

## Update From Vantage Point on COVID-19

Blog  
The Vantage Poi...  
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Planning: Strategy & Workforce



# bulletin

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Dear Reader,

As Vantage Point is a space primarily used for convening and group learning, we want to reach out to you amidst the most recent updates on COVID-19. We understand there are a lot of mixed feelings about this outbreak. The bottom line is we want to make sure everyone is - and feels - safe, so we have begun important conversations with our Staff and Board to determine our plans for the coming months.

As of March 16, 2020, a few workshops and labs have been cancelled while others will be offered online through a program called Zoom. Should you be signed up for any of these events you will receive more details about the changes. If you have questions on how to participate in an upcoming program - or if you require cancelling - please reach out to our office at (604) 875-9144 or [info@thevantagepoint.ca](mailto:info@thevantagepoint.ca).

We urge everyone to take calm precautions and do their best to reduce the risk of spreading illness. These are a few easy ways to ensure lower risk of contracting and sharing any virus:

- Wash your hands frequently with warm soapy water for at least 20 seconds after using the washroom, sneezing, coughing, preparing food, and touching public surfaces.
- Avoid touching your nose, mouth, and eyes.
- Cough and sneeze into the crease of your elbow.
- Do your best to stay home if you are presenting cold or flu-like symptoms and call 8-1-1 if you think you may have COVID-19 or are experiencing an unexplained shortness of breath.

Here is the latest update for BC (as of March 18): <https://www.cbc.ca/news/canada/british-columbia/coronavirus-update-bc-what-you-need-to-know-march-18-1.5501183>.

The World Health Organization (WHO) is probably the most [reliable source of information](#) on how to be ready, safe, smart, and kind in the wake of COVID-19.

Finally, on the note of kindness: It has become aware to most of us by now how certain communities are the first to feel negative social impacts from peoples' preconceived ideas and misunderstandings. One of the most important things we can do for ourselves and each other in staying safe and healthy is to self-educate, share credible sources, and choose empathy and compassion.

Please take time to read how media coverage of this virus affects [people with disabilities](#). It is also important to understand how the fear around this virus has surfaced xenophobic ideas and acts around the country - and how [many Asian communities are deeply affected](#) by these harmful misconceptions.

We at Vantage Point wish you and your loved ones health throughout this process, and will be in touch as more information comes up.

Sincerely,

The Vantage Point Team