



CORONAVIRUS OUTBREAK

What you need to know

During these unprecedented times, and particularly with all the misinformation that is floating around about COVID-19, I think it is essential to ensure people know the facts in a timely manner.

With this goal in mind, I am going to try a new way of communicating with those in the riding with a weekly newsletter.

I intend to make it easy to find important and up-to-date details about programs and services that are evolving to support Canadians — be that money in your pockets via Employment Insurance or support for small businesses, as that is announced.

Next week's letter will discuss the Emergency Response Benefit, but probably the most critical advice I can provide to you now pertains to the current health crisis: Stay home, and follow the guidance from reputable experts and public health agencies.

COVID-19 is a respiratory virus that is spread person-to-person — when a sick person coughs or sneezes, the virus is in the droplets they expel. Another person can



catch it by inhaling these droplets but it can also spread when a healthy person rubs their eyes, nose or mouth after touching a surface infected by these germs.

The main symptoms are fever, tiredness and a dry cough. Most people (around 80%) will recover from the disease without needing treatment, but one in six people will become seriously ill. The elderly, those with respiratory issues, or people who are immunocompromised are particularly vulnerable.

This is why it's so important to

maintain a “social distance” of 1-2 metres (3-6 feet) between yourself and others, avoid touching your face, and use hand sanitizer or wash your hands for 20 seconds with soap and water.

If you are feeling unwell and are concerned you have the coronavirus, there is a self-assessment tool available online: <https://bc.thrive.health/>

I am including a list of websites of reliable sources of information below, as well as phone numbers for people seeking information on travel, EI and other matters.

INFO AND PHONE NUMBERS (COVID-19, TRAVEL, EI)

• **COVID-19**, Government of Canada: www.canada.ca/coronavirus

• **B.C. Centre for Disease Control**: www.bccdc.ca

• **Travel**: To request emergency assistance if outside Canada, call Global Affairs (collect) at 613-996-8885, email sos@international.gc.ca, online: <https://travel.gc.ca>

[gc.ca/assistance/emergency-assistance](https://www.canada.ca/assistance/emergency-assistance)

• **Border information services**: 1-800-461-9999

• **EI**: Questions about eligibility, call 1-800-206-7218.

Info about sickness benefits: <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>