

MTABC MEMBERSHIP RESOURCES: COVID-19

Updated: Thursday, December 10, 2020, 12:15pm PST

Send comments or report errors to: president@mtabc.com

IMPORTANT NOTES

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Thank you to the [Music Therapy Association of Alberta \(MTAA\)](#) for initiating this project. MTABC created a copy of MTAA'S project and edited the content to make it relevant for BC residents.

RECENT UPDATES TO THIS DOCUMENT

- [Resources on singing during in-person music therapy sessions](#)
- [In-person Private Practice Music therapy sessions: Tips and ideas](#)
- [September 15, 2020 Board Exam Announcement from CAMT](#)

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Messages from MTABC to members

To view as a pdf: https://www.mtabc.com/wp-content/uploads/2020/03/COVID-19-Message-to-MTABC-members_Mar-15-2020.pdf

COVID-19 Message to MTABC members

Dear MTABC members:

On behalf of the Board of Directors, I am writing to offer our support during this challenging time. Our hearts go out to those who have been affected locally and internationally by COVID-19.

As music therapists, we regularly come into contact with vulnerable clients – in particular older adults, those with underlying medical conditions, and those who are immunocompromised. We want to acknowledge that many of you work at sites where individuals have tested positive for the virus. You may have already been asked to self-quarantine. The death of an elderly man residing in a North Vancouver care centre was announced on March 9th. Some MTAs have chosen to self-isolate and/or cancel contracts for safety. We would like to recognize your professionalism and choice to uphold these ethical and moral standards amidst a difficult decision. As health professionals, we know this impacts us all physically, emotionally, mentally, psychologically, and spiritually.

Although there are not a lot of tangible things the board can do, we hope to offer any emotional support and information we can. If you are feeling isolated or alone, please reach out by emailing Sheila at president@mtabc.com or reaching out to other members by emailing mtabc-community@googlegroups.com or sending a message through our [MTABC Facebook group](#). If you are under quarantine and need supplies, there might be someone in your neighbourhood who can drop off supplies at your doorstep or curb.

We encourage you to take extra precautions to protect yourself and your clients. Check in with your clients to make sure they are well enough to attend sessions. Stay home if you are experiencing fever, cough, or shortness of breath. Avoid bringing germs from one site to another. Only use instruments if you must. Wash your hands and sing at least 20 seconds of your favourite song while doing so.

At this time, the board is discussing how to handle upcoming MTABC events. Our Annual General Meeting (AGM) is on Sunday, April 5th. We will send a separate email soon regarding Zoom video-conferencing options. Please check your emails regularly.

Below are some websites where you can find more health information:

[Centers for Disease Control and Prevention \(CDC\)](#)
[World Health Organization \(WHO\)](#)
[Government of Canada Global Travel Advisory](#)

[BC Centre for Disease Control \(BCCDC\)](#)
[Public Health Agency of Canada](#)
[BC Ministry of Health](#)

We are sending positive energy to all of you here and our brothers and sisters around the world. Take care,

Board of Directors: *Sheila, Melody, Felicia, Carolyn, Susan, Mary, and Alexina*

Administrative Assistant: *Janet*

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Staying Healthy: Information about COVID19

[BC Centre for Disease Control \(BCCDC\)](#)

[BC Ministry of Health](#)

[Healthlink BC](#)

[Government of Canada COVID-19](#)

[World Health Organization \(WHO\)](#)

Important Phone Numbers and Links

Self-Assessment Tool https://bc.thrive.health/covid19	Non-medical information about COVID-19 7:30 a.m. - 8 p.m. Pacific Standard Time at 1-888-COVID19 (1-888-268-4319) or via text message at 604-630-0300
Healthlink BC: https://www.healthlinkbc.ca/services-and-resources/about-8-1-1	Speak to a health service navigator 24 hours a day. Call Healthlink by dialing: 8-1-1 7-1-1 for the deaf and the hard of hearing
310 Mental Health Support https://www.crisislines.bc.ca/services	310-6789 (no need to dial area code)
Suicide https://www.crisislines.bc.ca/services	1-800-SUICIDE (1-800-784-2433)
Map of Crisis Lines in BC https://www.crisislines.bc.ca/mapcrisis-lines	
Kids Help Phone https://www.healthlinkbc.ca/mental-health-substance-use/resources/kids-help-phone	1-800-668-6868
Alcohol & Drug Information and Referral Service	1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland)
Crisis Services Canada https://www.crisisservicescanada.ca/en/	1-833-456-4566 (Crisis Line)

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Government Support

[GOVERNMENT OF CANADA](#): Department of Finance Canada

Last updated: March 18, 2020

The Government of Canada has taken further action because of the COVID-19 outbreak. Learn more about the new measures on [COVID-19 Economic Response Plan](#).

