

Subject: COVID-19 Updates - November 6, 2020 - Getting a Flu Shot
Date: Friday, November 6, 2020 at 7:16:40 AM Pacific Standard Time
From: Ernie Baatz
To: Ernie Baatz
Attachments: image001.jpg, image002.png, image003.png

Staying Safe and Healthy

The basics of keeping the people we support, our teams and your families Healthy and Safe are important to practice every day:

Stay home if you sick – Call 811 for further directions

Wash your hands regularly

Keep your distance – at least two metres or six feet from people outside your bubble

Wear a mask on transit, in stores, in all indoor public spaces.

Keep your social bubble small – But stay connected with friends and family. Phone, video chat, go for a walk outside – it is so important to keep in touch.

Thank you to everyone for the amazing job everyone has done over the past eight months!

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Joint statement on B.C.’s COVID-19 response, latest updates – Nov 5, 2020

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 425 new cases, including four epi-linked cases, for a total of 16,560 cases in British Columbia.

“There are 3,389 active cases of COVID-19 in the province, 7,519 people who are under active public health monitoring as a result of identified exposure to known cases and 12,806 people who tested positive have recovered.

“Currently, 97 individuals are hospitalized with COVID-19, 24 of whom are in intensive care. The remaining people with COVID-19 are recovering at home in self-isolation.

...

“We need everyone to help slow the spread of the virus by staying local, only spending time with our household or at most, our safe six and by following the safety basics – at

work, at school and at home.

“The foundational layers of protection and provincewide orders in place throughout B.C. are our steady guideposts to help chart our path forward.

[Full Statement Available Here](#)



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Getting a Flu Shot

Now more than ever, getting a flu shot is an important step to protect yourself and those around you. A flu shot can reduce your chance of developing symptoms that resemble COVID-19 which would require you to get tested and self-isolate. This can increase wait times at testing centres as well as test results and can delay the identification of COVID-19 cases.

Getting a flu shot is the best way to protect yourself and others against influenza, especially when used with other infection prevention practices such as proper hand hygiene and staying home from work or school when sick, even with mild symptoms.

Where you can get a flu shot

VCH Public Health clinics

Your family doctor

Walk-in clinics

Your pharmacist

Urgent & primary care centres

Find a location

Appointments are strongly recommended this year to help us maintain physical distancing and to reduce wait times.

[More information on flu shots at Vancouver Coastal Health](#) (Vancouver, Richmond, North Shore, Sunshine Coast)

[More information on flu shots at Fraser Health](#) (Burnaby, New West, Delta, Surrey, Coquitlam, Fraser Valley)

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Staying Connected with Virtual Bingo

Ruth, Chantel and their teams have been planning a virtual Bingo event to help all the individuals we support stay connected and have some fun during this time!



If anyone you support would like to participate please let Ruth and me know and we will make sure you get the playing cards and stampers that are needed to participate. We will be sending out a Zoom invitation with the dates and details shortly. We are trying to collect information to see how many people are interested to make sure we have enough supplies! We are hoping with enough interest this can be an ongoing event!

Contact us: ruth.villarma@spectrumsociety.org or chantel.foden@spectrumsociety.org

Thank you Chantel and Ruth for helping people stay connected!



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Remembrance Day in 2020

Wednesday, November 11, 2020 is Remembrance Day and with public safety guidelines, there are new ways being proposed to honour and remember people who served our country.

Honour and Remember

The Remembrance Day Ceremony has played a major role in Remembrance since 1931. Every year, at the eleventh hour of the eleventh day of the eleventh month, we gather in memorial parks, community halls, workplaces, schools and homes to stand in honour of all who have fallen. Together, we observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

Music for commemorative ceremonies

Legion Branches and communities across the country share the tradition of Remembrance through solemn ceremonies, often accompanied by music. The following music is available for non-commercial use (click to download and save in mp3 format).

[O Canada](#)

[Last Post](#)

[Lament](#)

[Rouse](#)

[God Save The Queen](#)

Additional music from various artists can be downloaded [here](#).

More information on Canadian Legion website:

<https://www.legion.ca/remembrance/remembrance-day>

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