



## COVID-19 Community Update

Let's keep the effort going to stop the spread of COVID-19 in our community. The message is the same, these next few weeks are extremely important for all of us; we must continue to do our part while doing our best to support and care for those around us. Staying home will save lives and following the rules means we will be able to put this situation behind us. Please, help bend the curve, not the rules.

### GENERAL UPDATES AND INFORMATION

**Parksville & District and Qualicum Beach Chambers of Commerce** - are actively helping to support local businesses impacted by economic challenges caused by the COVID-19 pandemic. The Chamber has created a resource page for businesses to list available services. The Chamber encourages support of local businesses who go the extra mile to ensure that our community thrives.

The Chamber is hosting an online business recovery forum on April 16 at 7 pm to connect businesses directly to local MLA's, municipal and business leaders to help inform about resources and assistance important to business continuity. [Email](#) the Chamber to participate.

**Harbour Air re-opens** - In response to demand, Harbour Air is again servicing routes between Nanaimo/Sechelt; Nanaimo/Vancouver and Vancouver/Victoria.

**BC Stats show how Canadians coping with COVID-19** - [Statistics Canada](#) results indicate Canadians are concerned about the pandemic and the majority are taking precautions and following physical distancing rules.

**RDN Transit service to Duke Point** - Due to reduced BC Ferries services and closure of Departure Bay terminal, RDN Transit is offering temporary service to the Duke Point ferry terminal, operating Monday to Saturday, providing transit between the Downtown Nanaimo Transit Exchange, South Parkway Plaza and the Duke Point ferry terminal to meet three ferry sailings per operating day. Please refer to the [schedule](#).

**Signup for Emergency Management Oceanside Enews** - As well as ongoing communications through the City and Town, EMO will send regular updates about emergency preparedness for the Oceanside region. If you wish to receive updates directly from EMO to your inbox, please signup at [EmergencyOceanside.ca](#).

### UPDATES FROM TOWN OF QUALICUM BEACH

- A reminder that dogs are not able to physically distance themselves and may act as a source of transmission of COVID-19 through touch (petting) as well as encourage others to breach physical distancing guidelines (who can resist a cute pup?!) Please keep all dogs on leash and keep them near you when passing others. The Town of Qualicum Beach does not permit dogs, on or off-leash, on any public beach between March 1 to April 30 due to the migration of Brant Geese. Dog owners in contravention are subject to \$100 fine. Dogs are permitted on the street level walkway on-leash.

- The Qualicum Beach farmers' market was open the past two Saturdays with great success. The Town has been working with the market and the provincial health authority to ensure physical distancing guidelines are met. The Town will continue to monitor market operations and support the market as directed by the province. Reminder to please "shop, don't stop". Once finished shopping at the market, we encourage everyone to quickly make their way home and not congregate in the parking lot and surrounding areas.
- This sunny weather is drawing more people out into the fresh air. Thank you for keeping to physical distancing guidelines; together, we are flattening the curve and your efforts are making a difference!

## UPDATES FROM CITY OF PARKSVILLE

- Garage sales and spring cleaning go together; however, garage sales should not be held nor should you attend garage sales when COVID-19 orders are in place. Garage sales are inconsistent with provincial orders to practice physical distancing, to stay at home and to restrict non-essential travel. During COVID-19, buying and selling individual items online for pickup also has risks as there is no way to know if the seller has been exposed to COVID-19. Please wait until orders are lifted before considering garage sales, whether in person or online.
- City services continue and with our offices closed to the public, please contact us by phone or email. Main phone 250 248-6144 and [info@parksville.ca](mailto:info@parksville.ca). Direct department contact information on the City's [website](#).

## HEALTH REMINDERS

- **Bounce Back** is a free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help young people improve their mental health. Call tollfree 1 866 639-0522; [www.bouncebackbc.ca](http://www.bouncebackbc.ca)
- **HeretoHelp** provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking. [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)
- **Anxiety Canada** also has online resources for helping adults and children to cope with COVID-19. <https://www.anxietycanada.com/covid-19/>

## STAY INFORMED

We will keep you informed of any changes to how the [Town of Qualicum Beach](#) and the [City of Parksville](#) operate as this pandemic evolves. City staff and elected officials are practicing physical distance and sanitizing protocols and many services continue to be available by phone, email and online, please refer to your municipality for contact information. Health-related information is available from:

[BC Centre for Disease Control](#)

[Public Health Agency of Canada](#)

[Island Health](#)

Medical COVID-19 information - 811

Non-medical COVID-19 information - 1 888 268-4319

Government of Canada Coronavirus info line - 1 833 784-4397

[Senior Support Program](#) - 211

### For information, contact:

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*City of Parksville*  
*Town of Qualicum Beach*

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