

COVID-19 Regional Update – March 26, 2021

Vaccine Booking Schedule

Vaccine call centres for seniors are open. 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.

When you can call is based on your age:

- **Born in 1947** or earlier (74+) or Indigenous and born in 1966 or earlier (55+) You can call anytime.

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

The dates and times for next week have not been released as of the time that I am typing this. 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 Thursday March 25, 2021 Provincial COVID-19 update:

- 800 new cases of COVID-19 in BC (50 in Interior Health).
- From Sunday Mar 14 to Saturday Mar 20 there have been 3 new cases in the Fernie Health Delivery Area, 4 new cases in the Cranbrook Health Delivery Area, 0 new cases in the Kimberley Health Delivery Area and 2 new cases in the Windermere (Columbia Valley) Health Delivery Area. These numbers are usually updated on Wednesdays on the [BCCDC website](#).
- There have been 5 new COVID-19 deaths in the province with a total of 1,446 COVID-19 deaths in the province since the beginning of the pandemic.
- A total of 94,769 cases since the beginning of the pandemic.
- 5,856 active cases of COVID-19 in BC.
- 306 individuals currently hospitalized in BC with COVID-19 with 79 of those in intensive care. For Health Authority specific stats visit the [BCCDC COVID dashboard](#).
- 87,351 people who tested positive have recovered.
- 610,671 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 18 [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:

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- 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.

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](#)

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*



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- *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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