



Burnaby Association
for Community Inclusion

Date: March 4, 2020 (sent again as a reminder to take precautionary measures on March 9)

To: BACI Families & Stakeholders

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

Hi there,

As information about COVID-19 (the Coronavirus) continues to unfold, we want to make sure that you are aware of what BACI is currently doing and remind you that we do have plans in place to deal with situations such as this. The health of our employees and the people and families we support is of utmost importance to us.

BACI continues to actively monitor health updates (ie. from BC Provincial Health, Fraser Health, Health Canada, WHO, CDC). At this time, the risk of spread in BC and in the rest of Canada continues to remain low. BACI is taking precautions to help keep that risk low.

As mentioned in a previous email, BACI has a *Pandemic Preparedness Plan* that is updated annually or as needed. It has recently been reviewed by BACI's Management Team and a more specific plan for COVID-19 has been created. It will be reviewed by all staff this month.

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



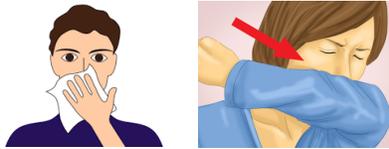
Good hand hygiene:

- 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:

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 travelled to affected areas, or have contact with people who have travelled to affected areas, are urged to contact the public health unit in their region to determine appropriate steps to take.

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!



Richard Faucher
Co-Executive Director



Tanya Sather
Co-Executive Director