

Subject: Covid-19 Update - April 29, 2022 - Living Safely with Covid
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From: Ernie Baatz
To: Ernie Baatz

Living Safely while Covid-19 is Still Spreading in our Communities

The best safeguard against getting seriously ill with Covid-19 is to be fully vaccinated. If you have had your first two shots, get your booster after six months. People over 70 are now getting their second booster (fourth shot). You can get more information on boosters at:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/booster>

Basic Safety Measures – The Golden Rules

1. Stay Home if you are sick.
2. Wear a mask if you are in crowded public places.
3. Get vaccinated, Get your Booster.
4. Meet with friends outside so there is more fresh air flow and less chance of infection.

Safety Supplies available at the Spectrum Office:

1. We have Rapid Antigen Tests – Kits of 5 – for you to take home.
2. We have medical masks and KN95 masks

What to do if you are sick

The BC Centre for Disease Control has lots of very clear information about taking care of yourself or others if you or they are sick with Covid-19.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

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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 ʷməθkʷəyəm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətaʔt (Tsleil-Waututh) Nations.