



**Health Matters Newsletter  
September October 8, 2021  
Today's Health Matters Includes:**

- OCCHN Meeting Schedule
- Community Meetings
- Get Vaccinated- Just Do It! Information for your proof of Vaccination Information
- Job Posting- Executive Director Cowichan Intercultural Society
- Island Health Information on COVID Response and the Underserved Community and More
- City of Duncan Updating Official Community Plan- Community Engagement Sessions



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- ✓ **Next Admin Committee Meeting** **October 7, 4:00 pm- zoom**
  - ✓ **Next Our Cowichan Network Meeting** **Location to be determined November 4, 5:30 pm**
  - ✓ **Next EPIC Committee Meeting-** **October 21, 1:30 pm-3:00 pm zoom call**
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**Community Events- Meetings**

- **Cowichan Valley Hospice Society – Advanced Care Planning Sessions - Attached**
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**GET Vaccinated** Everyone in B.C. must register with the [Get Vaccinated provincial registration system](#) once.

**Proof of Vaccination Starts September 13**

**The province has released details of how to show proof of vaccination**, which will be required to access some non-essential business and services as of Sept. 13. [Use this link](#) to access your **digital BC Vaccine Card**, which includes a unique QR code link and can be printed or saved to a mobile device by [taking a screenshot](#). Those who cannot access the card online may visit a Service BC office or call 1-833-838-2323 to request a paper copy. The BC Vaccine Card must be presented along with government-issued photo identification. From Sept. 13 through Sept. 26, other forms of vaccination records will be accepted, including the paper COVID-19 Immunization Record Card that was offered at vaccination appointments. Proof of one dose is required as of Sept. 13, and two doses as of Oct. 24. [This website](#) has more information, including where proof of vaccination will be required.

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## **Job Posting- Executive Director Cowichan Intercultural Society- Attached**

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## **Island Health Information on COVID Response and the Underserved Community and More**

As you are aware, COVID 19 continues to circulate in most communities on Vancouver Island and we are all working on processes to allow us to continue to serve our clients in an endemic phase of COVID. As a valued partner in our shared dedication to ensure all community members are safe and well cared for, I thought I would provide you with some information from Island Health to provide reassurance and clarity around Island Health's role in working alongside you to respond to COVID 19. We recognize people have questions and concerns about COVID and that conversations, discussions and rumours at times can be part of the fear and uncertainty. I invite and encourage you to seek out sources of truth and help promote those understandings to the larger community. Knowledge and truth is what will lead us to health, wellness and compassion. Sources of 'truth' include Island Health's website (<https://www.islandhealth.ca/>), BC Centre For Disease Control (<http://www.bccdc.ca/Pages/default.aspx>) and the Province of BC (<https://www2.gov.bc.ca/gov/content/covid-19/info/response>).

Please be aware Island Health does not comment on individual cases of COVID-19 or confirm specific details of cases, or clusters out of respect for people's privacy. Every lab-confirmed case of COVID-19 is investigated by Public Health to identify potential close contacts, support isolation and perform COVID testing, as necessary. Early in the pandemic, health care jurisdictions throughout Canada, including in BC and in Island Health, identified vulnerable populations for COVID 19, including residents of long-term care, residents of rural and remote communities, and unsheltered individuals, those living in congregate settings (e.g. supportive housing and those with other unstable housing. The shared pandemic response planning involves extensive preparation to support these vulnerable populations, if and when cases were identified.

Island Health's health led and focused approach to supporting the underserved population and frontline service providers who work with this population involves three key steps:

1. Prevent – mitigate the spread
2. Test & Trace - identify and follow up with suspected/confirmed cases
3. Support - access to care and services that keep people safe

Vaccinations have been prioritized to vulnerable populations in our community and vaccines are being made available to underserved people, including those experiencing homelessness or precarious housing. Uptake in this cohort has been positive thanks to consistent messaging, role modeling and education. While vaccination has now been made available to the most vulnerable, now is not the time to let down our guard. Together, we must all continue to practice and role model the universal precautions of physical distancing, wearing a mask and frequently hand washing. The marathon has been long with winding curves – we continue to pace ourselves as the journey continues.

Click the links below for general information about virtual health visits:

- How to prepare for a virtual health visit:

<http://www.phsa.ca/health-professionals/professional-resources/office-of-virtual-health/covid-19-virtual-health-toolkit/zoom-for-healthcare/patient-resources>

- How to join a virtual health visit from a computer:

<http://www.phsa.ca/health-professionals-site/Documents/Office%20of%20Virtual%20Health/Zoom%20Patient%20Join%20VH%20Visit%20by%20Computer.pdf>

- How to join a virtual health visit from a mobile device:

<http://www.phsa.ca/health-professionals-site/Documents/Office%20of%20Virtual%20Health/Zoom%20Patient%20Join%20VH%20Visit%20by%20Mobile%20App.pdf>

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## City of Duncan Updating Official Community Plan- Invitation for Community Input

In Spring 2021, the City of Duncan initiated [Small Town. Bright Future.](#), and [Small Town. Going Places.](#) processes to update the City's Official Community Plan (OCP) and create a Transportation and Mobility Strategy (TMS). Community information gathering and technical review and community understanding are underway. The first phase of public engagement occurred in late spring/early summer this year, and further public engagement opportunities will take place this fall.

We would like to invite you, or another representative from your organization, to share with us at our upcoming project workshops. These workshops will focus on several areas that may be of interest to the organization you represent – such as the economy, growth management and housing, climate change and the environment, parks, recreation and culture, and transportation and infrastructure.

These workshops will focus on [Small Town. Bright Future](#) (OCP) with participation from the [Small Town. Going Places](#) (TMS) team as these processes will inform one another. Ultimately, the OCP will map out how we want to grow as a community. We want to hear from you – please join us! **You can choose ONE of the following as the content is the same for each.**



- **Workshop 1: Thursday, October 21, 2021 from 10:00am – 12:00pm**  
*(this in-person workshop will be held at the City of Duncan Fire Hall, 468 Duncan Street, Duncan BC, V9L 3X3)*

- **Workshop 2: Thursday, October 21, 2021 from 1:00pm – 3:00pm**  
*(this in-person workshop will be held at the City of Duncan Fire Hall, 468 Duncan Street, Duncan BC, V9L 3X3)*



- **Workshop 3 (Virtual): Thursday October 28, 2021 from 1:00pm – 3:00pm**  
*(this virtual workshop will be hosted online using Zoom)*

**We would ask that, if interested in participating with us, you RSVP by email to Beth Hurford, Community Consultant at [ehurford@urbansystems.ca](mailto:ehurford@urbansystems.ca) no later than 12:00pm on Monday, October 18, 2021. Please identify the workshop session you wish to join.**

We respectfully acknowledge that Duncan is located on the traditional, unceded territory of the Cowichan Tribes and are grateful for their participation in these projects.

We look forward to sharing and learning with you, the *Small Town. Bright Future.* and *Small Town. Going Places* team.

**Michelle Geneau MCIP, RPP**  
Manager of Planning

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## Health Matters Newsletter

**Do you have a resource, event or information you would like to share?**

Send it to [cindylicchn@shaw.ca](mailto:cindylicchn@shaw.ca) and it will be included in the Friday Newsletter