate controls (e.g. plexiglass barriers, room design).
- ✓ Increasing environmental cleaning at home and work.
- ✓ Considering the use of non-medical masks in situations where physical distancing cannot be maintained (e.g. on transit, shopping).
- ✓ Reducing personal non-essential travel.

Stay tuned for more updates from the Province this week as they provide more details on how we can keep safe and healthy, while returning to some of our old routines and activities.

Conference Call for Support Workers – Notes from May 1, 2020

CLBC hosted a conference call for Support Workers on Friday, May 1, 2020 and Simon Schweitzer

scribed a great set of notes on the call.

Speakers on the call included Shane Simpson, Minister of Social Development and Poverty Reduction, Dr. Daniele Behn-Smith, Deputy Provincial Health Officer, Ross Chilton, CEO of CLBC, Gentil Mateus, CEO of CSSEA, and Brenda Gillette, CEO of the BC CEO Network.

They each gave 5 minute updates, and then had a question and answer period based on questions that support workers sent in before the call. Here are Simon's notes:

<https://sscl.sharevision.ca/public/Files/COVID19/CLBCCallforSupportWorkersMay012020.pdf>

CLBC will post a recording of the conference call in the next few days.

Dr. Bonnie Henry's Book on Viruses from 2009 Updated for 2020 and COVID-19 times

[Soap and Water and Common Sense: The definitive guide to viruses, bacteria, parasites and disease](#) by Dr. Bonnie Henry

The definitive guide to fighting coronaviruses, colds, flus, pandemics, and deadly diseases, from one of North America's leading public health authorities, now updated with a new introduction on protecting yourself and others from COVID-19.

Dr. Bonnie Henry, a leading epidemiologist (microbe hunter) and public health doctor at the forefront of the fight against the worldwide COVID-19 coronavirus outbreak, has spent the better part of the last three decades chasing bugs all over the world — from Ebola in Uganda to polio in Pakistan, SARS in Toronto, and the H1N1 influenza outbreak across North America. Now she offers three simple rules to live by: wash your hands, cover your mouth when you cough, and stay at home when you have a fever.

From viruses to bacteria to parasites and fungi, Dr. Henry takes us on a tour through the halls of Microbes Inc., providing up-to-date and accurate information on everything from the bugs we breathe, to the bugs we eat and drink, the bugs in our backyard, and beyond. Urgent and informative, *Soap and Water & Common Sense* is the definitive guide to staying healthy in a germ-filled world. (*From House of Anansi*)

Available online at Chapters:

<https://www.chapters.indigo.ca/en-ca/books/soap-and-water-common-sense/9781487008673-item.html?ikwid=bonnie+henry&ikwsec=Home&ikwidx=4>

Let us know if you have any questions or need any assistance.

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