The Government of Canada is taking immediate, significant and decisive action to help Canadians facing hardship as a result of the COVID-19 outbreak.

On March 18, 2020, the Prime Minister announced a new set of economic measures to help stabilize the economy during this challenging period. These measures, delivered as part of the Government of Canada's [COVID-19 Economic Response Plan](#), will provide up to \$27 billion in direct support to Canadian workers and businesses.

[Support for Canadians](#)

[Income Support for Individuals Who Need it Most](#)

[Flexibility for Taxpayers](#)

[Mortgage Default Management Tools](#)

[Role of Financial Institutions](#)

[Support for Businesses](#)

[Supporting Canadian Businesses Through the Canada Account](#)

[Helping Businesses Keep Their Workers](#)

[Flexibility for Businesses Filing Taxes](#)

[Ensuring Businesses have Access to Credit](#)

[Supporting Financial Market Liquidity](#)

[Economic Response Plan – Cost and Implementation](#)

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GOVERNMENT OF BC

BC's Restart Plan

Updated: May 7, 2020: Familiarize yourself with BC's Restart Plan

BC's Restart Plan website

- Broad overview of plan and phases

BC's Go-Forward Management Strategy

- Critical information related to the types of safety protocols to implement in your clinical practice to ensure the health and safety of yourself and clients

BC's Go-Forward Strategy Checklist

- Intended to help sectors think through and plan a cautious return towards the 60% social contact maximum of the pre-COVID-19 norms

Financial Supports in Response to COVID-19

Last Updated: **April 23, 2020**

Funding for critical services is increased by \$1.7 billion to support:

- Health care pressures due to the COVID-19 outbreak
- Social services and vulnerable populations
- Housing and shelter programs
- First Nations Health Authority

B.C. Emergency Benefit for Workers

The [B.C. Emergency Benefit for Workers](#) will provide a one-time \$1,000 payment to people whose ability to work has been affected due to COVID-19.

- B.C. residents who receive the new federal Canada Emergency Response Benefit (CERB) are eligible, including people who have run out of employment insurance (EI) benefits and now qualify for the CERB
- People will need to state that they have filed or will file a 2019 B.C. income tax return to complete the application for the B.C. Emergency Benefit for Workers
 - The CRA has up-to-date guides on [how to file your taxes quickly online](#)
- Online applications for the one-time payment will open May 1, 2020

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Climate Action Tax Credit

A one-time enhancement to the [climate action tax credit](#) will be paid in July 2020 for moderate to low-income families:

- An adult will receive up to \$218.00 (increased from \$43.50)
- A child will receive \$64.00 (increased from \$12.75)
- People need to file their income taxes to be eligible for the B.C. Climate Action Tax Credit
 - The CRA has up-to-date guides on [how to file your taxes quickly online](#)

Renters, Homeowners and People Experiencing Homelessness

Funding for housing supports are increased to ensure people can maintain their housing in the event of job or income loss.

- B.C. has [halted all new and active evictions, except under exceptional circumstances](#)
- [Annual rent increases are frozen](#)
- A [temporary rent supplement](#) is available
 - Eligible households with dependents can receive up to \$500 per month
 - Eligible households without dependents can receive up to \$300 per month
-
- The supplement is paid directly to landlords
- Applications for the supplement are open on the [BC Housing website](#)

B.C. Student Loans

Starting March 30, 2020, B.C. student loan payments are automatically frozen for six months.

