

From: Northern Health <anne.scott=northernhealth.ca@cyberimpact.com> **On Behalf Of** Northern Health

Sent: May 7, 2020 4:39 PM

To: Alice Johnston <AJohnston@cariboord.ca>

Subject: Northern Health update: BC's restart plan; new hours for online clinic and info line; updated Community Guide; and more!



COVID-19 UPDATE

May 7, 2020

Note: Please share any information in this update that you feel would be appropriate.

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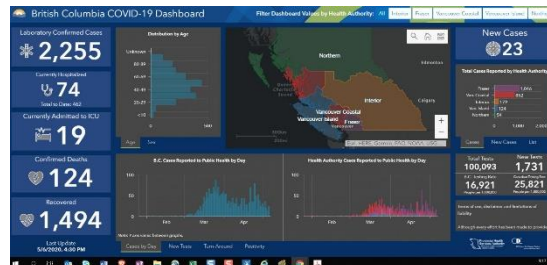
Provincial case counts and statements

- **As of May 6, 2020**, there were **54** confirmed COVID-19 cases in the Northern Health region.
- **Province of BC statistics:**
 - Confirmed cases: **2,255 (23 new)**
 - Deaths: **124 (3 new)**
 - In hospital: **74 (19 in ICU)**
 - Recovered: **1,490**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – May 6, 2020



Dashboard provides detailed look at BC data

For data broken down by health authority, see the [BC COVID-19 dashboard](#) (may not work in all browsers; Chrome is suggested)

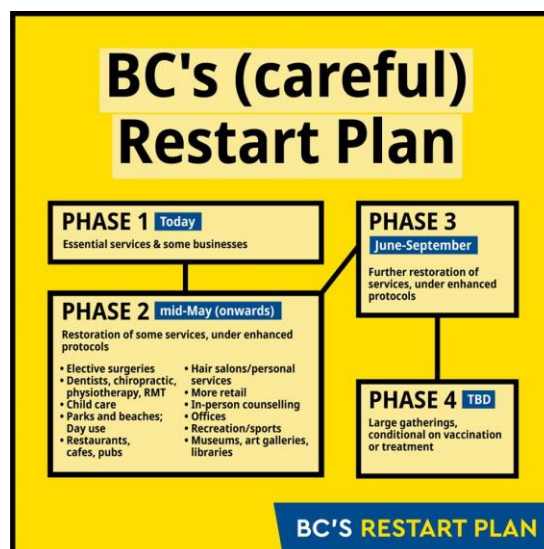


BC's restart plan

The provincial government has released BC's Restart Plan, which lays out the steps we will take together to ensure we're all still protected as we get back to work and start expanding our social circles again.

Whether you operate a restaurant, a hair salon, a campground, or any other business; whether you want to know how schools will open; whether you want to see if you can visit family in the next province, make sure you review the updates from the Province and see how you, your family, or your business are affected!

Learn more about BC's Restart Plan:
www.gov.bc.ca/restartBC



Northern Health Online Clinic & Information Line: Hours are changing

Effective today (Thursday, May 7), the NH COVID-19 Online Clinic and Information Line is changing its hours:

- Monday – Friday: 7 am - 10 pm
- Saturday, Sunday, and statutory holidays: 8 am - 8 pm

Photo by [Shane](#) on [Unsplash](#)

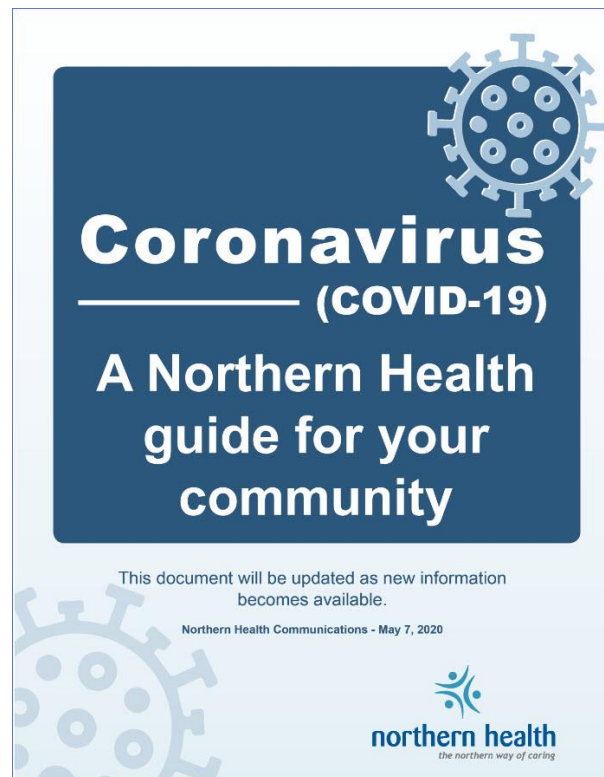


Updated today: COVID-19 Guide for communities:

Northern Health's printable booklet [Coronavirus \(COVID-19\): A Northern Health Guide for Your Community](#) contains all the information you need to help keep your community safe and well informed.

