



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

Daily Update: Friday, May 1, 2020

Number of COVID-19 cases in BC: 2112 New cases in BC: 25
Number of deaths in BC: 111
Number in recovery in BC: 1322
Number of COVID -19 cases in Interior Health Region: 170

Testing for COVID19/Coronavirus

Testing is available for anyone with symptoms. If you have symptoms, please call QHS at 250-314-6732 or 811 or your family physician.

Provincial Supports

Please see the attached list of provincial supports available.

10 Ways To Lift A Mood

See the attached resource with ideas to lift your mood.

Get Outside...Safely

It is important to get some fresh air and exercise everyday. Please do so safely using physical distancing. Tick are out in full force. Check for ticks if you have been in your yard, garden, on the land, etc.

Be Mindful Of Others

Please continue to physically distance. The life you save may be your elder or your neighbour.

Please continue to stay mentally and physically strong and engage in healthy activities.

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