Monthly Bills

BC Hydro

- BC Hydro rates have been reduced by 1%, effective April 1, 2020
- BC Hydro residential customers who have lost their job or are unable to work as a result of COVID-19 will receive a bill credit of three times their average monthly bill
 - This credit does not have to be paid back
 - [Eligible customers can apply for bill relief until June 30, 2020](#)
-
- Small businesses in BC Hydro's small general service rate category forced to close due to COVID-19 can have their power bills forgiven for electricity used between April and June 2020, with no repayment required

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- [Small businesses can apply](#) starting the week of April 14, 2020 and have until June 30, 2020 to complete the application
-
- Residential and commercial customers can defer bill payments or arrange for flexible payment plans with no penalty through the [COVID-19 Customer Assistance Program](#)
- Customers experiencing job loss, illness or lost wages due to COVID-19 can access grants up to \$600 to pay their hydro bills through the [Customer Crisis Fund](#)

ICBC

- Customers on a monthly payment plan who are facing financial challenges due to COVID-19 may [defer their payment for up to 90 days](#) with no penalty

FortisBC

- Residential FortisBC customers can [sign up for the COVID-19 Customer Recovery Fund](#) to automatically have their bills deferred from April 1 to June 30, 2020
 - A repayment schedule, free of interest or additional fees, will be set up and payments can be spread over a full year
-
- For small businesses that have been forced to close, [FortisBC will issue bill credits](#) to offset any charges to their account while they have been unable to continue operating their business as usual
- Businesses that are still open, but facing a slowdown in revenue, will not receive bill credits but can also receive bill deferral for the same 90-day period

Tax Relief for Businesses

The following provincial taxes have been [deferred, delayed or reduced](#):

- Deferred Tax Payments for Businesses
- Delayed PST Budget 2020 Tax Changes
- Delayed Carbon Tax Increase
- Reduced School Tax for Businesses

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LAI D OFF DUE TO WORK CLOSURES? <ul style="list-style-type: none">• Apply for regular EI benefits• You will need 700 work hours in last year• You will need a ROE saying you've been laid off from your employer to get benefits• There is a 1-week wait period (so you will not be paid for 1 week)• Apply online: https://www.canada.ca/en/services/benefits/ei.html• Call 1-800-206-7218 for more info	UNABLE TO WORK DUE TO SELF- QUARANTINE? <ul style="list-style-type: none">• Apply for EI Sickness benefits• You will need 600 work hours in last year• You do not need a ROE or sick note to qualify• The 1-week wait period has been waived.• Apply online: https://www.canada.ca/en/services/benefits/ei.html• Call 1-833-381-2725 for more info
LAI D OFF AND INELIGIBLE FOR EI? <ul style="list-style-type: none">• Apply for the Emergency Support Benefit.• Amounts and eligibility has not yet been announced.• <u>Applications will be available in April</u> via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number	SELF-QUARANTINED & INELIGIBLE FOR EI? <ul style="list-style-type: none">• Apply for the Emergency Care Benefit for workers not eligible for EI (including self-employed) who are sick with COVID-19, quarantined, or taking care of a family member with COVID-19.• Up to 15 weeks of benefits, up to \$900 bi-weekly.• <u>Applications will be available in April</u> via CRA MyAccount, My Service Canada Account, and a yet to be released toll-free number

Banks and Credit Unions

- [Global News article on Mortgage payment deferrals](#)
- [VanCity COVID-19 updates](#)
- [Coast Capital Savings COVID-19 updates](#)
- [Capital One COVID-19 updates](#)
- [TD Bank COVID-19 updates](#)
- [CIBC COVID-19 updates](#)
- [Scotiabank COVID-19 updates](#)
- [RBC COVID-19 updates](#)
- [BMO COVID-19 updates](#)

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Personal Resources for Music Therapists

1. [General COVID 19 resources - self-care + music \(US-based\)](#)
2. [Calm.com](#) - many free resources for mindfulness and coping with stress
3. [Headspace](#) - free mindfulness resources and toolkits
4. [Resources for freelance artists](#) during COVID-19 (Emergency funding, job opportunities, etc.)
5. [Fitness Blender Youtube Channel](#)- FREE at-home workout videos to maintain strength and fitness and keep moving. No equipment needed!
6. Activities and resources for keeping your children occupied at home:
 - Scholastic [Learn At Home website](#): daily lessons with videos, stories, drawing and writing activities
 - [Colour Our Collections](#): Free PDF downloads of colouring pages from the art collections of various museums
 - [Google Arts and Culture](#): Virtual field trips of more than 2,500 museums worldwide
 - [Cosmic Kids Yoga](#)- Free kids yoga and mindfulness exercises for kids

