

Parksville-Qualicum Beach Community Update

Welcome to 2021! We look forward to continuing to share great emergency preparedness information with you. Please forward this email to neighbours, friends or family who might be interested in receiving our info.

Island Health is seeing a spike in COVID-19 cases in the central island region again. We have been asked by Island Health to remind residents to double down on your efforts to help stop the spread of COVID-19. Even though vaccinations will be coming, now is not the time to relax. COVID-19 is in all our communities and everyone must continue to follow the steps we know are effective in reducing the risk of transmission. Thank you for continuing to do your part; everything we do now will make a difference in the days and weeks to come.

Washing our hands regularly, keeping at least two metres apart, wearing a mask in public spaces, and getting tested if you feel unwell are fundamentals of defeating this virus. It is also strongly recommended that everyone limit their travel between communities and outside the province, unless it is essential for work or medical care.



Province-wide PHO Restrictions Continue

The Provincial Health Officer order to suspend all events and social gatherings continues through midnight, February 5. These orders are intended to significantly reduce COVID-19 transmission related to social interactions and travel. It is recommended that all non-essential travel continue to be avoided.

Are you experiencing cold, flu or COVID-19 like symptoms? Please remember to visit <http://bc.thrive.health> to complete a self-assessment to see if you need a test before calling the Island Health Testing Call Centre. Non-medical information about COVID-19 is available daily, 7:30 am to 8 pm at 1 888-COVID19.

Here's what we must do to keep safe:

- Limit social interactions to our immediate household. Those who live alone must limit their social interactions to one or two people in their frequent bubble. The fewer people we see, the less chance of exposure.
- Wash our hands often; an easy and effective way to prevent the spread.
- Wear a mask in all indoor public settings, including all retail stores and restaurants, except when eating or drinking.
- Limit time in public places to essential trips for things like groceries and medications.
- If you are experiencing cold, influenza or COVID-19 symptoms, even if they are mild, please stay home, self-isolate and visit bc.thrive.health or Island Health's [website](#) to determine if you require testing.
- Testing is fast and easy. People aged four and older can be tested with a gargle test or nasopharyngeal swab with results usually available within 24 hours. Before calling to book an appointment, please use the self-assessment tool at bc.thrive.health to determine if you or your child needs a COVID-19 test. If a test is recommended, call 1 844 901-8442 to book an appointment (daily 8:30 am – 8 pm). Testing is available by appointment only.

Province-wide restrictions:

- Masks are required in British Columbia in all public indoor settings and workplaces.
- Spend time with those in your household or core bubble only.
- Explore close to home and avoid non-essential travel.
- Enjoy a walk or hike with a friend, but do not gather outdoors.

These restrictions will help to keep our businesses and schools open and our hospitals and communities safe. Thank you for continuing to do your part to reduce the spread of COVID-19. Most recent info at gov.bc.ca/COVID19.

Zoom with EMO Emergency Preparedness

The pandemic has changed so much about the way we live and work and for Parksville and Qualicum Beach emergency program coordinators, engaging the community is no exception. Without pandemic restrictions in place, our EPCs would be working in the community, meeting with residents and neighbourhood groups. If you have a group of friends or neighbours interested in a presentation or talk about an emergency preparedness topic, please email info@emergencyoceanside.ca and we will look after you.

Rob and Aaron have been reaching out virtually with organized Zoom sessions, an opportunity to chat about emergency preparedness. We have a few spaces available on:

Thursday, January 21 at 10 am

Wednesday, January 27 at 2 pm

Email info@emergencyoceanside.ca if you would like to participate, letting us know which date is preferred. We will confirm your participation and send you Zoom instructions by email. To join, you will need a computer with an internet connection and can join the meeting in the following ways:

- Computer with camera and microphone – click the link provided.
- Computer with camera and no microphone – click link and call the phone number provided.
- Computer with no camera or no microphone – call the phone number provided.

There's a cold snap coming...

Environment Canada is predicting a few days of colder weather and possibly snow. This [link](#) provides a home preparedness checklist for severe weather, ideas on how to develop an emergency plan and emergency kit as well as suggestions on how you can connect with your neighbours.

From the Town of Qualicum Beach

Town Hall remains open to the public Monday to Friday, 9 am to 1 pm (except statutory holidays). Town staff are available via email or phone until 4pm, Monday to Friday.

While we are happy to help in person where needed, we encourage you to conduct business remotely where possible. You can contact us via any of the following methods:

- Email qbtown@qualicumbeach.com
- Phone 250 752-6921
- Post PO Box 130, Qualicum Beach V9K 1S7
- Mail Slot Out front of Town Hall, nearest the fountain

From the City of Parksville

City in-person services during the COVID-19 pandemic are limited to payments of tickets/licence fees and the purchase of bus passes, with all other City business by appointment and no walk-in services. To book an appointment, call 250 248-6144 or refer to website contact [info](#). Finance is open Monday to Friday, 9 am to noon and 1 pm to 3 pm. Please note, entry is from Jensen Avenue East. Masks are mandatory when at City Hall and visitors will be asked to provide information for contact tracing.

For more information:

Rob Daman, Emergency Program Coordinator, Town of Qualicum Beach

rdaman@qualicumbeach.com

Aaron Dawson, Emergency Program Coordinator, City of Parksville

adawson@parksville.ca

Deb Tardiff, Manager of Communications, City of Parksville

dtardiff@parksville.ca

