

**Up-to-date information as of June 5th, 2020\*\*\***

# COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 12



## Issue 12: Highlights

BC Parks camping reopens. Parks Canada: gradual reopenings. Summary: World Health Organization's review on tobacco and COVID-19. New one-time support for Canadians with disabilities. Showcase BC.

**"Minimize, manage, and modify."**

Dr. Bonnie Henry

If you know of someone in need, or are isolated yourself and need assistance, email [covid19@mnbc.ca](mailto:covid19@mnbc.ca)

MNBC's Health Team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available.

Follow our COVID-19 page at [www.mnbc.ca](http://www.mnbc.ca)

Please also see the last page, with links to previous issues of our COVID-19 newsletter for more information on hand washing, physical distancing (6 feet or 2m apart).

# BC PARKS: CAMPING REOPENS



*From BC Parks:*

As of June 1, many BC Parks campgrounds across the province have re-opened for the 2020 camping season, with more campgrounds to open in the weeks to come. We are kicking off this new camping season with new protocols and safety measures in place.

For more information, visit: <http://bcparks.ca/covid-19/>

Take a look at the BC Parks guide to "Camping During COVID-19" to get a better idea of what to expect when you arrive at the campground. The guide outlines how to prepare, set up and stay safe, as we all learn to navigate this new camping experience.

You can access the "Camping During COVID-19" guide here: <http://bcparks.ca/covid-19/docs/Camping-During-COVID-19.pdf?v=1591307903401>



# PARKS CANADA: GRADUAL REOPENINGS

*From Parks Canada:*

**As of June 1, some Parks Canada places began a safe, gradual reopening of some outdoor areas at national parks, national historic sites and national marine conservation areas. Openings will differ across the country.**

Please plan ahead by checking the [Parks Canada COVID-19 page](#).

Starting June 1, you may be able to access certain Parks Canada locations near you. This means:

- Access to some trails, day use areas, and green spaces at some locations will be permitted.
- Group activities and public events are prohibited until further notice.
- Camping is not permitted until at least June 21, while we assess necessary health and safety measures. All existing reservations set to take place prior to June 21 will be automatically cancelled and refunded in full.
- Highways and roadways, which pass through Parks Canada places, remain open.
- Many trails across the Parks Canada Network are closed for public safety, for the protection of ecological or cultural resources, because of human-wildlife interaction concerns, or limited search and rescue capacity. Please respect these temporary closures.

For more details, including park-specific information, visit:

<https://www.pc.gc.ca/en/voyage-travel/securite-safety/covid-19-info>

# SUMMARY: WORLD HEALTH ORGANIZATION'S REVIEW ON TOBACCO AND COVID-19

## **As a smoker, is my risk of getting COVID-19 virus higher than a non-smoker?**

There has not been a peer-reviewed study at this period of time. However, the simple act of smoking can increase the risk of contracting the virus simply by the hand to mouth action of smoking.

## **As a smoker, am I more likely to get more severe symptoms if infected?**

Smoking any kind of tobacco, reduces the lungs capacity and increases the severity of respiratory diseases. Available research suggests that smokers are at higher risk to develop severe COVID-19 outcomes and death.

## **What about vaping?**

Same as above.

## **What about smokeless tobacco such as chewing tobacco?**

Chewing tobacco again has the act of hand to mouth, increasing the risk of contracting the virus. Another risk with chewing tobacco is the spreading of COVID-19 virus when the user spits out the excess of saliva produced through the act of chewing tobacco.

## **What does the World Health Organization (WHO) recommend for tobacco users?**

Given the health risks to tobacco users, WHO recommends quitting tobacco use. There are multiple recommended ways to quitting and reasons to quit. For resources or information, contact:

- QuitNow: [quitnow@bc.lung.ca](mailto:quitnow@bc.lung.ca) | 1-604-731-5864 | [www.quitnow.ca](http://www.quitnow.ca)
- Or contact Lloyd Main (Registered Respiratory Therapist) at [lmain@mnbc.ca](mailto:lmain@mnbc.ca)

# NEW ONE-TIME SUPPORT FOR CANADIANS WITH DISABILITIES



*From CTV News:*

Canadians with disabilities will be sent a one-time tax-free payment of up to \$600, Prime Minister Justin Trudeau has announced, in an effort to help offset the financial pressures of the COVID-19 pandemic. This new financial aid will go to all who are eligible for the Disability Tax Credit, as of June 1.

Canadians who have a valid certificate for the Disability Tax Credit will receive \$600. Canadians with a valid Disability Tax Credit certificate and who are eligible for the Old Age Security (OAS) pension will receive \$300. Canadians who are eligible for both of these programs and are also eligible for the Guaranteed Income Supplement (GIS) will be receiving \$100.

For more information, visit: <https://www.ctvnews.ca/health/coronavirus/canadians-with-disabilities-to-receive-one-time-payment-of-up-to-600-pm-1.4970813>



# SHOWCASE BC

**"Together let's stay home, stay connected and #ShowcaseBC through great entertainment from our local creators" - *ShowcaseBC***

[Showcasebc.ca](https://showcasebc.ca) is a new online event listing platform. You can stream live BC events or submit your own event! Anyone presenting creative content online can submit their event to this calendar.

This is a one-stop shop for online events happening around the province.

For more information, including a calendar of events, visit <https://showcasebc.ca/>



# THANK YOU

To all our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.





# RECENT NEWSLETTERS HIGHLIGHTS

Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.

ISSUE ELEVEN. BC CDC COVID-19 survey reminder: May 31st deadline. To mask or not to mask? BC's Restart Plan. Provincial state of emergency extended. Alcohol and the immune system. Read Issue #11 [here](#).

ISSUE TEN. Government of Canada recommendation for wearing non-medical masks in public. Appropriate non-medical mask usage. BC CDC COVID-19 Survey. B.C. COVID-19 Temporary Pandemic Pay for health, social services and corrections employees delivering in-person, front-line care. Celebrating 2020 Métis graduates. Read Issue #10 [here](#).

ISSUE NINE. Federal government support for seniors. Canada Child Benefit (CCB) payment increase. Part-time, voluntary return to school June 1. Canada Emergency Student Benefit (CESB). BC provincial parks reopening. COVID-19 journal and activity book for kids. COVID-19: harm reduction support. Read Issue #9 [here](#).

ISSUE EIGHT. Hearts in the Window weekly contest. BC's Restart Plan. Canada Emergency Wage Subsidy extended. Celebrating Mother's Day this year. Métis wellness youth event. COVID-19 support resources. BC provincial overdose alert. Read Issue #8 [here](#).

ISSUE SEVEN. Glove distribution update. Hearts in the Window weekly contest. Staying entertained and active at home (Tah'lum Indigenous Artist Collective Colouring Book, FitNation, Métis Families Activities Guide). Zoom hangouts for Indigenous Youth. London Drugs providing shelf space for small businesses. Read Issue #7 [here](#).

ISSUE SIX. Survey deadline - April 30th, 2020. Support for Indigenous businesses. Relief for Métis entrepreneurs in BC during COVID-19. Hearts in the Window weekly contest. Foundry virtual services for youth (ages 12-24). Read Issue #6 [here](#).

ISSUE FIVE. Education and rent support from MNBC. ICBC. BC Hydro. Homemade Masks. Service Canada – ready to help. Self-isolation when you live with other family members. Read Issue #5 [here](#).

ISSUE FOUR. Increased support for mental health services. Safe Seniors, Strong Communities program. Temporary emergency child care for essential workers. BC Parks closure. Read Issue #4 [here](#).