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Professional Resources for Music Therapists

1. [Music Therapy Resources list compiled by US music therapists](#)
2. Limited Contact/Online Music Therapy Interventions
https://docs.google.com/document/d/1-lfQP4Pqf26QgVeYYuFPbCQsXB0Wcm_X4GgzUR2jtC4/edit?ts=5e73b65b
3. How to talk with children and family about COVID-19: [AHS](#) [CAMH](#) [CDC](#)
4. Supporting families in online music therapy? Encourage everyone to get involved by incorporating instrument building using found objects from around the home! Here are [52 homemade instrument ideas!](#)
5. Incorporate **Music & Music Therapy Apps** to create music with your clients!
 - [Model D minimoog synthesizer](#)
 - [Korg Kaossilator](#)
 - [Acapella](#)
 - Youtube video: [How to Use the Acapella App](#)
 - [Djay](#)- allows you to mix songs and playlists
 - AudioKit Synth One Synthesizer
 - [Music Maker JAM](#)- beat and loops mixer
 - [Launchpad](#)- DJ mixer and beat maker
 - Beat Maker
 - Bandlab
 - Bloom HD (\$)
 - [Groovebox](#)- beat and synth studio
 - Garageband (iOs only)
 - Youtube video: [Garage Band Tutorial for Beginners](#)
 - [Chordify](#)- gives chords for songs and aligns them to the music
6. CE Opportunity: April 1 to June 10, 2020. **Health Entrepreneur's HUB: Rescue and Recovery Edition** led by Jennifer Buchanan. An 11-week online training program for music therapists and creative arts entrepreneurs navigating their businesses during COVID-19. The HUB will provide inspiration, support grounding, and guidance for a better future. This program is available for a one-time discounted price of \$47. Click [here](#) for more information.

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7. Song analysis and active listening- a great option for online MT sessions.
 - Songs about getting through hard times:
 - i. Lean on Me- Bill Withers (1972)
 - ii. [Let It Be](#)- The Beatles (1970)
 - iii. [This Too Shall Pass](#)- OK Go (2010)
 - iv. [Keep on the Sunny Side](#) (1964)
 - v. It Is Well With My Soul
 - vi. The Weight- The Band
 - I've Got Peace Like a River
8. [Songcraft](#)- FREE online collaborative songwriting software. Write lyrics, chord progressions, and guitar tabs in the song-writers pad. Collaborate in real-time with your clients.
9. [Yousician](#)- build on your musicianship and learn some new skills! Currently has lessons on guitar, bass, piano, ukulele, and, voice
10. [Soundtrap](#) - Free and paid online cross-platform digital audio workstation for browsers that allows users to create music or podcasts
 - Pricing options: <https://www.soundtrap.com/pricing>

Telehealth, Online Music Therapy Platforms

Get consent from clients before using online platforms. CAMT members can log into the CAMT site to view some examples of consent forms.

Online safety tips for clients:

- I. Log-in using a name other than their own (e.g. using a first name only or nickname)
- II. Put a piece of tape to cover the camera when not in use
- III. Log-in directly from the home site. Do not log-in via another site (e.g. Do not log into Zoom via Facebook)

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Know these terms. Click on the links to learn more.

PIPEDA ([Personal Information Protection and Electronic Documents Act](#))

PIPA ([BC Personal Information Protection Act](#))

PHIPA ([E-Health - Personal Health Information Access and Protection of Privacy Act](#))

FIPPA ([Freedom of Information and Protection of Privacy Act](#)): FIPPA is law for public bodies in British Columbia, such as hospitals, public universities and provincial ministries

HIPAA ([Health Insurance Portability and Accountability Act](#))

[NOTE: HIPAA compliance is for the US only. Canadians must follow PIPEDA compliance]

Really get to know PIPA: [A Guide to B.C.'s Personal Information Protection Act for Businesses and Organizations](#) (October 2015, 5th publication)

