



The RDEK, municipalities and many First Nations in the East Kootenay continue to work collaboratively on re-opening plans for local amenities. By early next week, many public washrooms, municipal playgrounds and outdoor exercise areas will be opened around the region. Residents are encouraged to keep the basic personal responsibility measures in mind when using amenities, particularly washing hands, carrying your own hand sanitizer and following physical distancing guidelines.

As part of the re-opening, many local governments will have Community Ambassadors out and about in the community to provide information to the public and awareness on physical distancing and safety guidelines as current and future phases of BC's Restart Plan roll out.

School Districts 5 and 6 are finalizing plans this week to welcome more students back into schools starting June 1 and will be communicating specific details directly with parents.

NEW PROVINCIAL UPDATES

- The provincial state of emergency is being extended an additional two weeks to support continued co-ordination of B.C.'s COVID-19 response.
- There are currently 241 active cases in BC.
- The outbreak the Mission Institution federal corrections facility has now been declared over. This was one of the largest outbreaks in the province.
- Public health teams continue to provide support for community outbreaks at federal corrections facilities, the processing facilities in the poultry sector and for individuals connected to the Kearl Lake plant in Alberta.
- The province is carefully moving into Phase 2 by watching for new cases closely and assessing progress week by week
- The slow and thoughtful approach will continue.
- Vendors at farmers' markets can again sell non-food merchandise.
- The overdose crisis continues, the province has not forgotten this and is continuing to work hard at dealing with this challenge.
- Over 330,000 people have completed the BC CDC survey. The deadline is May 31. www.bccdc.ca
- Surgical renewal has begun. The province is making sure that those patients needing surgery most will have their surgery scheduled first. Everyone involved across the health-care system and across the province is all-in on surgical renewal.



Links:

- COVID-19 Update: <https://news.gov.bc.ca/releases/2020HLTH0028-000970>
- State of Emergency Extended: <https://news.gov.bc.ca/releases/2020EMBC0028-000959#>
- Surgical Renewal: <https://www2.gov.bc.ca/assets/gov/health/conducting-health-research/surgical-renewal-plan.pdf>

Current Situation in BC

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

Cases:

- Total confirmed cases in BC (since January): 2,558
- New cases since May 27: 9
- Hospitalized cases: 33
- Intensive Care: 6
- COVID-19 related deaths: 164
- Recovered: 2,153
- Long term care/assisted living homes affected: 15
- Acute-care unit outbreaks: 1

Confirmed cases by region:

- Vancouver Coastal Health: 899
- Fraser Health: 1,274
- Island Health: 127 (no new)
- Interior Health: 195
- Northern Health: 63

News release:

<https://news.gov.bc.ca/releases/2020HLTH0028-000970>

NEW FEDERAL UPDATES

- Prime Minister Justin Trudeau led a call for global co-operation today at a major United Nations meeting aimed at mitigating the devastating social and economic impacts of the COVID-19 pandemic.

Links:

- Prime Minister's Opening Remarks at UN Summit: <https://pm.gc.ca/en/news/speeches/2020/05/28/prime-ministers-opening-remarks-united-nations-high-level-event-financing>
- Current Situation in Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html?topic=tilelink>

"We are now in the longest state of emergency in our province's history, and British Columbians everywhere have shown we have what it takes to persevere through these challenging times."

~Premier John Horgan

IF YOU NEED SUPPORT, PLEASE REACH OUT

Anxiety is one of the normal reactions to the uncertainty that is all around us right now. For those who are feeling anxious or who need support, please know you are not alone. Here are some free resources/supports:

- Anxiety Canada: www.anxietycanada.com
- Bounce Back: <https://bouncebackbc.ca/>
- Crisis Line: 1.888.353.2273
- Kids Help Phone: 1-800-668-6868



FOCUS ON TESTING AND EARLY DETECTION AS BC PREPARES TO MOVE TO PHASE 3

Phase 3 of the BC Restart Plan starts in June with the next steps in our reopening in BC. As we continue to expand our social, economic and surgical circles, it is important to remember that COVID-19 is still present in BC and we need to remain diligent.

It is very important that anyone who has cold, influenza or COVID-19 like symptoms, even if they are mild, get tested. This will help the Health Authority identify new cases early and help prevent new spikes in community transmission. Symptoms of COVID-19 include:

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

If you are experiencing any symptoms, contact your physician for an assessment to see if you should be tested.

If you test positive, health officials will work with you to determine where you may have caught the virus and who you may have exposed to it. This contact tracing is an important part of the process moving forward. Officials will investigate to determine if others may have been exposed to the virus at the same place(s) you were and will put measures in place to stop the spread. They will ask those you have been in contact with to monitor themselves for symptoms, to take all precautions to prevent spread and to contact their health care provider or testing centre immediately should they develop symptoms.

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



**HEY FELLAS,
THE BC CDC
WANTS TO HEAR
FROM YOU!**

SURVEY UPDATE

The Province is looking to hear from more people in rural BC in its COVID-19 survey so that survey results also reflect areas outside of large urban centres.

In the East Kootenay, one sector that they have identified as a gap is young men between the ages of 18-34.

The survey deadline is **May 31**.

- **Survey Link:** <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-survey>

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

Link to BC Restart Plan:

- <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

Important Phone Numbers:

- **1-888-COVID19 (1-888-268-4319)**. The line is for non-health COVID-19 information.
- **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**
- **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