

November 23, 2020


**COVID-19 Public Service Announcement from Island Health**

The Regional District of Nanaimo (RDN) is sharing the following public service announcement (PSA) from Island Health regarding measures residents can take to reduce the transmission of COVID-19. To view the PSA and other updates from Island Health online, please visit [islandhealth.ca/news](https://islandhealth.ca/news).

For COVID-19 related updates from the RDN, please visit our website at [rdn.bc.ca/pandemic](https://rdn.bc.ca/pandemic).

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# public service announcement



FOR IMMEDIATE RELEASE  
November 20, 2020

## Reminder: Help reduce transmission of COVID-19

**Island-wide** — With COVID-19 cases on the rise, Island Health is asking people across our region to double down on their efforts to help stop the spread of the virus.

While COVID-19 is everywhere, the central island region is currently experiencing the highest rate of positive cases on Vancouver Island. As of November 19, there were 76 active cases in the central island, an over 500% increase since November 10. That compares to a 40% increase in active cases in south island, and 55% increase in active cases in north island over the same period.

On November 19, Provincial Health Officer Dr. Bonnie Henry [announced new orders](#) to slow the spread of COVID-19. By following these orders, residents across Vancouver Island can help protect their families, friends and neighbours.

Here's what we must do:

- We must limit our social interactions to our immediate household. Those who live alone must limit their social interactions to one or two people in their frequent bubble. The fewer people we see, the less chance of exposure.
- Masks must be worn in all indoor public settings, including all retail stores and restaurants, except when eating or drinking.
- Travel should be limited to essential travel only, which includes work within your region, medical appointments and hospital visits.
- Wash your hands often — an easy and effective layer to prevent the spread.
- Limit time in public places to essential trips for things like groceries and medications.
- If you're feeling sick at all, please stay home, self-isolate and visit [bc.thrive.health](#) or Island Health's [website](#) to determine your next steps.

Thank you for doing your part - everything you do now will make a difference in the days and weeks to come.

For more information on COVID-19 case numbers, visit Island Health's COVID-19 [dashboard](#) or the BCCDC COVID-19 [data hub](#). You can find more information on COVID-19 at [www.islandhealth.ca/covid19](http://www.islandhealth.ca/covid19).

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