The [Office of the Information and Privacy Commissioner for BC](#). "The information and privacy commissioner is independent from government, and promotes and protects the information and privacy rights of British Columbians." <https://www.oipc.bc.ca/>

Some of the more popular online platforms:

- [Zoom](#) (**paid** Canadian subscription, reportedly is PIPEDA & PIPA compliant)
 - Zoom Serves Canadian Healthcare by Enabling Personal Information Protection and Electronic Documents Act (PIPEDA)... PIPEDA is close in structure to the GDPR regulations in the EU, and PHIPA closely aligns to the US HIPAA regulations... Zoom has data centers in Toronto and Vancouver, so all live meeting data and traffic can be kept in Canada."
<https://blog.zoom.us/wordpress/2018/11/12/zoom-serves-canadian-healthcare-pipeda-hipa-compliance/>
 - Note that Zoom is a US company. Some of their add-ons may be on servers in the US. Therefore, there is a possibility that Zoom may store personal information outside of Canada). Some institutions believe Zoom violates FIPPA.
- [Zoom](#) (**free** version is **not** PIPEDA and HIPAA compliant)
- [Here are some tips to avoid Zoom Bombing](#) (uninvited attendees, inappropriate images, inappropriate comments)
- Youtube video: [Adjusting Zoom Audio for Music Teachers](#)

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Other options:

- [Doxy.me](#) (HIPAA, GDPR, PHIPA/PIPEDA, & HITECH compliant)
- [GoogleMeet](#) (HIPAA compliant)
- [GoTo Meeting](#) (HIPAA compliant)
- [Zoom for Healthcare](#) (HIPAA compliant)
- [Skype](#) (not HIPAA compliant)
- [Facetime](#) (not HIPAA compliant)
- [Confluence](#)

MTABC Member discounts

Doxy.me

[Doxy.me](#) gave MTABC a 50% non-profit organization discount on individual subscriptions. Look for an email from Susan Summers sent on April 9th 2020, 6:51pm for the DISCOUNT CODE.

Email Tonya at: tonya@doxy.me and have the coupon code ready. You can ask her about using the coupon code retroactively if you have already subscribed.

Zoom

Zoom could not offer us an individual automatic discount. Zoom said if someone could get together a minimum of 5 licenses for a term not shorter than 6 months, they could offer a starting discount of 20%. Contact Gabe and mention you are a member of MTABC.

Email: Gabe.mark@zoom.us.

Online Music Therapy Set-Up: Tips & Examples

MTABC CE workshop with Amy DiNino RP, MA, ARCT, MTA, NMT: [Telehealth and Music Therapy](#)

Youtube video: [Online Therapy: Intro to Ethics and Best Practice COVID-19 Edition](#)

Tips

- [How to look fresh and professional for web meetings](#)- tips and tricks
- Use **headphones and a microphone** (if possible) for better sound quality and less interruption in sound transmission. Simple earbuds with a basic mic attached works just fine too!
- Test online with a colleague or friend to ensure sound quality is optimal - you may need to adjust playing patterns or mic placement for use of certain instruments!
- Some platforms will allow for image sharing should you or your client rely on PECS for communication in your sessions! GoogleMeet, Zoom and Skype allow for screen sharing. You

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may want to provide a step-by-step tutorial on how they can utilize this (and for your own reference as well) and send PDF's of your PEC system before-hand to ensure you both have everything you need to communicate!

- If your clients prefer a platform that is NOT HIPAA compliant - it is imperative that they are made aware and provide consent before engaging in online therapy services.
- [Guidelines and resources from APA](#)
- [Telehealth considerations from Personcenteredtech.com](#)
- [PESI'S Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training](#). It typically costs \$439.99, use **TELEFREE** in the discount box for zero cost, offer is valid as of Mar. 20, 2020, might be a limited time offer. This training will go over:
 - The key terminology, evidence, benefits and risks.
 - The unique legal and ethical concerns associated, such as privacy, security and crossing state lines.
 - The policies, procedures and best practices you need to know to get started and while protecting your professional liability.
 - How to navigate challenging telehealth business questions involving marketing, payments, billing and insurance.
 - Demonstrations of the technology options and strategies for how to use them effectively.

