

LOCAL UPDATES

- The City of Cranbrook issued some good reminders today that apply to the whole region: ensure there is no loose garbage or open garbage bags left out (for those who have collection), and a remember wipes and paper towels cannot be flushed down toilets. Whether you are on a municipal sewer or rural septic system, the only thing that should be flushed is toilet paper.
- All transfer stations and landfills remain open for regular hours.
- The Reuse Centres, blue textile donation bins and community bottle/can collection bins have been closed at all transfer stations and landfills as these are all high-touch points.
- Canal Flats announced today Council will soon review the taxation bylaw to allow two additional months to pay 2020 Village property taxes and temporarily terminate water / sewer fees on vacant commercial or residential buildings. Visit www.canalflats.ca
- All municipal halls and in the region remain closed to public access; however, all are providing essential services.
- Ktunaxa Nation Council, Aqam, Tobacco Plains and Shuswap Indian Band offices are closed to public access; however, all First Nations health centres are operational.
- Additional playground structures have been closed around the region. If you see caution tape or signage on local play structures, it is because these high-touch areas are closed.



NEW PROVINCIAL UPDATES

- The Province is actively monitoring the quantities of protective equipment for front line workers and responders (known as PPE) and looking at alternative sources and ways to use the existing PPE more effectively to prevent a shortage.
- 55 health care workers have tested positive.
- All British Columbians are being called on to stay home if they are sick at all - even if it is just a simple cold.
- Dr. Henry is expecting to present detailed modeling of some of the stats of COVID-19 Friday morning.
- The Province has announced a temporary rental supplement The new rental supplement will help households by offering up to \$500 a month towards their rent, building on federal and provincial financial supports already announced.
- The Province provided more guidance for mining/smeltering operations and the manufacturing sector today.
- A new page has been created to help show where travel in BC is affected by COVID-19 including: ferries, rest areas, border crossings, and recreation sites. <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/traveller-information/travel-affected-by-covid-19>
- BC Summer Games have been canceled for 2020.

Link to Provincial Update: <https://news.gov.bc.ca/releases/2020EM-BC0014-000564>

Link to Rental Supplement Information: <https://news.gov.bc.ca/releases/2020MAH0048-000561>

Current Situation in BC

(as of the morning of March 25, 2020)

Cases:

- Total confirmed cases in BC: 659
- New cases since March 24: 42
- Hospitalized cases: 64
- Intensive care: 26
- COVID-19 Related Deaths: 14
- Recovered: 183

Confirmed cases by region:

- Vancouver Coastal Health: 339
- Fraser Health: 218
- Island Health: 47
- Interior Health: 46
- Northern Health: 9

Link to full news release: <https://news.gov.bc.ca/releases/2020HLTH0107-000563>

Current States of Emergency

- [Public Health Emergency](#)
(declared March 17, 2020)
- [Provincial State of Emergency](#)
(declared March 18, 2020)

STRATEGIES TO MANAGE OUR MENTAL HEALTH



Here are 6 strategies to help us cope if we are feeling overwhelmed, anxious or stressed as we all cope in different ways to the ever-evolving COVID-19 situation.

1. **Make social connection a priority** - reaching out can not only help the person you check in on, but can boost your spirits too.
2. **Stay active** - Stretch your legs, do a quick free online workout, go for a walk in the fresh air.
3. **Eat healthy foods**, including foods rich in Omega-3s like nuts, avocado, beans, leafy greens and fresh blueberries
4. **Limit how much you watch the news and only follow reliable sources** (see resources on next page)
5. **Sleep.** It matters a lot. Turn off the phones/ screens two hours before bed.
6. **Try doing deep breathing, yoga or meditation** (there are many online resources that can help!)

Link to the full article: <http://www.bcmhsus.ca/about/news-stories/stories/tips-for-supporting-your-mental-health-through-the-covid-19-pandemic>

NEW FEDERAL UPDATES

- The House of Commons and Senate have passed Bill C-13, the COVID-19 Emergency Response Act and it became law this afternoon.
- This includes the previously announced Emergency Care Benefit & Emergency Support Benefit; however, they've combined the two to make it simpler and it is now the Canada Emergency Response Benefit, which includes:
 - \$2000/month for 4 months to eligible applicants, including:
 - Those who are sick
 - Those who've lost their job, or who are still employed but not receiving income
 - Those who are quarantined
 - Those taking care of someone with Covid19
 - Parents who have to stay home to take care of kids (whether because they are sick or schools closed)
 - Self-employed and contract workers (such as business owners)
 - Applicants will need to have been out of work for 2 weeks
 - If you are already receiving EI or sickness benefits, you don't need to reapply, and if you already applied for EI but are waiting for your application to be processed, you don't need to reapply
 - The Portal for applying and accessing this Emergency Response Benefit is not live yet online, but they hope to have live by April 6th.
 - Should receive benefit within 10 days of applying
- To help get applications processed and payments out, they have ramped up the amount of people processing applications.
- 10,000 people per day are being tested for COVID-19 across Canada.
- The Federal Government was expecting to receive new modeling from the Public Health Agency of Canada, and will be looking to share this information publicly.

All travelers returning to Canada — with the exception of “essential workers” — will have to enter a mandatory 14-day quarantine as of midnight (March 25) under the authority of the Quarantine Act

Media Link: <https://www.ctvnews.ca/health/coronavirus/what-you-need-to-know-about-the-quarantine-act-as-isolation-becomes-mandatory-for-returning-travellers-1.4868457>

LINKS:

- **Details on Bill C-13, the COVID-19 Emergency Response Act:** <https://www.canada.ca/en/departement-finance/news/2020/03/the-covid-19-emergency-response-act-receives-royal-assent0.html>
- **Details on Canada Emergency Response Benefit:** <https://www.canada.ca/en/departement-finance/news/2020/03/introduces-canada-emergency-response-benefit-to-help-workers-and-businesses.html>

NEED HELP WITH SUPPLIES?

If you need help with pick up of groceries, prescriptions or other essentials, OR if you are a volunteer willing to help others in need, there are a number of grassroots initiatives popping up. Here are a few:

- Elk Valley: <https://www.evcst.com>
- Columbia Valley: <https://volunteercv.ca/organizations/columbia-valley-covid-19-community-response>
- Cranbrook Area (Facebook): <https://www.facebook.com/groups/239248060594167>

Phone Numbers:

- **COVID-19 Information Line - 1-888-COVID19 (1-888-268-4319).** The line is for non-health COVID-19 information. It's open seven days a week, from 8:30 a.m. to 9 p.m. MST
- **811** - dial 811 for health related information on COVID-19
- **Crisis Line: 1.888.353.2273** - free, anonymous support
- **Kids Help Phone: 1-800-668-6868**

Online Links:

- **COVID-19 Self Assessment Tool & App** - use this online tool to complete a self-assessment & get updates.
- **BC Centre for Disease Control** - includes information on their testing protocols.
- **Interior Health** - IH has launched an updated, user friendly page.
- **Government of Canada** - statistics, travel info and economic and financial supports available federally.
- **Province of BC Information Hub** - links to Provincial supports for non-health information (childcare, travel, employee/employer resources, business support)