



COVID-19 Regional Update – April 1, 2021

Happy weekend all, Nathan here with this week's Regional COVID-19 update.

Wednesday's update marked the highest ever single day total of cases, as well as breaking the dubious mark of over 100,000 total cases since the beginning of the pandemic. Considering these numbers and the current trajectory we have been reminded that right now, no one should be traveling for leisure or vacation outside of our local communities or regions. The risk for all of us is too great, which means any of our usual travel and holiday weekend gatherings need to be put on hold this year.

Vaccine Booking Schedule

Vaccine call centres are open between 8:00am and 8:00pm MDT. They will be open 10:00am to 6:00pm MDT on the stat holidays (Friday April 2 and Monday April 5). You can book a vaccine appointment for yourself when you are eligible to call, in many cases (not all) your spouse may also be eligible for the vaccine, regardless of their age, so make sure to ask. You can also have a family member or friend call for you. It is easy and safe to book over the phone.

For April 1 – 5: If you are a person 72+ (born in 1949 or earlier) an Aboriginal person 18+, or a person who is clinically extremely vulnerable who has received a patient invitation letter, you may call now to book your vaccination appointment.

The Interior Health call centre's number is: 1-877-740-7747

For the most up-to-date information on the Vaccine roll-out please regularly visit the [Province's COVID-19 Vaccination and Immunization page](#) as the information is constantly evolving.

Here are some notes from the Wednesday March 31, 2021 Provincial COVID-19 update:

- 1,013 new cases of COVID-19 in BC (64 in Interior Health).
- From Sunday Mar 21 to Saturday Mar 27 there have been 8 new cases in the Fernie Health Delivery Area, 0 new cases in the Cranbrook Health Delivery Area, 1 new case in the Kimberley Health Delivery Area and 3 new cases in the Windermere (Columbia Valley) Health Delivery Area. These numbers are usually updated on Wednesdays on the [BCCDC website](#).
- There have been 3 new COVID-19 deaths in the province with a total of 1,458 COVID-19 deaths in the province since the beginning of the pandemic.
- A total of 100,048 cases since the beginning of the pandemic.
- 7,405 active cases of COVID-19 in BC.
- 301 individuals currently hospitalized in BC with COVID-19 with 80 of those in intensive care. For Health Authority specific stats visit the [BCCDC COVID dashboard](#).
- 91,066 people who tested positive have recovered.

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- 756,080 doses of a COVID-19 vaccine have been administered in BC; this is spread across all health areas.
- Current Provincial Health Officer Orders regarding social gatherings remains in place. Learn more about these orders [here](#).
- Link to Mar 31 [Joint Statement](#).

Changes to long-term care visitation.

Beginning April 1, all residents in long-term care and assisted living will be able to have frequent, routine opportunities for social visitation. Full news release [here](#). Eased restrictions include:

- removing the requirement for a single designated social visitor to allow for additional family and friends to visit long-term care and assisted living residents.
- expanding the number of visitors so up to two visitors, plus a child, will be allowed to visit at a time, allowing people to connect in small groups.
- changing the allowable location of visits so family and friends can visit in residents' rooms without staff present; and
- allowing physical touch between visitors and residents, provided appropriate infection prevention and control measures, like masks and hand hygiene, are in place.

AstraZeneca/COVISHIELD FAQ

The BCCDC has released a FAQ sheet hoping to address any questions or concerns the public may have regarding the AstraZeneca/COVISHIELD vaccine. It is available [here](#).

BC COVID-19 Support App

If you have not already checked out the BC COVID-19 Support App (available for iOS and Android phones), it really is worth a look. It has all the provincial COVID-19 info in one spot, including the daily updates, vaccination info, self-assessment tool, business, and community resources and so much more.

Long-Term Care, Assisted Living & Independent Living Outbreaks updates

The BCCDC is posting weekly reports on outbreak and case information in Long-Term Care, Assisted Living & Independent Living Facilities. These can be viewed [here](#).

For the most accurate and up to date info on the COVID-19 pandemic please visit:

- [BC Centre for Disease Control's COVID-19 Data](#)
- [COVID-19 Vaccine Information](#)
- [BCCDC COVID-19 Dashboard](#)
- [Interior Health School Exposures](#)
- [Provincial Health Officer's orders, notices, and guidance](#)
- [Provincial response to the COVID-19 pandemic](#)



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Booking a COVID-19 test:

Online: You can book an appointment online through the COVID-19 Test Booking Form:

<https://interiorhealthcovid.secureform.ca/index.php>

By phone: Call the COVID-19 Test Booking Line at **1-877-740-7747** for assistance with booking your test.

Seek a test if you have two or more of the following symptoms for more than 24 hours, and they are not related to any other pre-existing conditions:

- *Sore throat*
- *Loss of appetite*
- *Extreme fatigue or tiredness*
- *Headache*
- *Body aches (muscles and joints aching)*
- *Nausea or vomiting*
- *Diarrhea*

If you suspect that you or a loved one may have symptoms of COVID-19, please visit:

- [COVID-19 Self-assessment tool](#)
- [BCCDC testing information](#)

Thanks as always for your time.
Stay safe and play smart.
Nathan.

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