# LATEST UPDATE – September 22nd, 2020

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

## Ministry of Health update

In today's Ministry of Health briefing, Dr. Bonnie Henry, Provincial Health Officer, reported 96 new cases of COVID-19, for a total of 8,304 cases in B.C. since the pandemic began. Of those, 2,984 are in the Vancouver Coastal Health (VCH) region. Currently, 61 individuals are hospitalized with COVID-19, 22 of whom are in intensive care. The remaining people are recovering at home in self-isolation. VCH Assisted living, long-term care homes and seniors' rental buildings with ongoing COVID-19 outbreaks are

- OPAL by Element assisted-living facility
- Point Grey Private Hospital long-term care facility
- Royal Arch Masonic Home long-term care facility (second outbreak)
- Yaletown House long-term care facility.

## How to self-isolate

We wanted to provide some details on isolation procedures for COVID-19. Vancouver Coastal Health (VCH) Public Health is closely following everyone who has tested positive for COVID-19 in the province. People who have tested positive for COVID-19 and people who are close contacts and may be at risk for developing COVID-19 have been contacted by VCH Public Health and have been directed to isolate to help prevent further spread. Self-isolating at home is the best way to prevent the spread of contagious respiratory illnesses, including COVID-19.

## Who needs to self-isolate?

You need to self-isolate if:

- You are experiencing symptoms of COVID-19, such as fever, coughing, diarrhea, and/or difficulty breathing
- VCH has identified you as a close contact of someone diagnosed with COVID-19 and directed you to isolate
- You live in the same household as or are an intimate partner of a person with COVID-19.

## If you have been exposed to COVID-19

If you have been exposed to the COVID-19 virus, you will be contacted by VCH's Public Health team through a process called contact tracing. This means you are a contact of a person who has tested positive for COVID-19. If you do not have symptoms, you will be asked to self-isolate, so if you develop COVID-19, you won't spread it to others in the community.

## Self-isolation dos and don'ts

- Stay at home. Do not go to work, school, or public areas; do not use public transportation or taxis.
- Wash your hands or use alcohol-based hand sanitizer often.
- Ask friends or relatives if you need help with buying groceries, other shopping or picking up medication. Or you can order groceries and medication by phone or online.
- Do not have visitors in your home except if they are providing care or delivering goods and supplies, and in that case, maintain a distance of 2 metres.
- Clean and disinfect high-touch surfaces.
- Self-isolation can end after 14 days if you have not developed any symptoms.

  For more info on self-isolation dos and don'ts see: http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_dos_donts.pdf

## How long to self-isolate?

- 14 days (incubation period) - If you have had contact with a suspected case of COVID-19 or are returning from travel outside of Canada, you must self-isolate for 14 days (incubation period).
- 10 days (contagious period) - If you are experiencing symptoms and have tested positive for COVID-19, you will be directed to self-isolate at home for at least 10 days from the time that your symptoms started.

After 10 days, if all your symptoms have resolved except for a cough, you will be told by Public Health that you can stop isolating. Coughing may persist for several weeks. If you still have symptoms other than a cough at 10

days, you may be directed to stay at home until these symptoms resolve and to seek medical care if they do not.

If at any time during self-isolation your symptoms get worse and you are having difficulty breathing, seek urgent medical care.

## How to self-isolate if you live with others

- It is better if those you live with can stay somewhere else, especially if they have a weak immune system or chronic health conditions, but we know this is not always possible.
- If you need to share a home, stay and sleep in a room with that is away from others.
- Use a separate bathroom if you can.
- Wear a face mask (surgical/procedure mask) if you are in the same room with anyone.
- Avoid face-to-face contact; friends or family can drop off food outside your room or home.
- If you are a caregiver to someone who has tested positive for COVID-19 or who has respiratory symptoms, see this guide: http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation_caregivers.pdf

## Learn more

- VCH.ca - COVID-19: http://www.vch.ca/covid-19
- VCH.ca - COVID-19 self-isolation: http://www.vch.ca/covid-19/about-covid-19/self-isolation
- VCH.ca - How to self-isolate: http://www.vch.ca/Documents/How-to-self-isolate.pdf
- VCH.ca - How to self-monitor: http://www.vch.ca/Documents/How-to-self-monitor.pdf
- VCH.ca - Guide for caregivers & household members of those with COVID-19: http://www.vch.ca/Documents/Guide-for-caregivers-COVID-19.pdf
- BCCDC.ca - Self-isolation: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation

## Testing

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. 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.  For more information and latest updates on COVID-19, follow the BC Centre for Disease Control on Twitter @CDCofBC or visit the website: http://www.bccdc.ca/.

## BCCDC COVID-19 data

For more information on the BC COVID-19 data, please see the BCCDC Dashboard and Maps: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/data

## BCCDC Daily Health Checklist

The BC Centre for Disease Control has updated the Daily Health Checklist. For the most up-to-date list of symptoms of COVID-19, please see the BCCDC website: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms