

## **Provincial Health Orders & Where we are today.**

Did you know we are in **Phase 2** in British Columbia? This means we are all still being asked to stay in our community and keep our bubbles of friends & families small. It also means no outside travel unless deemed essential and no visitors from other communities/provinces as that risk increases our community's risk. If the COVID "curve" changes for B.C., we go backwards, therefore, here's a reminder of our social responsibilities.

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| <b>Phase 2</b> | <b>May 19, 2020 – Current</b> |
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- **Stay close to home and avoid any travel between communities that is not essential.**

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| <b>Phase 3 (pending)</b> | <b>June (Tentatively) to September</b> |
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- **If transmission rates remain low or in decline, people can begin travelling throughout B.C.**

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| <b>Phase 4 (pending)</b> | <b>To be determined</b> |
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- **Conditional on at least one of the following; wide vaccination, "community" immunity, broad successful treatments:**

### **Inside Your Bubble**

- Your bubble **includes members of your immediate household**
- Try to limit the number of people in your bubble. Your circumstances may mean your bubble contains several people. Every time you add someone to your bubble, you are also connecting with everybody in their bubble
- Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
- Remember, vigilant handwashing and space cleaning is still important
- If you are sick, limit hugging or kissing and when possible, self-isolate in separate rooms

### **Outside Your Bubble**

- Only get together in small groups of 2 to 6 people outside your bubble
- Keep a physical distance and limit your time together
- Stay home and away from others if you have cold or flu symptoms
- Have extra consideration for others, especially people at higher risk for serious illness from COVID-19, including older people and those with chronic health conditions

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions. Our circumstances are unique, but the things we need to do to keep each other safe is the same.