

LOCAL UPDATES

- To help reduce high touch points in the community, the City of Cranbrook has changed all its pedestrian walk signals to automatic settings so people no longer have to push the button to cross.
- The Landfills and Transfer Stations around the region remain open during regular hours. To help protect staff, all payments will have to be contactless or by card (no cash payments until further notice) at all sites.
- BC Transit has announced it will be extending its fare-free riding and rear door boarding on its buses until April 30, 2020. Cranbrook is the only municipality in the region with rear-door buses. For the rest of the BC Transit buses in the region, BC Transit will begin installing vinyl panels to support physical distancing for transit operators and customers. They will also continue to have enhanced cleaning on all buses and limited passenger capacity to encourage physical distancing.
- All municipalities within the Region have activated Emergency Operations Centres through the Regional Emergency Operations Centre. The Regional District, municipalities and First Nations communities are working in this integrated model to coordinate and communicate throughout this pandemic response.
- We continue to work with other key stakeholders like the School Districts, Emergency Services, Emergency Management BC and Interior Health to provide support and coordination as required.



NEW PROVINCIAL UPDATES

- Dr. Henry and Minister Dix reiterated today that we are in the critical time period in BC and we all must remain 100% committed to following physical distancing guidelines, ensuring good hygiene and staying home as much as possible.
- While it is too early to say definitively, there are indications the curve may be bending.
- With new evidence on the potential for transmission of COVID-19 in the asymptomatic or in early stages of the virus, the public can choose to wear non-surgical masks. Wearing non-medical masks can protect others in case you happen to be sick by blocking droplets, it WILL NOT prevent you from getting infected. Dr. Henry stressed, wearing a mask is an option and does not replace the most important protections: washing our hands, keeping safe physical distancing, not touching our face/eyes.
- Dr. Henry published an editorial today explaining why they do not release geographic locations of positive cases.
- BC received a shipment of Personal Protective Equipment (PPE) from the Federal government today, and a significant number of N95 and surgical masks from a new supplier, which are undergoing testing.
- BC has received more ventilators, with 620 in hospitals around BC, 33 ready to be deployed and another 55 that arrived this morning that are being checked and tested before being put into circulation.



Links:

- COVID-19 Update: <https://news.gov.bc.ca/releases/2020EMBC0019-000643>
- Dr. Henry Editorial: <https://news.gov.bc.ca/factsheets/no-boundaries-with-covid-19>

Current Situation in BC

(as of 1:30pm PST April 6, 2020)

Cases:

- Total confirmed cases in BC: 1,266
- New cases since Saturday, April 4: 63
- Hospitalized cases: 140
- Intensive Care: 72
- COVID-19 Related Deaths: 39
- Recovered: 783
- Long term care/assisted living homes currently affected: 21

Confirmed cases by region:

- Vancouver Coastal Health: 586
- Fraser Health: 450
- Island Health: 79
- Interior Health: 128
- Northern Health: 23

Link to full news release: <https://news.gov.bc.ca/releases/2020HLTH0124-000641>

Current States of Emergency

- [Public Health Emergency](#) (declared Mar. 17/20)
- [Provincial State of Emergency](#) (extended to Apr 14/20)

RESOURCES TO HELP US COPE



This is an unprecedented time for all of us and each of us will be coping differently. Anxiety is one of the normal reactions to the uncertainty that is all around us right now.

For those who are feeling anxious or worried, there are a number of resources that can help.

