

**50** YEARS  
1971-2021



**Big Brothers  
Big Sisters**  
OF REGINA AND AREA

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April 14, 2021

**Dear BBBS Parents, Caregivers, and Volunteers,**

We wanted to provide further guidance regarding yesterday's update by the Government of Saskatchewan to COVID public health measures. Household bubbles are again limited to immediate households only for all of Saskatchewan.

*"A change to the Public Health Order will come into effect immediately limiting household bubbles to immediate households only for all of Saskatchewan.*

*These Public Health Order measures are in effect until April 26 and will be reviewed at that time."*

Link to media release from April 13, 2021: <https://www.saskatchewan.ca/government/news-and-media/2021/april/13/covid19-update-for-april-13-298767-vaccines-administered-288-new-cases-280-recoveries-two-new-deaths>

In Regina and area, restrictions remain expanded with residents being asked to take additional precautions as there is increasing community transmission of COVID-19 Variants of Concern. The Government of Saskatchewan and Saskatchewan Health Authority continue recommending,

Expanded public health measures for Regina and Area:

***Regina and Area Travel Advisory***

*A travel advisory is being issued for Regina and area communities. Travel is not recommended in or out of the Regina area unless absolutely necessary.*

***Regina and Area Work From Home Recommendation***

*It is strongly recommended that all individuals in the Regina area able to work from home do so.*

***Restaurants, licensed establishments, event venues and places of worship***

- *All restaurants and licensed establishments must close for in-person dining. Take-out and delivery is permitted. Video lottery terminals (VLTs) will also be closed in these locations.*



- *The following venues are **closed**: banquet and conference facilities, community halls, galleries, museums, libraries, live and movie theatres, performing arts facilities, bowling alleys, car shows, racing and rodeo facilities, arcades, trade shows, science centres and auctions (livestock sales are permitted).*
- *Places of worship in the Regina will remain at the current capacity level, which is a maximum of 30 individuals.*

For a more comprehensive list of the recommendations and information, follow this link: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/public-health-measures>

## **What does this mean?**

We want to ensure the safety of our program participants while they continue to connect and build relationships. For these reasons we continue to make the following recommendations:

### Big/Little Outings

- A virtual get together can substitute a face to face outing, talk with your Mentoring Coordinator who can help you with ideas.
  - If you cannot connect virtually because you do not have access either to a device or to internet, please talk to your Mentoring Coordinator.
- Wear your mask when on outings with your Big/Little;
- Do not enter each other's homes;
- If getting together, make every attempt to do outdoor activities that allow for physical distancing (i.e. go for a walk, kick a ball, do gardening, etc);
- Continue to practice frequent and effective hand washing/sanitizing practices;
- Do not get together if you are feeling unwell/have [symptoms](#), or if you or someone in your household has been in close contact with anyone who has tested positive for or suspects they have COVID-19;

Mentoring Coordinators will continue to conduct “in-person” match support via a virtual platform for the foreseeable future.

We know sometimes it's hard to come up with activity ideas. As a team we are committed to continuing to provide you with activity ideas for both in person and virtual visits. If you find or hear of great things to do, share them with your Mentoring Coordinator so they can share with others.

We are also organizing monthly (oftentimes multiple times per month) Big Group Virtual Activities for program participants, make sure to read through your emails as that is how we send out invites. You can also always ask your Mentoring Coordinator (or any of the staff) about upcoming events;



**As always, do not hesitate to reach out if you have questions, comments or concerns.**

Take care and stay safe,

A handwritten signature in black ink, appearing to read 'D. Krzeminska', written in a cursive style.

Dominika Krzeminska  
Executive Director

