



Care BC's Meals on Wheels Mask policy - COVID-19 AND Flu Season 2020-2021

Vancouver Coastal Health (VCH)¹ has stated that the best way to protect yourself and others against COVID-19 is to:

- **Stay home if you feel sick** (and seek appropriate medical attention/testing if required)
- **Wash your hands frequently**
- **Avoid touching your face**
- **Sneeze or cough into your elbow**
- **Practice physical distancing** (2 metres)

As well as maintaining physical distance, wearing a non-medical mask or cloth face covering while in a public place is an additional measure that people can take to prevent the spread of the coronavirus. However, masks may give a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask). As of Oct. 9, 2020 (reported in the *Vancouver Sun*), BC's provincial health officer, Dr. Bonnie Henry said "we aren't looking at mandating (masks), but we have put out the conditions where we think it is important for people to wear them ... those indoor spaces where you can't consistently maintain your physical distance."

According to the BC Centre for Disease Control (BC CDC), wearing a non-medical cloth mask is an additional measure to prevent the spread of the coronavirus, **but only if the masks meet certain specifications and if they are worn properly**. "*A properly fitted mask sits closely over the mouth, nose, cheeks and chin of the person wearing it*". More information from the BC CDC – like how to make your own mask, how they should be worn and cleaned, etc.- can be found online: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>

Until we learn more from VCH, the 2019/2020 flu policy will be in effect for the upcoming flu season (Dec. 1, 2020 – March 31, 2021):

- IF YOU HAVE RECEIVED A FLU SHOT, wearing a mask is not mandatory.
- IF YOU DO NOT RECEIVE A FLU SHOT, you must wear a mask when volunteering for Meals on Wheels (MOW).

In previous years, as per Vancouver Coastal Health's requirements, MOW volunteers were required to either receive a flu shot prior to Dec. 1, 2020 or wear a mask when making deliveries. Unfortunately, the availability of disposable medical masks is uncertain as our suppliers currently have limited stock available. At the same time, we are adapting our policies to account for the ongoing COVID-19 pandemic.

For those who choose to wear a mask, Care BC has sourced cloth, non-surgical masks which follow appropriate BC CDC guidelines. We aim to provide every active volunteer ONE mask. Surgical N95 and other medical masks are NOT available, as they are reserved for healthcare staff.

¹Please visit Vancouver Coastal Health's "**COVID-19 Frequently Asked Questions**" website for more information: <http://www.vch.ca/covid-19/covid-19-faqs> (see the question "Should I wear a mask or take other precautions to protect myself against the virus?")



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卑詩護理會 (Care BC) “送餐服務” 口罩 政策 COVID-19 - 2020-2021 流感季節

溫哥華沿岸衛生局 (VCH) 指出，有效保護自己及他人免受 COVID-19 侵害的最佳方法包括：
如感到不適，應該留在家裡（並在需要時尋求適當的醫療/測試）

- 經常洗手
- 避免觸摸你的臉
- 肘部打噴嚏或咳嗽
- 保持身體距離

除了保持身體距離外，在公共場所佩戴非醫用口罩或布面罩是可以採取的另一項措施以防止冠狀病毒傳播。據卑詩省疾病控制中心 (BC CDC) 稱，戴非醫用口罩是防止冠狀病毒傳播的另一種措施，最重要是該口罩符合特定規格而且佩戴正確。“正確佩戴口罩必須是緊貼戴口罩的人的嘴，鼻子，臉頰和下巴。” 更多相關信息，可到 BC CDC 網址閱覽 - 例如：如何製作自己的口罩，如何佩戴和清潔口罩等等：

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>

在未有 VCH 發佈更多信息之前，卑詩護理會將採用 2019/2020 流感政策，用於即將到來的流感季節（2020 年 12 月 1 日至 2021 年 3 月 31 日）：

- 如果您有接種流感疫苗，您可以選擇戴或不戴口罩。
- 如果您沒有接種流感疫苗，當參與送餐 (MOW) 時，必須戴口罩。

同時，Care BC 根據卑詩省疾病控制中心 (BC CDC) 指引採購了一些遵循非傳染性疾病原則的非醫用布口罩。我們將會贈送每位現在正參與送餐工作的義工每人一個布口罩。謝謝您的參與！