- **Take care of yourself and stay active**
- **Stay connected with others** - create connections with like minded people who will support you
- **Establish routines** - it can help to follow regular routines or make new ones if your "regular" day to day has been affected
- **Turn off social media, news, etc** - while it's important to stay informed, social media and sensational news stories can take a toll. Find a trusted source of factual information and limit yourself if social media / news stories are adding to your anxiety.
- **Get sleep** - its important to get quality sleep each night (at least 7-8 hours ideally)
- **Seek out supports and resources:**
 - Anxiety Canada: www.anxietycanada.com
 - Bounce Back: <https://bouncebackbc.ca/>

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NEW FEDERAL UPDATES

- As of 6:45pm (EST), there were 16,653 confirmed cases in Canada and 323 deaths.
- Transmission of the virus is happening more than previously recognized from infected people right before they develop symptoms. This is called pre-symptomatic transmission. Some infected people who never develop symptoms are able to transmit, which is called asymptomatic transmission. Because of these development, Canada's Chief Medical Health Officer Dr. Tam says wearing a NON-MEDICAL mask, even if you are asymptomatic, is an additional measure that you can take to protect others around you in situations where physical distancing is difficult, such as when on public transit or in the grocery store.
- It is critical all surgical masks be kept for front line health care workers
- The federal government launched its application portal today for the Canadian Emergency Response Benefit (CERB) Program, for Canadians facing unemployment due to the COVID-19. Applicants who set up direct deposit are expected to receive a first payment within three to five days. Those who use mail should receive a first payment within 10 days. There are designated days that people can apply. To learn more visit the following links:
 - **To apply:** <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>
 - **CERB Q&A Page:** <https://www.canada.ca/en/services/benefits/ei/cerb-application/questions.html>
- The Minister of Foreign Affairs spoke with the U.S. Secretary of State today. One of the key focuses of the conversation was the critical need to ensure the flow of essential goods and to keep supply chains intact during this ongoing crisis, especially for medical supplies and personal protective equipment.
- The Canadian Chamber of Commerce launched a new initiative with the Federal Government called The Canadian Business Reliance Network, which includes a three-point economic plan: to support business owners through new loans; safe guard jobs with wage subsidy; and, support those without a paycheque with CERB.
- New Horizons for Seniors Program projects can now be used for COVID-19 support. Organizations that had previously received funds through NHSP can use funding to improve the well-being of seniors and foster their social inclusion.

News Release on Canada Emergency Response Benefit Application Process: <https://www.canada.ca/en/employment-social-development/news/2020/04/canadians-can-now-apply-for-the-canada-emergency-response-benefit.html>

Link to New Horizons for Seniors Program News Release: <https://www.canada.ca/en/employment-social-development/news/2020/04/new-horizons-for-seniors-program-projects-can-now-be-used-for-covid-19-support.html>

NEED HELP OR WANT TO VOLUNTEER TO HELP OTHERS?

If you need help with pick up of groceries, prescriptions or other essentials, OR if you are a volunteer willing to help others in need, there are a number of grassroots initiatives popping up. Here are a few:

- **Seniors:** call 211 or visit: <http://www.bc211.ca>
- **Elk Valley:** <https://www.evcst.com>
- **Sparwood:** <https://sparwood.ca/blog/News/2020-03-24-EmergencyPrepVolunteerRegistry>
- **Columbia Valley:** <https://volunteercv.ca/organizations/columbia-valley-covid-19-community-response>
- **Cranbrook Area (Facebook):** <https://www.facebook.com/groups/239248060594167>

Phone Numbers:

- **1- 888-COVID19 (1-888-268-4319).** The line is for non-health COVID-19 information.
- **811** - dial 811 for health related information on COVID-19
- **211** - seniors looking for help (or volunteers willing to help), can call 211 or visit: <http://www.bc211.ca/>
- **Crisis Line: 1.888.353.2273** - free, anonymous support
- **Kids Help Phone: 1-800-668-6868**

Online Links:

- **COVID-19 Self Assessment Tool & App** - use this online tool to complete a self-assessment & get updates.
- **BC Centre for Disease Control** - includes information on their testing protocols.
- **Interior Health** - links to the latest Interior Health information.
- **Government of Canada** - statistics, travel info and economic and financial supports available federally.
- **Province of BC Information Hub** - links to Provincial supports for non-health information (childcare, travel, employee/employer resources, business support)