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**Daily Update: Tuesday, April 7, 2020**

**Number of COVID-19 cases in BC: 1266    New cases in BC: 63 (over 2 days)**  
**Number of deaths in BC: 39                      Number in recovery in BC: 783**  
**Number of COVID -19 cases in the Interior Health Region: 128**

**We need 100% of us committed, 100% of the time to flatten the curve and prevent spreading!**

**It is extremely important that we do not gather with others (other than those that live with you) over the long weekend. Our elders, vulnerable people, family and neighbours depend on you. This will be hard...but WE CAN DO IT!**

### **FIRE BAN**

**There is currently a fire ban in effect. Please do not burn.**

<https://www2.gov.bc.ca/gov/content/safety/wildfire-status/fire-bans-and-restrictions>

### **RESOURCES FOR COPING WITH COVID-19**

#### **Anxiety Canada Website**

**Includes resources for adults and children**

<https://www.anxietycanada.com/>

#### **Bounceback BC Website**

**Includes resources for adults and teens**

<https://bouncebackbc.ca/>

#### **Secwepemc Nation Traditional Wellness Inspiration – In Time of COVID-19**

**Includes ancestral teachings, cultural practices and traditional idea. See attached.**

#### **BC COVID-19 Mental Health Network**

- **Free, short term one-on-one counselling for those struggling with COVID related impacts.**
- **For an appointment, please email [bccovidtherapists@gmail.com](mailto:bccovidtherapists@gmail.com) with your name, best contact info, and general availability.**
- **A counsellor will get back to you as soon as possible to book your free online/telephone session.**

**Be calm, respectful, safe and generous with one another.**