

### NEW PROVINCIAL UPDATES



- The provincial state of emergency is being extended for the third time, to support the extraordinary measures taken by the Province under the Emergency Program Act to keep people safe during the COVID-19 pandemic.
- The Province has secured nearly 300 additional spaces in communities throughout B.C. for people leaving violent or unstable situations, with more spaces to come.
- There will be a statement including updated modeling presented Monday May 4 at 2:30 (MDT).
- The outbreak at Kootenay Street Village in Cranbrook has officially been declared over.
- Remember that every day we commit to doing all we can to flatten the COVID-19 curve is one day more that we are keeping our communities, health-care workers, Elders and loved ones safe.

#### Links:

- **COVID-19 Update:** <https://news.gov.bc.ca/releases/2020HLTH0022-000785>
- **State of Emergency Extension:** <https://news.gov.bc.ca/releases/2020EMBC0022-000783>
- **Safe Spaces:** <https://news.gov.bc.ca/releases/2020FIN0025-000774>

### NEW FEDERAL UPDATES

- Carla Qualtrough, federal Minister of Employment, Workforce Development and Disability Inclusion, introduced legislation to establish the Canada Emergency Student Benefit (CESB), which would provide income support to post-secondary students who lost work opportunities due to COVID-19:

#### Links:

- **Canada Emergency Student Benefit:** <https://www.canada.ca/en/employment-social-development/news/2020/04/government-of-canada-introduces-legislation-to-support-students-in-need.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>

### Current Situation in BC

(as of 3:00pm PDT April 29, 2020)

#### Cases:

- Total confirmed cases in BC (since January): 2,087
- New cases since April 28: 34
- Hospitalized cases: 89
- Intensive Care: 35
- COVID-19 related deaths: 109
- Recovered: 1,305
- Long term care/assisted living homes affected: 21
- Acute-care unit outbreaks: 3

#### Confirmed cases by region:

- Vancouver Coastal Health: 811
- Fraser Health: 941
- Island Health: 120
- Interior Health: 169
- Northern Health: 46

#### News release:

<https://news.gov.bc.ca/releases/2020EMBC0022-000787>

### HOW TO ACCESS MEDICAL CARE

Residents are still able to access appointments and emergency services.



- **Patients who have a family doctor:** can contact their clinic to make a virtual or in-person appointment.
- **People in the Cranbrook area with no family doctor:** can access a virtual assessment clinic from 1pm-5pm, 7 days per week. Call 250-426-4890 or visit <https://www.divisionsbc.ca/east-kootenay>
- **Patients needing emergency care** can dial 9-1-1 or access emergency rooms at local hospitals.

*NOTE: The emergency room in Elkford is closed.*

### SNOWBIRDS CROSS-COUNTRY TOUR

The Canadian Forces Snowbirds will cross the country to salute Canadians doing their part to fight the spread of COVID-19. This unique mission is being aptly dubbed Operation INSPIRATION.

The team's signature nine-jet formation, with trailing white smoke, will fly over cities across the country starting in Nova Scotia this weekend and working west throughout the week. The team will release anticipated locations, routes, and times on their social media platforms each day.

**To receive the Regional Snapshot directly to your inbox, sign up for the email updates here:**

**[https://www.rdek.bc.ca/about/email\\_group\\_sign\\_up](https://www.rdek.bc.ca/about/email_group_sign_up)**



## SCHOOL FOOD PROGRAMS IN THE REGION

There are some great things happening in the region to help get food to those who need it. In the Cranbrook area, volunteers are teaming up with the Food Recovery Program, Salvation Army, Soulfood, Cobs Bread, Fort Steele Farms and others to provide for area families. Beyond the generous supply of food these volunteers and businesses are also providing a weekly hot meal.

The Food Bank and Youth Summit Centre in Invermere are coordinating efforts to provide weekly food boxes, providing a range of healthy snacks and easily prepared meals. With donations from J. A. Laird Elementary School and their Parent Advisory Council area children are receiving some much needed help during these unprecedented times. If you would like to help out, please contact Terriann Hayes at Terriann.Hayes@sd6.bc.ca.

## RDEK FOOD MAP

The RDEK Food Map is a resource directory that provides information about food programs across the Regional District of East Kootenay. The interactive web map allows residents and social service agencies to access information about food programs and organizations.

- RDEK Food Map: <https://rdek.maps.arcgis.com/apps/webappviewer/index.html?id=e15286f4b2444c4cbc886c09aa222df2>

*We are at a critical juncture in our provincial COVID-19 response.  
Every British Columbian has a part to play to flatten the curve.  
We must all do the right thing and be 100% committed.*

*No one is immune, but everyone can make a difference.*

## 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 COVID-19 Dashboard** - a great source for up-to-date information and statistics.
- **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)