



March 25, 2020

Ref: 248223

We are reaching out in response to the recent COVID-19 outbreak to provide you with updates regarding involvement in the Independent Living or the Youth Agreements programs.

Many of you may be feeling some stress due to loss of work, decrease in hours, or layoffs, and may be worried about your school programs and how this may impact your funding. We want you to know that your agreements will remain in place.

If you have any questions, need any additional resources or you would like help connecting with your family or Indigenous community, please let your social worker know.

We want to provide you reliable information sources that will help you stay healthy. Please review and check the below links for credible, accurate and up-to-date information:

- [BC Center for Disease Control](#) (CDC)
- [Health Link Web site](#)
- [Health Canada Information](#)
- [MCFD COVID-19 Public Information](#)

Dr. Bonnie Henry, Public Health Officer, has recently asked all British Columbians to “do their part to prevent the transmission of infections in our communities and in our health-care system.” You can stay healthy and prevent the spread of infections by:

- Washing your hands often with soap and warm water for at least 20 seconds;
- Avoiding touching your eyes, nose or mouth with unwashed hands;
- Avoiding close contact with people who are sick;
- Coughing or sneezing into your sleeve and not your hands; and
- Staying home if you are sick to avoid spreading illness to others.

If you think you are sick:

- If you suspect that you are ill as a result of COVID-19, please contact your health care provider or call **811** or **711** for those who are deaf/hard of hearing.
- Talk with your social worker immediately and they will help answer any questions and make sure you have what you need. Your social worker can also help you connect with health professionals if needed.
- If you think you are ill or have been tested and confirmed to have COVID-19, call Provincial Centralized Screening (PCS) at 1 800 663-9122 to speak with a social worker who can provide you with information, track your condition and follow-up as needed. PCS is available 24/7 if you are worried and need someone to talk with.
- You can call the Government of Canada at 1 833 784-4397 to answer your general questions about COVID-19. Service is available from 4 a.m. to 9 p.m. PDT.

.../2

How do you take care of yourself?

The CDC has provided resources on [what to do if you are sick](#) and [caring for yourself at home](#).

Additional Resources and Supports:

- [Agedout.com](#): an information hub for youth in or from government care
- [BC Federation of Youth in Care Networks](#)
- [Vancouver Island Crisis Society](#): 1 888 494-3888 or text 250 800-3806
- [Crisis Centre BC](#): 1 866 661-3311. This service also has an online chat option.
- [Crisis Prevention, Intervention & Information Centre Northern BC](#): 1 888 562-1214. This service also has an online chat option.
- [Interior Crisis Line](#): 1 888 353-2273
- [My Anxiety Plans](#): My Anxiety Plans are anxiety management programs based on cognitive behavioural therapy, an evidence-based psychological treatment.

The situation is changing rapidly, and we understand these changes may be causing uncertainty for some of you. We are aware this is a challenging time and encourage you to contact your social worker if you have any questions.

Sincerely,



Cory Heavener
Provincial Director of Child Welfare and
Assistant Deputy Minister



Karen Blackman
A/Assistant Deputy Minister
Service Delivery Division