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As more information is becoming available regarding COVID-19, Gold Country Communities Society will be working diligently to provide accurate and current information to our stakeholders, residents and travelers.

We will be working together with businesses and tourism partners to ensure updated information is available at www.exploregoldcountry.com.

It is vital that we all do our part to keep those at risk safe and protected. As this virus has been spreading quickly we all need to keep informed and work together. With longer lines in grocery stores and incidents of product hoarding it is important to be patient and understanding during this unprecedented time.

We have the recent experience of the floods and wildfires and know that our communities are very capable of working together.

As meetings, concerts and sporting events are being cancelled/postponed we will be updating our events calendars and providing information on activities that people can do such as going outside ensuring to keeping in the social distancing parameters as recommended by Provincial Health Officer Dr. Bonnie Henry. Fresh air and sunshine are so important for over all health.

As this is currently spring break when typically a larger number of travelers come to the region it is extremely important to take all necessary precautions as per the [Government of Canada](#), [BC Center for Disease Control](#) and [World Health Organization](#).

- Avoid spending time in [large crowds](#) or crowded areas.
- Avoid contact with sick people, especially if they have fever, cough, or difficulty breathing.
- Be aware of the local situation and follow [local public health advice](#).
- [Wash your hands](#) with soap under warm running water for at least 20 seconds or sing the Happy Birthday song!
- Use alcohol-based hand sanitizer only if soap and water are not available. It's a good idea to always keep some with you when you travel.
- There are many items we come into contact with on a daily basis such as gas pumps, debit machines, door handles and money that could be contaminated. Be sure to wash your hands frequently!
- Avoid touching your face.
- Cover your mouth and nose with your arm to reduce the spread of germs.
- If you use a tissue, dispose of it as soon as possible and wash your hands afterwards

[Practise Social Distance:](#)

You may be hearing the term "social distancing" in relation to SARS-CoV-2, the virus that causes COVID-19. "In terms of social distancing, it's important to understand how this virus is transmitted," says Dr. Nipunie Rajapakse, an infectious diseases specialist at Mayo Clinic. "It's transmitted through respiratory droplets generated when someone infected

coughs or sneezes. We know that these droplets extend about 3 to 6 feet from the person that generates them. If you breathe in the droplets, or they land on your eyes, nose, or mouth then you are at risk of getting infected."

"This is where the concept of social distancing comes in. If we stay away from someone who is sick, or in general, beyond that 6 foot margin, then the risk of being exposed drops dramatically. That's why some of these recommendations about canceling large meetings and gatherings where people are in very close contact with each other."

Examples of action to take:

- Avoid handshakes
- Avoiding anywhere with large crowds
- Encourage people to work from home
- Avoiding the use of public transportation

Some recommendations that some businesses are already working towards are:

- take out/doorstep delivery
- removing seating area
- using a service window, or drop off zone
- Offering Gift certificate purchases for later use
- Offer prepaid registration to be put towards the following year event

The [Centers for Disease Control and Prevention \(CDC\)](#) offers a list of tips and resources to help people come up with a personal and household plan.

- Practice everyday preventive actions to reduce your risk of getting sick, especially older adults and people who have severe chronic medical conditions.
- Make a list of your medicines and refill them.
- Make an emergency contact list.
- Plan for potential changes at your workplace.
- Stay informed

Information on COVID-19

[Provincial Coordination Plan](#)

If you are concerned that you have been exposed to COVID-19 call your local health care provide or 8-1-1 for instructions.

[BC COVID-19 Symptom Self-Assessment Tool](#)

About 8-1-1

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. The **8-1-1** phone line is operated by [HealthLink BC](#), which is part of the Ministry of Health. By calling **8-1-1**, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you **get the information you need to manage your health concerns, or those of your family.**

For non-medical information about COVID-19:

The province has created a phone service to provide non-medical information about COVID-19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 am - 8 pm at **1-888-COVID19 (1-888-268-4319)** or via text message at **604-630-0300**.

If you require access to health care **for other concerns** while in the Gold Country region here are the nearby facilities:

Health Care Facilities in Gold Country

[Ashcroft](#)

[Logan Lake](#)

[Lytton](#)

[Merritt & Nicola Valley](#)

Health Care Facilities Closest to Gold Country

[100 Mile BC](#)

[Kamloops Royal Inland Hospital](#)

Again if your concerns are about the COVID-19 call your local health care provide or call 8-1-1.

As guidelines and restrictions are put into place more resources will be made available. Current information can be found at the following sources and as more information becomes available this will be updated.

Stakeholder Resources:

[BC Public Service Response](#)

[Employment and Social Development Canada](#)

[Support for Entrepreneurs](#)

[Tourism Industry Association of BC](#)

[Indigenous Tourism](#)

[Western Economic Diversification Canada](#)

[Destination BC](#)

Service Providers information regarding bill payments during this time of concern:

[Telus](#)

[Fortis BC](#)

[BC Hydro](#)

[Government of Canada Tax Information](#)