

## COVID-19 UPDATE – May 1st, 2020

In an effort to keep our community partners connected, we are providing you with regular COVID-19 updates.

### Key Updates for May 1st, 2020

- For a full list of updates from VCH visit [vch.ca](http://vch.ca)
- Update on COVID-19 cases
- Update on Provincial Health Order restricting staff to work in single facility
- Increasing social connections needs to be done in a safe and thoughtful way
- Two new virtual tools to support Canadians during COVID-19
- Where to get tested if you have COVID-19 symptoms

### Update on COVID-19 cases

At yesterday's Ministry of Health briefing, provincial health officer Dr. Bonnie Henry said it has been 100 days since the first provincial statement was issued about what was then known as the novel corona virus. Since then, there have been 2,112 test-positive cases of COVID-19 in B.C., including 25 new cases reported today. Of those cases, 815 have been in Vancouver Coastal Health (VCH). Currently 82 people are hospitalized throughout the province as a result of the virus, with 30 patients in critical care, and 1,322 people are fully recovered. There are still 24 long-term care, assisted care, and acute care units under outbreak protocol, with outbreaks now declared over at 12 care facilities. We have one additional death in VCH - our hearts go out to all of those who have lost loved ones to COVID-19.

### Provincial Health Order restricting staff to work in single facility

Health Minister Adrian Dix spoke yesterday about the provincial health order that restricts staff to work in a single facility. Of the 545 affected facilities in the province, 276 have completed their plans for making this happen. The Hospital Employees' Union, B.C. Nurses Union, B.C. Care Providers Association, and the Health Employers Association of B.C. are assisting health authorities to implement this change.

### Increasing social connections in a safe and thoughtful way

Dr. Henry also spoke once again of moving forward and increasing social connections in a safe and thoughtful way. For example, she said people going back to work will be increasing their circle; if you have someone in your family with cancer, you don't broadly widen your circle; and indoor parties won't be appropriate this coming summer.

### Two new virtual tools to support Canadians during COVID-19

Patty Hajdu, Federal Minister of Health, announced two new virtual tools yesterday to support the health and wellness of Canadians during the COVID-19 pandemic. [Get Updates on COVID-19](#) is a web-based email service that provides subscribers with information related to the pandemic. The [ArriveCan](#) app allows travellers returning to Canada to input their 14-day isolation or quarantine information quickly, easily and securely upon arrival. The app works by digitizing the information collected under the current paper form that travellers must complete. This required information includes flight or border crossing details, whether travellers are exhibiting symptoms of COVID-19, and whether they have quarantine accommodations.

### Where to get tested if you have COVID-19 symptoms

Anyone in the VCH region with cold, influenza or COVID-19-like symptoms, however mild, can now be assessed for and get a COVID-19 test. Testing can be done through a primary care provider, walk-in clinic, urgent and primary care centre or community collection centre. Symptoms of COVID-19 are similar to other respiratory illnesses including the common cold. They include: fever, chills, cough, shortness of breath, sore throat, runny nose, nasal congestion, painful swallowing, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite. COVID-19 testing is not recommended for people without symptoms.

Contact your physician or nurse practitioner's office, or a local community collection centre to arrange for a test. Phone numbers and locations of collection centre can be found by visiting: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing> or by calling 8-1-1. In Vancouver, the City Centre and REACH urgent and primary care centres can provide testing as well as the St. Vincent's drive-up location at 4875 Heather Street. On the North Shore, testing is available at the North Vancouver Urgent and Primary Care Centre. If you think you need testing, please call ahead before visiting your doctor, urgent and primary care center or health clinic.

### Key Messages to Share

- Practice [physical distancing](#) if you have to go out
- If you think you have COVID-19 take the self-assessment here: [covid19.thrive.health](http://covid19.thrive.health)
- Self-isolate at home for 10 days if you have COVID-19 symptoms
- Find helpful posters, handouts and other resources about COVID-19 [here](#).