



330 Main Drive
Box 178, Savona,
B.C. V0K 2J0
Phone (250) 373 2493
Fax (250) 373 2494

Daily Update: Thursday, July 30, 2020

Number of COVID-19 cases in BC: 3591

New cases in BC: 29

Number of deaths in BC: 194

Number who have recovered in BC: 3155

Number of COVID-19 cases in Interior Health Region: 360

Active Cases: 242 Currently hospitalized in BC: 5

Currently admitted to Intensive Care Unit: 2

BE SAFE THIS LONG WEEKEND!

Be prepared for the long weekend. Make safe plans to prevent spreading of COVID-19 and enjoy the summer safely. Remember to:

- **Limit the number of people you see (6 or less)**
- **Of the people you see, know who and how many people they are spending time with. You are exposed to those people too!**
- **Meet outside!**
- **Do not share food, drink, smokes, etc.**
- **Wash your hands!**
- **Wear a mask!**

USE DRUGS SAFELY and NEVER USE ALONE!

- **Get your drugs checked**
- **Buddy up when you are using, stay 2 meters apart**
- **Avoid using different drugs at the same time or using drugs and alcohol together**
- **Don't use alone. Leave your door unlocked. Tell someone to check on you**
- **Test by using a small amount, then go slow**
- **Know the signs of an overdose**

If must use alone. Download the Lifeguard App. It could save your life! It will alert 911 if you are overdosing. Download the Lifeguard App via the App Store or Google Play.

BC School Update with Rob Flemming and Dr Henry (Jul 29)

In June, 200,000 students returned to schools in BC.



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Phase 2 will begin on September 8, 2020 when most students will return to in-class learning.

There are new health and safety guidelines for schools that will be put into action by school districts and school administration for September.

School can safely open if community transmission is low. If there is a rise in cases, adjustments will be made in those communities.

Learning groups or cohorts will be created in school. These are groups of students and staff who will remain together throughout the school year. These groups include more than just classroom groups or grades. Elementary learning groups will be up to 60 people. Secondary Learning groups will be up to 120.

Each school will adapt to their particular school's needs.

Are You In Need of Food/Supplies?

Social Development can supply you with a food hamper and the following items. Please call 250-373-2493.

Sage Bundle	Toothbrush/Paste
Hand Sanitizer	Feminine Hygiene Products
Face Mask and Ear Saver	Soap and Deodorant
Shampoo and Conditioner	Food Hamper

Be calm, respectful, safe and generous with one another.