



## COVID – 19 Update – 03.25.20

At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to protect against it.

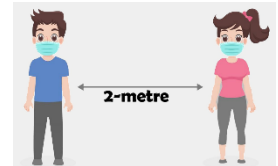
### If you have travelled to an at-risk area

If [you have travelled to](#) an known infected area in the last 14 days, limit your contact with others for 14 days, starting the day you began your journey to Canada. This means self-isolate and **stay at home**. Contact the [public health authority in your City](#) within 24 hours of arriving in Canada for advice. *Dial 811 for direct service.*



### Physical Distancing

- ✚ Avoid crowded places and non-essential gatherings.
- ✚ Avoid common greetings, such as handshakes.
- ✚ Limit contact with people at higher risk like older adults and those in poor health.
- ✚ Keep a distance of at least 2 arms-length (approximately 2 meters) from others.



If you are sick, the following steps will help to reduce contact with others:

- stay at home and [self-isolate](#) (unless directed to seek medical care),
- If you must leave your home, [wear a mask](#) and maintain a **2-metre distance** from others,
- avoid individuals in hospitals and long-term care centres, especially [older adults and those with chronic conditions or compromised immune systems](#)
- avoid having visitors to your home,
- cover your mouth and nose with your arm when coughing and sneezing,
- have supplies delivered to your home instead of running errands
  - supplies should be dropped off outside to ensure a 2-metre distance



### Being prepared

It is important to know [how you can prepare](#) in case you or a family member become ill.

## Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food,
  - ✚ use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
  - ✚ cough or sneeze into a tissue or the bend of your arm, not your hand
  - ✚ dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):
  - ✚ toys
  - ✚ toilets
  - ✚ phones
  - ✚ electronics
  - ✚ door handles
  - ✚ bedside tables
  - ✚ television remotes



## Security:

- ✚ Follow all parkade protocols, ensuring that parkade door is down before proceeding.
- ✚ Be aware of all surfaces you touch as you leave your vehicle.
- ✚ Follow all social distancing guidelines as you access your unit.
- ✚ Do not allow anyone you do not know in your building.
- ✚ Call your local police non-emergency line for any suspicious activity.



## Elevator Etiquette:

- ✚ Limit the number of people per elevator (suggested maximum is two, less depending on elevator size) or groups from same household. Please do your part and wait for the next cab if it is already occupied.
- ✚ Limit any direct contact use of elevator buttons, use your elbow, pen, etc.
- ✚ Use the stairs whenever possible avoiding the use of handrails while respecting the need to use them as safety or mobility support. Do not touch face, wash hands immediately after unit entry and disinfect your unit door handle (both inside and outside) and remember to clean your keys.
- ✚ Respect the 2 metre (6' rule) and do not get on the elevator if the 2 meter rule cannot be followed.



## Food and Parcel Deliveries

- ✚ Select the “Drop at Door” option to limit contact.
- ✚ Wash hands after picking up food or accepting delivery.
- ✚ Wash hands after unpacking food and before eating.
- ✚ Please confirm the individual before buzzing anyone into the building and if you are unsure, go to the front door yourself.
- ✚ Do not rely on concierge staff to accept parcels on your behalf.
- ✚ If concierge has accepted a parcel on your behalf, please ensure you retrieve it as soon as possible to avoid a back log of parcels.



## Garbage

- ✚ Additional residents at home mean additional garbage.
- ✚ Please be responsible and ensure recyclables are being placed in the correct bins.
- ✚ Compact down all cardboard to maximize space efficiency.
- ✚ Properly package all refuse.
- ✚ Be very cognizant of not touching your face while disposing of trash, recyclables etc.
- ✚ Remember to wash hands thoroughly after disposing of trash, recyclables etc.
- ✚ With increased use of wipes and paper towels, DO NOT flush these down the toilets as it can result in sewer backups and significant damage to both common property and individual units.



## Health Information

- ✚ Government Of Canada  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- ✚ Province Of British Columbia  
[https://www2.gov.bc.ca/gov/content/safety/emerge\\_ncy-preparedness-response-recovery/covid-19-provincial-support](https://www2.gov.bc.ca/gov/content/safety/emerge_ncy-preparedness-response-recovery/covid-19-provincial-support)
- ✚ BC Centre for Disease Control (CDC)  
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- ✚ HealthLinkBC <https://www.healthlinkbc.ca/health-topics/anxty>

