



## **COVID-19 Regional Update – November 9, 2020**

I wanted to share the latest COVID-19 update with you following a Provincial announcement yesterday of localized provincial health orders for two health authorities on the west coast (they do **NOT** affect Interior Health at this time). The announcement followed two days of record-high positive cases in BC.

For those of you who are new to the email list, the Province updates the data for COVID-19 cases in BC by specific Health Service Areas, including the East Kootenay, once per week. Generally, these are posted Thursday evening. The more detailed cases by local health area are published monthly (usually mid-month the following month). The October data has not yet been posted.

### **Here is the latest local information on positive cases in the 14-day period from Friday, October 23 to Thursday, November 5, 2020:**

- In the 14 days (October 23 to Nov 5) in the East Kootenay Health Service Area, there have been 6 new positive COVID-19 cases.
- From January 1 to November 5, there have been a total of 45 cases in the East Kootenay Health Service Area.
- To view the data anytime, visit the data page on BCCDC website:  
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/data>

### **Latest Provincial COVID-19 update (as of 4pm Saturday, November 7):**

It has been some time since Dr. Henry and Minister Dix held a news conference or put out information over the weekend; however, on Friday there were 589 positive cases in BC and yesterday, there were 567 new positive cases. These are the two highest one-day totals we have seen yet. In addition, hospitalizations and ICU admissions have risen, and these two factors

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combined have prompted new orders to be issued for the Vancouver Coastal and Fraser Health regions.

- Of the 567 new cases reported yesterday since Friday afternoon's update, 122 new cases were in the Vancouver Coastal Health region, 411 in the Fraser Health region, 3 in the Island Health region, 22 in the Interior Health region, and 9 in the Northern Health region.
- There has been a total of 17,716 cases in British Columbia since January 1.
- There are currently 31 people in intensive care.
- The Province did not report active cases for Saturday; however, as of Friday afternoon there were 3,741 active cases in BC, 104 people hospitalized and 13,035 people who have recovered.
- There was one COVID-related death between Friday afternoon and Saturday (for a total of 276 since January).
- There has been one new health-care facility outbreak at The Residence in Mission. In total, 33 long-term care or assisted-living facilities and four acute-care facilities have active outbreaks.
- In Interior Health, there were 24 new cases Friday and 22 new cases announced yesterday for a two-day total of 46 new cases. As of Friday, there were 115 active cases in Interior Health, with one person in hospital and no one in ICU.
- Link to yesterday's full update: <https://news.gov.bc.ca/releases/2020HLTH0059-001922>
- To view the daily COVID-19 dashboard (updated at 5:30pm Monday to Friday): <https://experience.arcgis.com/experience/a6f23959a8b14bfa989e3cda29297ded>

Dr. Henry reported that the rapid increase in cases in the past two-weeks, primarily in the Fraser and Vancouver Coastal health regions, is a result of transmission in people's homes and in many workplaces, including food processing facilities, retail locations, public venues, as well as with indoor group physical activities. The Province's goal continues to be to maintain capacity within the health-care system, to protect those who are most vulnerable and to keep as much as possible going in our communities, with a focus on maintaining essential services and school.

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As a result, the Province issued an order for all individuals and places of work in the Fraser and Coastal Health Authorities effective 10:00pm last night through Monday, November 23 at 3:00pm that focuses on three areas: social gatherings, group physical activities and workplaces. All individuals, places of work and businesses in the lower mainland and Fraser Valley must significantly reduce their level of social interactions and travel. Individuals can socialize only with their immediate household and there are no social gatherings of any size permitted (friends and family are not permitted to be invited to households). Group physical activities such as fitness classes, indoor sports, dance, etc. are suspended until updated COVID safety plans have been submitted and approved by the Medical Health Officer. The Province is also strongly recommending travel into and out of these regions be limited to essential travel only and people within the regions stay within their local community, as much as possible. **The Province is calling on those who live outside of the lower mainland/Fraser Valley regions not to visit unless it is essential.** To view the full list of restrictions covered by the order for the West Coast: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/lower-mainland>.

While the new order does not currently apply outside the lower mainland, it is a good reminder of how quickly things can change - particularly given that the fastest spread in BC right now is within tight circles - such as families, workplaces, etc. We are continuing to see cases here in the East Kootenay, and we have done a good job here of limiting our community spread so far, but we need to double down on our efforts right now if we want to keep things going in that direction and avoid a new round of restrictions similar to what was announced yesterday for the coast.

I do not know about you, but there are days my little hands are so tight and "crackly" from all the hand sanitizer. Just when I am about to grumble about it, I remind myself WHY I am doing it. I am doing it to keep myself, my family, my parents, my co-workers, and my community safe. When I look at it with that perspective, it makes pumping out another round of sanitizer a non-issue. So, let us continue to use the layers of protection we have all been encouraged to use



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(handwashing, physical distancing, wearing masks when physical distancing is not possible, keeping our bubbles small, etc.). While I am eager to send the email saying we are "through this second wave and the curve is flattening..." we still have a long way to go on that front. Until then, each of our individual efforts will get us there faster. We truly are all in this together...

Take care,

Loree