



Public Health Update  
**November 8, 2020**

**Summary:**

The Public Health Agency of Canada has updated that COVID-19 can be airborne. This means that the virus can spread from an infected person to others through respiratory droplets and aerosols created when an infected person coughs, sneezes, sings, shouts, or talks.

There is also an increase in COVID-19 case counts in British Columbia. Our provincial health officer, Dr. Bonnie Henry, has announced new orders on **limiting social interactions** in the Lower Mainland. All of our communities must follow this new order:

- All people, workplaces and businesses in the Lower Mainland must **significantly reduce social interactions and travel**.
- This order is in effect from November 7 at 10pm to November 23 at 12pm.

**Detailed information:**

- **Airborne precautions**
  - Wearing masks when in public .
    - **Three-layered masks are now recommended.**
  - Maintain good hygiene.
    - Regularly wash hands.
    - Cover your coughs and sneezes.
  - Social and physical distancing, standing 2 metres apart when in public spaces.
  - Disinfecting high-touch surfaces and items.
  - Stay at home when feeling ill.
  - Get tested when you have symptoms such as fever, dry cough, shortness of breath, etc.
    - It is NOT recommended to get tested if you have no symptoms.
- **Social interaction and gatherings**
  - Socialize with only those in your immediate household. No gatherings of **any size**.
    - Do NOT invite friends or family to your household.
    - This also includes outdoor activities.
    - Do NOT go out to restaurants with people outside of your household.

- If you live alone, you may socialize with one or two other people.
  - Funerals and weddings may proceed with your immediate household ONLY.
    - Funeral or wedding receptions at any location are not allowed, including those held at community-based venues.
    - Events less than 50 people are suspended.
    - Church and religious services are okay to proceed, given the ability to follow strict social distancing guidelines.
- **Group physical activities**
  - Group indoor physical activities are suspended, including spin class, yoga, group fitness, dance classes or other group indoor activities that increase the respiratory rate.
  - Indoor sports where physical distancing cannot be maintained are suspended.
  - These activities can be replaced with individual exercises to allow safe physical distancing.
- **Work place**
  - Take care to make sure you are able to maintain physical distance and wear masks when appropriate in the workplace.
  - Extra care should be taken in small office spaces, break rooms, and kitchens.
- **Travel**
  - During the period of this order, travel into and out of the Lower Mainland and the Fraser Valley should be limited to essential travels only.

This order is time-limited but if the situation continues to worsen, public health officials may need to extend the order. To prevent that from happening, let's all follow the guidelines for these two weeks, so we can get through these difficult times together!