Examples



Images from MTAA

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IN-PERSON Private Practice music therapy sessions

Quick tips and ideas for private practice music therapists leading in-person sessions during the COVID-19 pandemic from She Lee Music:

Youtube video: <https://youtu.be/bN9mE3LdOT8>

Singing during IN-PERSON interactions

BCCDC (BC Centre for Disease Control):

- [Choirs and Bands](#)
- [Singing during Funerals and Memorials](#)

BC Choral Federation:

- [COVID-19 Resources](#)
- Virtual Town Hall Session #1 on Youtube [Safe Singing - Thursday, May 21, 2020](#) with guest Dr. Michael Schwandt (Medical Health Officer – Vancouver Coastal Health, and formerly with BC Centre for Disease Control)

BC Health Authorities: [Please send any links of singing-related health policies to president@mtabc.com]

- Fraser Health
- Northern Health
- Interior Health
- Island Health
- Vancouver Coastal Health
- First Nations Health Authority

BC Health Link: [“Masks act as a barrier and help stop droplets from spreading when you talk, laugh, sing, cough or sneeze.”](#)

BC Music Educators’ Association: [Guidance for Music Classes during COVID-19](#)

Centers for Disease Control and Prevention (USA):

- [High SARS-CoV-2 Attack Rate Following Exposure at a Choir Practice — Skagit County, Washington, March 2020](#)
- [Presymptomatic Transmission of SARS-CoV-2 — Singapore, January 23–March 16, 2020](#)

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Choral Canada: [Let's Sing Safely. Masks. Choirs etc.](#)

Health Sciences Association of BC (HSA): ["Singing" is mentioned 1x on page 3]: Murphy Report. [Update on Evidence for Aerosol Transmission of COVID-19 and Implications for Health Care Worker Respiratory Protection - October 20, 2020](#)

Indiana's COVID-19 Evidence-Informed Response Team: [Expert Response on Singing - May 26, 2020](#)

MakerMask -- Science-based masked information: [Constructing Masks for Singers](#)

National Federation of State High School Associations: [Unprecedented International Coalition led by Performing Arts Organizations to Commission COVID-19 Study](#): A number of performing arts organizations have joined forces to commission a study on the effects of COVID-19 on the return to the rehearsal hall. It is important to understand what risks exist in performing arts classrooms and performance venues. Specifically, the study will examine aerosol rates produced by wind instrumentalists, vocalists, and even actors, and how quickly those aerosol rates accumulate in a space

National Collaborating Centre for Environmental Health: [Role of Ventilation](#)

University of Colorado's study on Aerosols: [Effectivity of face shields, masks, etc.](#)

Media Articles on Singing: [more articles to be added]

- [BCC: Singing 'no riskier than talking' for virus spread](#)
- [CTVNews: Does singing spread coronavirus? Choir outbreaks raise concerns](#)
- [Global News: Health Matters: Singing a high-risk activity for COVID-19 transmission](#)

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Insurance

[Mitchell & Abbott Group Insurance Brokers Limited](#)

CAMT (Canadian Association of Music Therapists) have been in contact with their insurance brokers, **Mitchell and Abbott Group Insurance**. Mitchell & Abbott have communicated this to CAMT members who have purchased group insurance through their company:

Rest assured that the Errors & Omissions policy provides coverage for e-counselling. Please adhere to the acceptable e-counseling methods that have been approved by PIPEDA & PIPA. Some examples of acceptable methods include:

- *Medeo (Canadian)*
- *OnCall (Canadian)*
- *LiveCare (Canadian)*
- *ZOOM (Paid packages are PIPEDA compliant)*

Note: Mitchell & Abbott emailed a letter to CAMT members on Monday, April 27th, 2020 regarding insurance coverage during COVID-19

When Sheila Lee, MTABC President, asked Mitchell & Abbott whether or not they provided business disruption coverage, this was their response (scroll down):

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From: Lorraine Cavender <LCavender@mitchellabbottgrp.com>

Date: March 24, 2020 at 2:16:12 PM PDT

To: MTABC President <president@mtabc.com>

Cc: Brenda Mathieson <BMathieson@mitchellabbottgrp.com>, "J.P. Mitchell" <JPMitchell@mitchellabbottgrp.com>

Subject: RE: Disruption of business clause

Hi Sheila:

Unfortunately, there is no business interruption coverage under any policy due to a pandemic.

