

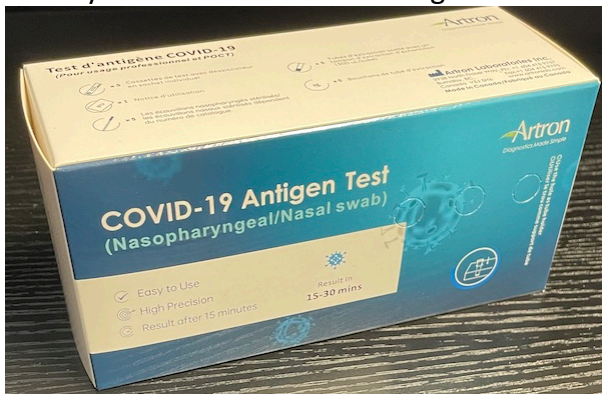
Subject: Covid-19 Updates - July 18, 2022 - Living Safely With Covid in Our Community
Date: Monday, July 18, 2022 at 5:16:35 PM Pacific Daylight Saving Time
To: Ernie Baatz
Attachments: image001.jpg, image002.png

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 and use for yourself, your family, your friends. You can also get these at most pharmacies.



2. We have KN95 masks provided free by the Red Cross. They come in boxes of 20.



Please call the office to have some set aside for you.

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>

- [What to do if you have mild symptoms and testing is not recommended](#)
- [What to do if you test positive for COVID-19](#)
- [Managing your symptoms](#)
- [Vaccination after infection](#)
- [Caring for someone with COVID-19](#)

Treatments If You Get Covid-19

There are some treatments available for people who tested positive for COVID-19, and are not in the hospital, and who are at higher risk of serious illness from COVID-19.

To find out if you may benefit from treatment and how to get the treatment, visit gov.bc.ca/covidtreatments or call 1-888-268-4319.

Two therapeutic treatments for COVID-19 are currently approved for people who have mild or moderate symptoms of COVID-19:

- [Paxlovid](#) is a course of antiviral pills that can be taken at home
- [Remdesivir](#) must be given through a vein and requires visits to a clinic or hospital

These treatments do not stop you from getting COVID-19. They are used to prevent severe illness in people who are at higher risk from COVID-19.

To be effective, they must be started within 5 days of developing symptoms. For safety reasons, these treatments must be prescribed by a health care provider. You may not be able to receive treatment if you are already taking some other medications. **Call your doctor to see if these treatments are right for you.**

Booster Shots

People in services funded by CLBC are all in the category Clinically Extremely Vulnerable (CEV). The Province is providing second boosters (4th shots) to people over 70 years old and those people who are in the CEV category, including everyone we serve.

Call 1-833-838-2323 to book an appointment for a first or second booster.

Anyone who had their booster more than six months ago can also register for a second booster now. Here is a discussion of the pros and cons of waiting for fall and an updated booster or getting your second booster now:

<https://thetyee.ca/News/2022/07/18/Boost-Now-Or-Wait-What-You-Should-Know/>

Let us know if you have any questions!

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

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