

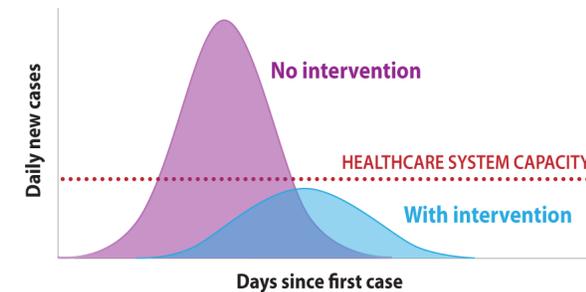
March 23, 2020

Dear Rosslanders,

Thank you for following the rules set forth by the Provincial Health Authority on the back of this notice. We are in unprecedented times and we have very little time to actually flatten the curve and slow the spread of Covid-19. Look carefully at the graph! I can't stress enough that each and every one of us must take responsibility for our actions. It is not only yourself that you have to protect but everyone else in our community. Our essential services like the grocery, the drug store, the gas station and the City **must** stay open. Do not put these dedicated workers at risk by your behavior.

## FLATTENING THE CURVE

*A look at the importance of slowing the spread of a virus, so that the rate of infection doesn't outpace the resources to fight against it.*



SOURCE: CDC

THE CANADIAN PRESS

A Provincial State of Emergency has been declared by BC. It is imperative that all levels of government work together to be efficient and effective as we navigate these challenging times. There is no need to make a local declaration as a patch work of different declarations and rules could complicate service delivery. Locally, we will implement and enforce all Provincial Orders that are issued. Things change daily so be sure to check out [www.bccdc.ca](http://www.bccdc.ca), our COVID-19 website info page at [www.rossland.ca](http://www.rossland.ca) and the IHA resources on the back of this notice.

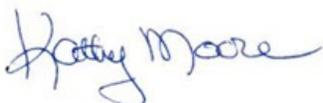
It should be obvious by now that **parties and/or gathering of people of any size are irresponsible and potentially dangerous**. Just don't do it.

We have now closed our playgrounds because the virus can live on hard surfaces for days. These closures also promote social distancing. Currently, our playing fields will remain open but only so long as the 2m distance requirements are met. ***Non-compliance will mean the fields will have to be closed for all.*** Do your part by not only maintaining your distance, but gently reminding others to do the same. We are lucky that we have trails nearby, get out, enjoy the outdoors, but do so only with members of your own household - and maintain social distancing from others at all times.

We are a close community, we care for each other and can help each other: Rotary has set up a system to shop for those most vulnerable, the Food Bank has set policies in place to protect their clients and volunteers, Tourism Rossland updates a list of business hours and changes (i.e. take-out only). Call an elderly or immune-compromised person that you know and see if you can help them, at a safe distance of course. Contact me if you need more info at [mayor@rossland.ca](mailto:mayor@rossland.ca).

We will get through this together and this too shall pass. Let's be a model of how to do it right.

Take care,

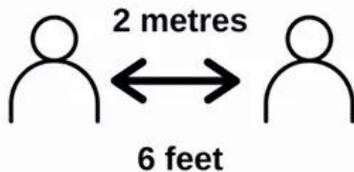


Mayor Kathy Moore

# SOCIAL DISTANCING AND COVID-19

Together, we can slow the spread of COVID-19 by consciously keeping a physical distance between each other. Social distancing is the most effective way to reduce the spread of COVID-19.

## What does social distancing mean?



This means making changes in your behaviour to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- staying home and self-isolating if you are sick
- avoiding anyone who is sick
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (2 metres or 6 feet) from others

## Here's how you can practise social distancing



- greet with a wave instead of a handshake, a kiss, or a hug
- stay home, including for meals and entertainment
- enjoy the outdoors but only in small groups and maintain social distance
- do not play any team sports
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family
- use food delivery services or online shopping
- work from home

## Remember to practise hand hygiene and respiratory etiquette



- wash your hands often with soap and water for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often

## If you are concerned you may have COVID-19



- self-isolate from others as soon as you have any symptoms (e.g., fever, cough, sneezing, sore throat, or difficulty breathing)
- if you are outside the home when a symptom develops, go home immediately and self-isolate
- use the BCCDC self-assessment tool: [covid19.thrive.health/](https://covid19.thrive.health/)

Call **1-888-COVID-19** or text **604-030-0300** for non-medical COVID-19 questions and **8-1-1** for medical COVID-19 questions. Go to [bccdc.ca](https://bccdc.ca) or [interiorhealth.ca](https://interiorhealth.ca) for more information.

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