The following will explain more:

Thank you for reaching out.

Further to your email request, unfortunately the Insurance Industry will not respond to Business interruption due to the Covid-19 crisis we are experiencing now. There would not be business interruption coverage for a shutdown as a result of any quarantine measures.

Intervention by a Civil Authority is only covered when the intervention is as a result of an insured peril. As there is no coverage for infectious diseases this would also mean any intervention as a result of this would also not be covered.

Property insurance policies—and the resulting business interruption coverages—require physical damage by an insured peril to trigger a claim. Insurers are unlikely to view the introduction of COVID19 as a direct cause of physical loss or damage.

While COVID-19 may represent an unforeseen event, the intent of most property policies is NOT to cover a loss resulting from a virus.

If we can be of any other assistance please reach out to us. We are also awaiting updates from the Canadian Government on their plans to help the citizens of Canada during this difficult time.

Thank you for your understanding

Lorraine Cavender

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MTABC MEMBERSHIP RESOURCES: COVID-19

Updated: Thursday, December 10, 2020, 12:15pm PST

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[WorkSafe BC](#) Covid-19 updates

[Right to refuse work](#)

Workers in B.C. have the right to refuse work if they believe it presents an undue hazard. In those circumstances, employers need to consider the refusal on a case-by-case basis, depending on the situation. For more information, see Occupational Health and Safety [Guideline G3.12](#).

[Information and Resources](#)

- [What employers should do](#)
- [What workers should do](#)
- [Staying safe at work](#)
- [Industry information](#)

[Returning to Safe Operation](#)

1. Assess the risk at your workplace
2. Implement measures to reduce the risk
3. Develop policies
4. Develop communication plans and training
5. Monitor your workplace and update your plans as needed
6. Assess and address risks from resuming operations

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Partner Messages of Supports


Health Sciences Association of British Columbia (HSA)

To view as a pdf: <https://www.mtabc.com/wp-content/uploads/2020/03/HSA-MTABC-COVID-19-Information-and-Support.pdf>

To view in a browser: <https://mailchi.mp/0872d1406402/music-therapists-covid19-information-and-support?e=c8d092f44a>

Scroll down to see message:

MTABC - HSA Bulletin
Covid-19



HEALTH SCIENCES ASSOCIATION
The union delivering modern health care

The COVID-19 pandemic is unfolding rapidly here in BC, Canada, and worldwide.

We know that many Music Therapists are on the front line of providing health care and social services to British Columbians who are sick and scared.

At the end of last year, the Music Therapy Association of BC and the Health Sciences Association of BC announced a joint partnership aimed at understanding and improving conditions of Music Therapists' work through conducting focus groups in the Spring. We know that Music Therapists around the province face difficulties around the precarious nature of the work and cuts in the public health sector.

COVID-19 is now compounding the problems of precarious work as we are hearing about Music Therapists' loss of income and jobs due to the pandemic. For now, we are putting a hold on conducting in-person focus groups.

However, MTABC and HSABC are committed to engaging Music Therapists around the province by providing labour relations and information on support for those experiencing loss of income and jobs.

We are in uncharted waters, and we are all working together to prepare as best we can for what is to come.

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See below for resources and information for Music Therapists during COVID-19.

FOR ALL MUSIC THERAPISTS

The BC Federation of Labour has compiled an excellent [list of resources for workers during COVID-19](#) including information on employment insurance, sick pay, rights at work, and other supports.

Employment Insurance. [A practical step-by-step guide on how to apply for Employment Insurance](#) created by UNITE HERE Local 40.

HSA created a [Frequently Asked Questions page](#) for all health care and community social service workers.

FOR HSA MEMBERS

For the most up to date information on COVID-19, please visit [HSA's web page here](#).

We have set up a dedicated telephone line for urgent COVID-19 related calls. It is being monitored 8 a.m. to 9 p.m. daily, including weekends. If you have an urgent question please call 1-604-549-5168. We have also set up a dedicated email address: covid19hotline@hsabc.org, which is also monitored 7 days a week, 8 a.m. to 9 p.m.


