



Burnaby Association
for Community Inclusion

Date: March 13, 2020

To: BACI Families & Stakeholders

RE: **Update on BACI & COVID-19**

Hi there,

In light of its recent categorization by the World Health Organization (WHO) as a pandemic -- and in an abundance of care and caution -- BACI has begun actioning Stage 1 of its Pandemic Preparedness Plan and specific Action Plan for COVID-19.

Highlights of this Plan include:

- **Still Creek Centre:**
 - Increased cleaning (by janitors, staff) is done every weekday and additional deep cleaning/disinfecting is scheduled each weekend.
 - The use of Still Creek by outside groups has been cancelled until further notice (including Tuesday Massage sessions).
- **Community Inclusion/Day Programs**
 - Day Programs will continue to avoid activities and outings in crowded/group settings and will avoid transit as much as possible -- particularly during high volume periods.
 - Large group activities, such as Friday Afternoon Coffee House and Thursday Night Social Club, have been cancelled until further notice. We will connect with persons served and try to support them to find other ways to connect and enjoy each other's company outside of these larger group settings.
 - Any activities involving meal preparation have also been cancelled until further notice.
 - CI staff who work from people's homes will be asking a few key questions before they enter a home:
 - If anyone in the home is exhibiting cold or flu-like symptoms: cough, sneezing, fever, sore throat and difficulty breathing/shortness of breath;
 - If anyone in the home has recently travelled outside of Canada in the last 3 weeks, or been exposed to anyone who has recently travelled from an area identified by the WHO as being high risk.
 - If the answer to any of these questions is YES, BACI staff will not enter the home until after three weeks has passed.

- **Residential Homes**
 - Will operate with fewer community outings to highly populated places.
 - Family members or friends wanting to visit a home will first be asked the key questions listed above -- relating to the wellness of the person hoping to visit, and whether they have recently travelled outside of Canada in the last 3 weeks or been exposed to anyone who has recently travelled from an area identified by the WHO as being high risk.
- **Children's Services**
 - BACI will not close the 4 children's centres until directed by the Provincial Health Authority or Licensing, or when Burnaby schools are directed to close.
 - Spring Break: With health authority recommendations to avoid highly crowded or densely populated areas, we are limiting field trips during Spring Break. Activities will be held primarily outdoors (i.e. parks) and at the centres.
 - Any family members who are demonstrating cold/flu-like symptoms, who have recently travelled outside of Canada in the last 3 weeks, or who have been exposed to anyone who has recently travelled from an area identified by the WHO as being high risk, are asked not to visit our children's centres.
- **IDP, BEST, Outreach, BCC, Real Talk, Life Sharing Network**
 - As previously mentioned, BACI staff who work in people's homes will be asking the following key questions before they enter the home:
 - If anyone in the home is exhibiting cold or flu-like symptoms: cough, sneezing, fever, sore throat and difficulty breathing/shortness of breath;
 - If anyone in the home has recently travelled outside of Canada in the last 3 weeks, or has been exposed to anyone who has recently travelled from an area identified by the WHO as being high risk.
 - If the answer to any of these questions is YES, BACI staff will not enter the home until after three weeks has passed.
- **Other programs impacted:**
 - Community Kitchens at Filby Court are cancelled until further notice.
 - Use of the AHA Studio by outside groups is cancelled until further notice.
 - All Kudoz Experiences are discontinued until the end of March.
 - All Reflection Cafes are cancelled until further notice.
 - Youth Spring Break Camp has been cancelled.
- **Emergency Supplies:**
 - We are increasing our store of emergency supplies for all programs to cover 4 weeks.

BACI continues to actively monitor health authority updates regarding COVID-19 (ie. from BC Provincial Health, Fraser Health, Health Canada, WHO, CDC), and will update the people and families we serve as conditions change.

A reminder on important precautionary things for everyone to do:

As always, precautionary measures are key to ensuring the health of our employees and the people and families we serve.

What can you do to protect your health -- and the health of those around you?

We would like to remind everyone of the importance of maintaining good hygiene practices as a way to prevent the spread of illness, including:

Avoid touching of the face



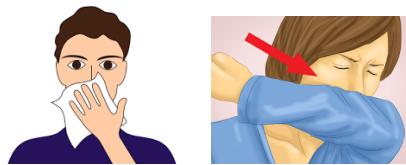
Good hand hygiene:

- Wash hands with soap and warm water for at least 20 seconds
- If soap and water are not available, use an alcohol hand sanitizer containing at least 60% alcohol
- Wash hands often throughout the day, especially after using the bathroom, before leaving home and when arriving at your activity location, before food preparation and eating, and after using public transit
- Remind or help others to practice good hand hygiene



Respiratory etiquette:

- Cover the mouth and nose during coughing or sneezing -- with a tissue or a flexed elbow
- Dispose of used tissues in a plastic lined waste container, then wash hands immediately after with soap and water (or sanitizer as above).



Avoid sharing things such as eating utensils, dishes, water bottles and drink containers, and encourage others around you to do the same.

Continue your regular cleaning and disinfecting, but consider doing it more frequently for commonly touched items such as phones, computer keyboards, light switches, doorknobs, grab bars, etc.

What to do -- if you feel sick:

Again, staff and the people and families we support are encouraged to STAY HOME if they are suffering from cold or flu-like symptoms: cough, sneezing, fever, sore throat and difficulty breathing. If you have symptoms, call 811 to discuss your symptoms and travel history, rather than going directly

to a hospital or clinic.

What to do -- if you, or people you know, have recently travelled:

People who have recently travelled outside of Canada, or have had contact with people who have travelled from areas identified as high risk by the WHO, are recommended to self isolate for 14 days.

Face masks?

The Centre for Disease Control (CDC) has stated that masks should be used by sick people to prevent transmission to other people, and that it may be less effective to wear a mask in the community when a person is not sick themselves. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g. to adjust the mask).

Stress:

If you are feeling stressed by the increased focus on COVID-19 -- in the media or in daily conversations around you -- please remember that Shepell-fgi, BACI's Employee Assistance Program provider, is available to support people with a BACI Membership 24/7. See their Tips for Coping with COVID-19 here: <https://www.morneaushepell.com/ca-en/tips-coping-covid-19>

BACI Members can also contact them directly to speak to a counsellor at 1-866-833-7690, or to contact an e-counsellor at <https://www.shepellfgiservices.com/ec/>

More information:

As there is a lot of information on the internet and news, we continue to refer to the sources below for reliable information and direction:

BC Provincial Health: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

CDC: [http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

Fraser Health: <https://www.fraserhealth.ca/health-topics-a-to-z/coronavirus>

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Take care!



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