

Dear North Shore Community Members,
As our collective efforts to fight back against the spread of COVID-19 continue, the directives from Provincial Health Officer Dr. Bonnie Henry and Minister of Health Adrian Dix to all of us are simple:



Stay home as much as possible. When you go out, maintain a 2m (6ft) distance from others and do not gather in groups.



Self-isolate if you are sick, even if it is not COVID-19. Self-isolation means that you do not go out at all.



Self-isolate for 14 days if you've just returned from out-of-country, even if you don't feel sick at all.



Each of us has a duty to ourselves, our neighbours, and our loved ones to participate in these efforts with 100% compliance — and I thank each and every one of you who have risen to this. I am proud of the love and compassion that I see in our community, proud of the efforts of all those workers who keep our essential services running, and proud to serve you as an MLA.

In your service,
Bowinn Ma, MLA for North Vancouver-Lonsdale



HEALTH CARE

- Violations of public health orders carry fines exceeding \$25,000 and/or jail time.
- Scheduled elective surgeries and procedures have been postponed.
- Workers in long-term care may no longer work at multiple facilities
- Visitor restrictions are in place for all Vancouver Coastal Health facilities, including hospitals, long-term care, assisted living sites, community health centres, and clinics.
- Choose virtual health care services whenever available, physicians will be compensated.
- Physician notes are NOT required for prescription refills by pharmacists.
- MSP coverage wait times are waived for those returning from out-of-province.
- Safe prescription alternatives to the illegal drug supply are available to people who use substances.
- Dentists should be providing emergency services only at this time. Services from other regulated health care professionals (RMT, physiotherapy, chiropractic, etc.) may also be limited.



PUBLIC SERVICES & FACILITIES

- In-class instruction is suspended at all K-12 schools, but continuous learning is available. Visit: gov.bc.ca/safeschools
- Seniors can dial 2-1-1 for help with tasks such as getting groceries. Volunteers are encouraged to register at bc211.ca.
- Community centres, playgrounds, sports fields, and some provincial and national park facilities may be closed. Check before you go.
- Service BC locations will stay open. First hour of service is dedicated to seniors and other vulnerable people. You can also call for service: 1-800-663-7867
- Service Canada Centres are now closed. Apply for benefits online.
- Auto insurance and licensing renewals are available by phone: 1-800-950-1498
- Limitation periods to commence court proceedings have been suspended.
- Rear door, fare-free boarding on all buses. (Accessible loading still available.)



Questions?

- 8-1-1* for medical information and advice.
- 1-888-COVID-19* or txt 604-630-0300 for non-medical info about COVID-19.
- *Translation available in over 100 languages
- Official BC Gov Website: gov.bc.ca/COVID19
- Contact your local MLA for help with provincial programs (i.e. renter's supplement).
- Contact your local MP for help with federal programs (i.e. EI and CERB).



RETAIL SERVICES

- The resale of food, medical supplies, personal protective equipment, cleaning products and other essential supplies is now prohibited.
- Do not use reusable bags or containers when shopping.
- BC Liquor Stores will stay open on reduced hours.
- Restaurants are open for take-out/delivery service only and may now sell liquor products with meals for take-out/delivery.
- By public health order, the following retail services are closed throughout BC: casinos, bars and clubs, and personal service establishments (i.e. salons, spas, tattoo parlours, etc.)



HOUSING

- Immediate halt on evictions, with some exceptions.
- Freeze on rental rates.
- To enable physical distancing, landlords may now restrict use of common areas, and tenants may refuse entry of landlords into units.



LABOUR & EMPLOYMENT

- Employers cannot require a doctors notes or testing for people to stay home from work.
- All workplaces must ensure a safe working environment.
- Workers may take unlimited unpaid, job-protected leave if they are unable to work because of COVID-19, retroactive to Jan 27, 2020.
- Workplace guidelines available for: active construction sites, manufacturers, mining and smelting.
- Essential services list available at: gov.bc.ca/covid19



FINANCIAL SUPPORT & INCOME ASSISTANCE

- Existing Employment Insurance (EI) program continues to be available. One-week waiting period for Sickness benefits is waived.
- Canada Emergency Response Benefit (CERB) provides \$2000/month to workers who lose income due to COVID-19, including contractors and self-employed ppl.
- BC Emergency Benefit provides an additional one-time tax-free \$1,000 payment to those on EI or CERB.
- Income tax return filing due date is deferred to June 1. Payments owed are deferred until September 1, 2020.
- BC Hydro bill deferral & payment plans available. Call 1-800-BC-HYDRO.
- ICBC payment deferrals available. Call 1-800-665-6442.
- New rental supplement to provide up to \$500/month towards rent, paid directly to landlords. Visit: bchousing.org/COVID-19
- Mortgage payment deferrals available for CMHC-insured loans. For other mortgages, check with your lender.
- Parents who can, should care for children at home. Enhanced government funding is available to child care providers to enable this so that parents do not have to pay to hold unused spots. Visit: gov.bc.ca/childcare
- Six-month interest-free moratorium on repayment on all public student loans.
- Reduction in minimum withdrawals from Registered Retirement Income Funds (RRIFs).
- Boosts to GST-credit, BC Climate Action Tax Credit, and Canada Child Benefit for low- and moderate-income individuals and families.
- Existing programs for Income/Disability Assistance as well as OAS/GIS for seniors continue to be available.
- For financial support for businesses, visit: bowinnmamla.ca/covid19/supports



TRAVEL

- Avoid all non-essential domestic and international travel.
- The Squamish Nation has closed their communities to visitors.
- In-province travel restrictions are in effect. Ferry service is available for essential travel only and some highways are closed. Check before you go.
- Anyone exhibiting symptoms will be actively refused boarding onto aircraft and trains, including for domestic travel.
- Travellers entering the country must self-isolate for 14 days. Violations of this order carry a maximum fine of \$750,000 and/or 6 months in jail.