We regularly update the guide online. Changes this week include:

- New section groupings and updated table of contents make it easier to find the information you need
- Information on some recent Northern Health service changes



New COVID-19 issue of Healthier Northern Communities E-brief

As the North responds and adjusts to the COVID-19 Pandemic, Northern Health's Population and Preventive Public Health Program has adapted the [Healthier Northern Communities E-Brief](#) to share ideas from our local communities, and resources from around the world.

This month, you'll see two new sections. The first profiles stories of small and/or northern communities that are highlighting their innovation and resilience to respond to challenges, particularly amongst vulnerable populations. A later section summarizes opportunities for you and your organizations to share experiences, ideas and feedback with decision-makers and researchers about how COVID-19 is affecting you.

Guidelines on COVID-19 in-house testing

Due to the ongoing limited supply of COVID-19 test kits, effective immediately, in-house testing will be restricted to the following groups:

- Hospital (Inpatient)
- Emergency Department (**with intent to admit**)
- Symptomatic pregnant women in their 3rd trimester
- Renal patients
- Cancer patients receiving treatment
- Other immunocompromised patients

Other urgent requests for testing can be discussed with a pathologist on a case-by-case basis. We hope to expand testing if the supply of test kits increases. Retesting and samples that are not tested in-house will continue to be tested at Lifelabs.

Healthier Northern Communities E-Brief

May 2020

Northern Communities Respond to COVID-19

As the North responds and adjusts to the COVID-19 Pandemic, we have adapted the E-Brief to share ideas from our local communities, and resources from around the world. You will see two new sections this month. The first profiles stories of small and/or northern communities that are highlighting their innovation and resilience to respond to challenges, particularly amongst vulnerable populations. A later section summarizes opportunities for you and your organizations to share experiences, ideas and feedback with decision makers and researchers about how COVID-19 is affecting you.

In addition to the community level information, the [BC Centre for Disease Control](#), [HealthLink BC COVID-19 page](#), the [WHO FAQ](#), the [Health Canada FAQ](#) and [WorkSafeBC's COVID-19 Information and Resource](#) webpages are all great sources of trusted information. The [Provincial Health Officer's webpage on current health topics](#) has the most current information on restrictions on travel, gatherings and other issues.

Stories of Community Innovation & Resilience

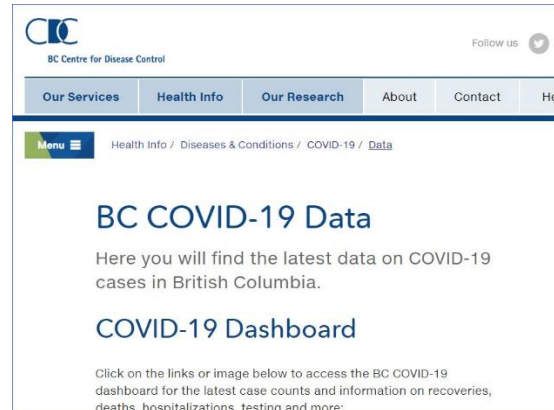
- In [Queen Charlotte](#), [Charlotte's Wellness Helpers](#) check in by phone with residents on a weekly basis to find out if people need support, and to make connections with local resources.
- In [Smithers](#), the municipality set up a [wellness camp](#) where the homeless population can self-isolate and access social service agencies.
- In [Fort St. John](#), Peace Villa's Long Term Care Home staff are [keeping residents connected to families](#) by setting up FaceTime/Zoom calls, and by reaching out to families directly to let them know about changes and options.
- In [Terrace](#), School District 52 sends [grocery budget funding to schools for direct distribution to families](#) needing support.
- In [Prince George](#), a campaign to connect people by making and looking for [hearts on windows](#) has gone global.
- In [Sandspit](#), Gale Force Indoor Cycle used proceeds from its by-donation Karma Cycle classes to buy over a dozen Easter [dinners for seniors isolated at home](#).
- In [Lethbridge](#), AB, [volunteers delivered postcards through neighbourhoods](#) to residents without internet, in order to share information and resources.
- In [Nunavut](#), QC, Inukjuak Hunters are [harvesting caribou to support community food supply](#).



Photo courtesy of [BCCDC](#)

Trusted links and resources

- [BC Centre for Disease Control](#)
- [HealthLink BC FAQ](#)
- [WHO FAQ](#)
- [Health Canada FAQ](#)
- [COVID-19 content in other languages](#)
- WorkSafe BC - [COVID-19 information and resources](#)
- Northern Health COVID-19 Online Clinic & Information Line: **1-844-645-7811**
- For **non-medical info**, call **1-888-COVID19 / 1-888-268-4319** 7 days, 7:30 am - 8 pm



For current information on restrictions on travel, gatherings and other issues, see the [Provincial Health Officer's webpage on current health topics](#).

YOUR HEALTH, A PRIORITY



Wash your hands often with warm running water and soap for at least 20 seconds.



Avoid contact, keep a safe distance of at least 2 meters from others, and limit your movements to reduce contagion.



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