

New Regional Health Mandates for Fraser Health and Vancouver Coastal Health

On November 7th, 2020, Provincial Health Officer, Dr. Bonnie Henry, put forth new regional health mandates for the Fraser Health and Vancouver Coastal Health regions that will be in place until November 23rd, 2020. Please see below for more information:

Social Interactions and Gatherings:

- Social interactions and social gatherings (including gatherings at restaurants and outdoor gatherings) should be limited to only those in your immediate household
 - It should be noted that going on a walk with others is not considered a social gathering, but you must ensure that a walk does not turn into a group of people meeting outside
- Funerals and weddings may proceed only with your immediate household but there should be no receptions under any circumstances
- Please note that your immediate household includes the people who live in the same dwelling as you and members of your immediate family
 - Your immediate household does not include your friends or members of your extended family

Physical Activities:

- Indoor group activities are suspended, including spin classes, yoga classes, group fitness classes, dance classes and any other indoor group activity that increases the respiratory rate
- Indoor sports where physical distancing cannot be maintained are suspended, including boxing, martial arts, hockey, volleyball, basketball, etc.
- These activities can be replaced with individual exercise or group activities that allow everyone to maintain a safe physical distance

Workplaces:

- All workplaces should continue to conduct daily screening of workers using a COVID-19 symptom checklist
- Workplaces must ensure that workers and/or customers maintain appropriate physical distancing and wear masks when appropriate
- Extra care should be taken in small office spaces and within shared common spaces, such as break rooms, kitchens, etc.

Travel:

- It is recommended that travel into and out of the Fraser Health and Vancouver Coastal Health regions should be limited to essential travel only
- It is also recommended that people who live outside of these areas should not visit unless it is urgently required or essential

For more information on the regional health mandates please click [here](#).

With these mandates, it is understandable for people to become bored or feel isolated. Please see below for some of our ideas to fight boredom and isolation:

- Making something like journaling, crafts, cooking, baking, etc.
- Clean your house, organize your closet, etc.
- Listen to music or read a book/magazine
- Participate in [a virtual tour of a museum or a national park](#)
- Do [an at-home workout](#)
- Meet with people outside of your immediate household through Zoom, Skype, FaceTime, etc.
- Use the [Google Chrome extension Netflix Party](#) to get together with people outside of your immediate household to watch Netflix on separate computers at the same time

These mandates may also mean stress for some people and, for people living with epilepsy, stress may bring about more seizures. If this is the case for you, try joining one of our [online support groups](#) to discuss

issues related to your epilepsy and other aspects of your life with others with whom you share similar experiences. You can also try [employing some self-care techniques](#) to help reduce your stress and anxiety.

If you are feeling compromised during this time, please call the crisis line at 1-800-784-2433.

Please reach out to the BC Epilepsy Society at 604-875-6704 or at info@bcepilepsy.com for support, for information on our online support groups, or if you wish to speak to somebody.

You matter and we are here for you.