

### NEW PROVINCIAL UPDATES



- There are no new community outbreaks. Currently, there are 20 cases on Haida Gwaii and 59 cases connected to Fraser Valley Packers Inc. Public health teams continue to support these active outbreaks.
- There are no health concerns related to the consumption of fruit from Fraser Valley Packers Inc.
- An alert has been issued for Liquid Zoo in Kelowna. Anyone who may have been at the night club from July 15 to 18 is asked to monitor themselves closely, limit their contact with others and contact 811 to get tested, if symptoms develop.
- We all need to use the layers of protection we have available and keep our groups small, in order to stay safe while enjoying our holiday weekend.
- Plans for the upcoming school year have been announced. BC was the only jurisdiction in Canada that brought students back into the classroom province wide before the end of the school year and in doing so, gained valuable information that was used to develop these plans.

#### Links:

- **COVID-19 Update:** <https://news.gov.bc.ca/releases/2020HLTH0236-001441>
- **Schools Stage 2 Plan:** <https://news.gov.bc.ca/releases/2020EDUC0040-001415>

### FEDERAL COVID-19 CASE STATISTICS

- As of 7:00 pm July 30, 3,996,625 people have been tested for COVID-19 in Canada.
- 115,799 total cases in Canada since January 2020. With 100,862 people having recovered and 8,929 deaths.
- The Canada Border Services Agency announced that as of July 31, 2020 stricter rules will be imposed on travellers transiting through Canada to Alaska. These measures are put in place to further reduce the risk of introduction of COVID-19 cases and to minimize the amount of time that in-transit travellers are in Canada.
- Although Canada has managed to flatten the curve and bring the epidemic under some semblance of control, we cannot afford to relax our efforts. COVID-19 has not gone away and spread of the virus is not under control in many areas of world.

**Link:** <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

**Alaska bound travellers:** <https://www.canada.ca/en/border-services-agency/news/2020/07/covid-19-stricter-rules-for-foreign-nationals-transiting-through-canada-to-alaska.html>

**Dr. Tam's update:** <https://www.canada.ca/en/public-health/news/2020/07/statement-from-the-chief-public-health-officer-of-canada-on-july-30-2020.html>

### INTERIOR HEALTH

#### COMMUNITY EXPOSURE EVENTS

An up-to-date listing of community exposure events can be found on Interior Health's website at:

<https://news.interiorhealth.ca/news/public-exposures/>



### Current Situation in BC

(as of 3:00pm PDT July 30, 2020)

#### Cases:

- Total confirmed cases in BC (since January): 3,591
- New cases since July 29: 29
- Active cases: 242
- Hospitalized cases: 5
- Intensive care cases: 2
- COVID-19 related deaths: 194
- Recovered: 3,155
- Long term care/acute care facilities affected: 2

#### Confirmed cases by region:

- Vancouver Coastal Health: 1,076
- Fraser Health: 1,865
- Island Health: 143
- Interior Health: 360
- Northern Health: 86
- People who reside outside of Canada: 61

#### News release:

<https://news.gov.bc.ca/releases/2020HLTH0236-001441>

### PLANS IN PLACE FOR K – 12 STUDENTS



Enhanced safety measures and additional resources will enable most students in grades K-12 to return to school on Sept. 8, 2020, with full-time in-class learning as the province moves to Stage 2 of B.C.'s Education Restart Plan.

#### News release:

<https://news.gov.bc.ca/releases/2020EDUC0040-001415>

K-12 Schools are in				
Remote learning for all	Remote learning with exceptions	In-class & remote learning	Learning groups: full-time in-class	Learning as usual: full-time in-class
Stage 5	Stage 4	Stage 3	Stage 2	Stage 1

### FLU SHOTS



Interior Health's normal drop-in clinics will not be happening due to risk of COVID-19 exposure, however community partners will have influenza immunizations available for the public.

Community partners include pharmacies and primary care offices. According to the health authority, those community partners provided 70% of all immunizations in Interior Health in 2019.

## GOLDEN RULES FOR WEARING MASKS

- If healthy, distancing is always better
- Always wash your hands
- If sick, stay home, no exceptions
- Try not to touch your face
- Reserve medical masks for health care workers
- Treat everyone with respect, some people wear masks out of courtesy
- Your mask should fit snugly, covering your nose and mouth
- Use when physical distancing isn't possible



## INTERNATIONAL & DOMESTIC FLIGHTS EXPOSURE EVENTS

For a list of flights with an origin or destination in British Columbia with a case of COVID-19 on board, please visit:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/public-exposures>



## BE FIRE SMART THIS HOLIDAY WEEKEND

The BC Wildfire Service urges everyone to be safe in the woods, the return of warm weather means an increasing risk of wildfires.

Campfires are currently allowed in all areas of the province that fall under the BC Wildfire Service's jurisdiction. Everyone needs to use caution and keep an ample supply of water nearby to fully extinguish their campfires.

Larger Category 2 and Category 3 open fires are prohibited. Up-to-date information about current open burning prohibitions is available on the BC Wildfire Service website:

[www.gov.bc.ca/wildfirebans](http://www.gov.bc.ca/wildfirebans)

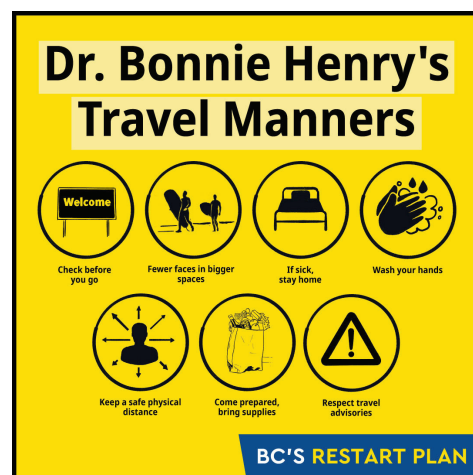


## ELKFORD LAB/X-RAY TEMPORARY SERVICE CHANGE

Due to unexpected limited staffing availability at the Elkford Health Centre, outpatient lab (including blood draws) and medical imaging (x-ray) services will not be available on **August 5, 20 and 21**.

Alternate outpatient lab and medical imaging services are available at:

- Sparwood Health Centre (8:30 a.m. - 3:00 p.m.)
- Elk Valley Hospital in Fernie (7:30 a.m. - 4:00 p.m.)



## BE ALERT AND BE INFORMED IN CASE OF EVACUATION

- Residents are urged to sign up for the Evacuation Notification System (ENS) to be notified of evacuation alerts or orders by phone (cell or landline) or text. It's free and easy to sign up for the ENS system (you just have to make sure to enter at least one East Kootenay address in order to complete the sign up process). To learn more, visit: [https://www.rdek.bc.ca/departments/emergencyservices/emergencyinfo/evacuation\\_notification\\_system/](https://www.rdek.bc.ca/departments/emergencyservices/emergencyinfo/evacuation_notification_system/)

**Note:** Email notifications are provided via the RDEK's email groups. If you haven't signed up, visit [www.rdek.bc.ca](http://www.rdek.bc.ca) and click on "Sign Up for Community Updates" link.



## 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 resources or 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.
- **COVID-19 Dashboard** - most up-to-date COVID-19 statistics for BC
- **Province of BC Information Hub** - links to Provincial supports for non-health information