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CONNECT WITH US



 [1 800 663 2017](tel:18006632017)
(toll free in BC)

 webmaster@hsabc.org

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CAMT

[Canadian Association of Music Therapists](#)

CAMT members: Please log into your account to view the information provided to CAMT members:
www.musictherapy.ca

- June 2020: CAMT provides a statement on COVID-19 and Singing
- September 15, 2020 Board Exam Announcement from CAMT:
COVID interrupted many journeys towards obtaining MTA/MT-BC status. We are pleased to report that we are beginning to witness the re-opening of testing sites. Please check back regularly to this link as more sites open throughout the country. Wishing you all great success!!
#musictherapy #keytoyourhealth
PSI Test Center Openings | PSI Online
<https://www.psionline.com/openings>

Helping others

Donate to Food Banks

- <https://www.surreynowleader.com/news/food-banks-bc-already-seeing-surge-in-demand-due-to-covid-19-pandemic/>
- <https://www.vicnews.com/community/greater-victoria-food-banks-ask-public-for-financial-donations-during-covid-19-pandemic/>
- <https://bc.ctvnews.ca/covid-19-concerns-prompt-charities-to-make-changes-1.4854277>
- <https://www.foodbankscanada.ca/COVID-19.aspx>

Donate masks and gloves

- <https://www.nanaimobulletin.com/news/nanaimo-doctors-asking-for-donations-of-masks-and-gloves-during-covid-19-fight/>
- <https://globalnews.ca/news/6718126/coronavirus-donations-medical-supplies-bc/>

Donate blood

- <https://blood.ca/en/covid19>

Browse charities to donate to:

- <https://www.canadahelps.org/en/donate-to-coronavirus-outbreak-response/>

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Supporting others

- At 7pm each night, stand outside on your porch/balcony/patio etc. and CLAP for healthcare workers!
 - <https://globalnews.ca/news/6721361/coronavirus-applause-health-care-workers-vancouver/>
 - <https://vancouver.sun.com/news/local-news/at-7-p-m-each-night-b-c-residents-applaud-health-care-workers/>
- Physical and Social distancing. Stay home unless you absolutely must go out! Stay at least 6 ft. (2 meters) away from others if you must go out
 - <https://globalnews.ca/news/6717166/what-is-physical-distancing/>
 - <https://www.ctvnews.ca/health/coronavirus/physical-distancing-means-standing-two-metres-apart-here-s-what-that-actually-looks-like-1.4867375>

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Childcare & Parenting support

This is a tough time for parents. Feel free to reach out to other MTABC members who are parents. Start a Zoom chat, a Facebook chat, or write an article for our Drumbeat newsletter

Some general tips:

1. Set up a (loose) schedule each day for you and your child so there is predictability and structure. This can help lower anxiety and give you an intentional purpose for each day.
2. Change out of your pyjamas every morning and change into “daytime clothes.”
3. Go outside every day for exercise and fresh air. Put on your boots and rain pants if it's raining!
4. Find age-appropriate ways to talk to your children about COVID-19
5. If there are other adults in your home that can take care of your child, take turns so each person gets a break whenever possible.
6. Make music together at home! Live music-making (singing and instruments) or dancing to recorded music.
7. Do the best you can with what you've got.

[Ministry of Children & Family Development \(MCFD\) Response to COVID-19](#)

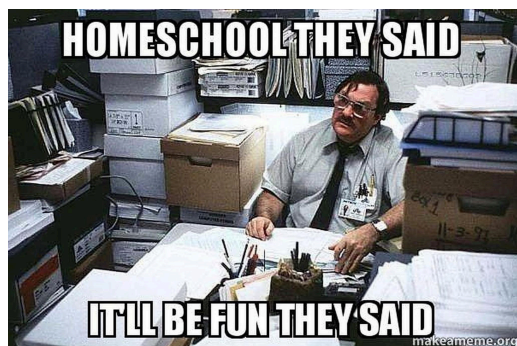
[MCFD: BC Schools](#)

[BCCDC Childcare and Schools](#)

[Parent Support Services of BC](#)

[Re-thinking screen time during COVID-19](#)

[Parenting in a Pandemic: Tips to Keep the Calm at Home](#)



PARENTING DURING
COVID-19 QUARANTINE



DAY 1:

DAY 14: