

NEW PROVINCIAL UPDATES



- The majority of the new cases are associated with the ongoing community outbreaks in BC. There are now 46 people associated with the Superior Poultry Plant and 34 associated with the United Poultry Plant who have tested positive.
- An additional 2 inmates have tested positive at the Mission federal corrections centre. There are now 120 inmates and staff confirmed positive at the centre, as well as 11 positive cases of COVID-19 connected to the Kearl Lake plant in Alberta.
- The Province is taking a whole-of-government approach to designing the BC plan for the next phase of the pandemic response to increase our social and economic connections.
- Of the 94 people in hospital in BC, 5 are in Interior Health. One of the two deaths in the past 24 hours was in Interior Health.
- BC is keeping pace for demand for personal protective equipment in the health care system. Since last Tuesday, BC has received 170,000+ N95 respirators, 350,000+ face shields and goggles, 100,000+ surgical masks, 185,000+ gowns and almost 5 million pairs of gloves.
- Food trucks are being set up at provincially owned locations throughout B.C. to support commercial truck drivers during the COVID-19 pandemic. Vendors are operating at rest areas, weigh scales and other commercial truck pullouts throughout the Lower Mainland and southern Interior, with more expected to be added in the coming weeks.
- High-quality care for animals in BC's shelters, SPCA facilities, zoos and aquariums will continue during the COVID-19 response, with funding available to help cover the costs of food and medicine for animals. Dozens of animal attractions and care facilities, including those operated by the BC SPCA, have been closed to the public resulting in a dramatic decrease in the donation of food, supplies and volunteers.

Links:

- **COVID-19 Update:** <https://news.gov.bc.ca/releases/2020EMBC0021-000779>
- **Premier's Statement on National Day of Mourning:** <https://news.gov.bc.ca/releases/2020PREM0021-000767>
- **New Support for Animal Care Facilities:** <https://news.gov.bc.ca/releases/2020AGRI0016-000776>
- **Trucker Travel Enhanced with Food Trucks:** <https://news.gov.bc.ca/releases/2020TRAN0061-000772>

NEW FEDERAL UPDATES

- Today is the National Day of Mourning, where we remember those who lost their lives or suffered serious injuries as a result of workplace incidents.
- As of 7:01 EDT today, 754,800 Canadians have been tested, with 50,015 positive cases and 2,859 COVID-19 related deaths.
- Prime Minister Trudeau said today that new modelling shows public health measures are working to slow the spread of COVID-19, but cautioned that easing restrictions too fast could negate the progress made to date.

Current Situation in BC

(as of 3:00pm PDT April 28, 2020)

Cases:

- Total confirmed cases in BC (since January): 2,053
- New cases since April 27: 55
- Hospitalized cases: 94
- Intensive Care: 37
- COVID-19 related deaths: 105
- Recovered: 1,231
- Long term care/assisted living homes affected: 20
- Acute-care unit outbreaks: 3

Confirmed cases by region:

- Vancouver Coastal Health: 803
- Fraser Health: 918
- Island Health: 119
- Interior Health: 168
- Northern Health: 45

News release:

<https://news.gov.bc.ca/releases/2020HLTH0021-000778>

FEDERAL UPDATES - CONTINUED

- While the number of new cases was doubling every 3 days previously, it's now doubling every 16 days.
- Prior to stronger public health measures, each infected person in Canada infected 2.19 people on average. Today, the average is just over 1 person. The goal is to have the average under 1, which would result in the epidemic dying out.
- Epidemic growth has leveled off in some provinces; however, cases in Quebec, Ontario and Alberta are driving recent national epidemic growth.
- Approximately 79 per cent of the deaths across Canada are occurring in long-term care facilities and seniors' homes.
- Prime Minister Trudeau and Premier Horgan met to discuss actions being taken by both governments related to the COVID-19 response.
- The First Ministers continue to meet to coordinate and collaborate on restarting the economy through a gradual and phased approach.

Links:

- **Trudeau and Horgan Meet:** <https://pm.gc.ca/en/news/readouts/2020/04/27/prime-minister-justin-trudeau-speaks-british-columbia-premier-john-horgan>
- **First Ministers' Statement on Shared Approach to Restarting Economy:** <https://pm.gc.ca/en/news/statements/2020/04/28/first-ministers-statement-shared-public-health-approach-support>
- **Link to April 28 Canadian Modelling Presentations:** <https://assets.documentcloud.org/documents/6879190/MODELLING-DECK-APRIL-28-732-FINAL-En.pdf>

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.



MENTAL HEALTH SUPPORTS DURING COVID-19

Stress, anxiety, and depression are not unusual for people of all ages and it can be heightened during this pandemic. There are a few things each of us can do to help manage the effects, including: following factual information, limiting social media time, reaching out to others to stay connected and seek support, eating healthy and getting quality sleep, and seeking help if we need it. The Crisis Line provides 24/7 support at 1.888.353.2273 and there are other resources available.

BC Resources:

- **BounceBack™** - provides free access to online, video and phone-based coaching and skills-building program. Seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care. Register for programs and connect with a coach at BounceBack™: <https://bouncebackbc.ca/>
- **VictimLinkBC** - a toll-free, confidential service available providing immediate crisis support to victims of family and sexual violence 24 hours a day. Call 1-800-563-0808 or by email at VictimLinkBC@bc211.ca.
- **Virtual Counselling** - Virtual low or no cost community counselling for individuals or groups: <https://cmha.bc.ca/covid-19/>
- **Peer Support and System Navigation** - Virtual mentoring and goal-oriented supports offered by peer support and system navigation workers: <https://cmha.bc.ca/covid-19/>
- **Living Life to the Full** - Free access to Living Life to the Full peer support and practical skills courses for coping with stress, problem solving and boosting mood. The 8-week course is led by a trained facilitator: <https://livinglifetothefull.ca/>
- **Mental Health Check-in** - This free, anonymous self-assessment tool helps you understand how you are feeling and reflect on your mental, physical and social well-being: <https://cmhabc.force.com/MentalHealthCheckIn/s/>
- **COVID-19 Psychological Support Service** - Free psychological first aid is available to all B.C. residents (19+) over the phone: <https://www.psychologists.bc.ca/covid-19-resources>

National Resources:

- **Wellness Together Canada** - free online resources and connections to mental health professionals for adults and youth. <https://ca.portal.gs/>
- **Anxiety Canada** - join their next virtual town hall at Noon (MDT) May 7th as experts discuss tolerating uncertainty, plus check out other resources and previous town halls: www.anxietycanada.com

EXPANDED TESTING IN INTERIOR HEALTH

BC has expanded its COVID-19 testing strategy to include anyone with cold, influenza or COVID-19 like symptoms, even if they are mild. Testing is not recommended for people without symptoms. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- fever
- sore throat
- headache
- chills
- painful swallowing
- muscle aches
- cough
- stuffy or runny nose
- fatigue
- shortness of breath
- loss of sense of smell
- loss of appetite

Testing is available by appointment at testing centres in Cranbrook, Sparwood, and Golden. For more information, visit the Interior Health site at: <https://news.interiorhealth.ca/news/testing-information/>.

Link to Alberta COVID-19 Information / Statistics:

- **COVID-19 Info for Albertans:** <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Phone Numbers:

- **1-888-COVID19 (1-888-268-4319)**. Non-health COVID-19 information. Open 7 days/wk, from 8:30am to 9pm MST
- **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** - (info on childcare, travel, employee/employer resources, business support)