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Sent: May 21, 2020 12:48 PM

To: CRD Mailbox <Mailbox@cariboord.ca>

Subject: Northern Health update: WorkSafeBC FAQs; Don't hesitate to call your doctor; New guidelines on masks; and more



COVID-19 UPDATE

May 21, 2020

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

In this issue

- [Provincial case counts and statements](#)
- [Dashboard provides detailed look at BC data](#)
- [Updated WorkSafeBC FAQs on returning to safe operation](#)
- [Clinics are still open: Don't hesitate to call your doctor or nurse practitioner](#)
- [A message to parents and caregivers of children](#)
- [Reminder: Your story, our future: Take BC's COVID-19 survey](#)
- [Federal guidelines shift to recommending masks](#)
- [COVID-19 Guide for communities](#)
- [Trusted links and resources](#)

Provincial case counts and statements

- **As of May 20, 2020**, there were **60** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
 - Confirmed cases: **2,467 (21 new)**
 - Active cases: **317**
 - Deaths: **149 (3 new)**
 - In hospital: **43 (10 in ICU/CCU)**



- Recovered: **2,001**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – May 20, 2020.

Updated WorkSafeBC FAQs on returning to safe operation

Every employer must ensure the health and safety of their workers, including developing a plan on how to assess the risk of COVID-19 exposure in the workplace and implement measures to keep their workers safe.

WorkSafeBC has developed various general and industry-specific materials in consultation with industry and labour stakeholders in each sector.

To complement the protocols for specific industries, WorkSafeBC has also developed general resources intended for all workplaces.

These include a COVID-19 safety plan template, workplace posters, information on cleaning and hygiene practices, and guidance on the selection and use of masks.

For further information, see the full [WorkSafeBC FAQ](#).

Clinics are still open: Don't hesitate to call your doctor or nurse practitioner

Please share this information through your networks / websites.

Remember, your doctor or nurse practitioner is still here for you! If you have a health care concern, don't hesitate to call.

Please call ahead (don't drop in), because they may not be seeing patients in person – many



offices are doing appointments over the phone or online instead.

If you have symptoms of a cold, the flu, or COVID-19, call the NH COVID-19 Online Clinic and Info Line at 1-844-645-7811.

A message to parents and caregivers of children

- Health care for your child is safe. Offices, clinics and hospitals have the correct supplies and procedures in place to keep everyone safe during your visit. Your family can still get essential medical care.
- Very few children and youth have become seriously ill from COVID-19. It is safest for your child to get the medical care they need, like routine immunizations. The risks of not seeking medical care can be much higher than the risks of your child getting sick from COVID-19.
- If you are unsure if your child needs medical care, use the red, amber and green direction in the resource linked below to help you decide. If your child has symptoms of COVID-19, call ahead to the hospital or clinic, if you can, to tell them you're coming.



For more information, see the [full message from Child Health BC](#).

Photo by [The Honest Company](#) on [Unsplash](#)

Reminder: Your story, our future: Take BC's COVID-19 survey

From the provincial government:

"BC COVID-19 SPEAK: Your story, our future" is a population health survey to understand citizen experiences, knowledge and actions during the



COVID-19 pandemic. It was launched on Tuesday, May 12.

Join the 275,000+ British Columbians who have already responded -- take the survey now: www.bccdc.ca/covid19survey

Federal guidelines shift to recommending masks

from the [Pan-Canadian Public Health Network](#)

Wearing non-medical masks or cloth face coverings can help prevent infectious respiratory droplets of an unknowingly infected person from coming into contact with other people outside the home.

Commercially available or homemade cloth masks or face coverings can play an important role in situations and community settings where physical distancing is not possible or is unpredictable.

Watch for updated messaging on this topic from the provincial government.

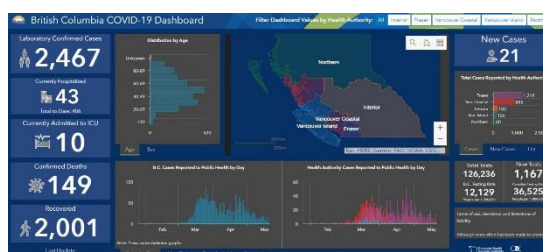
For more information, see [Use of non-medical cloth masks or face coverings in community settings \(Pan-Canadian Public Health Network\)](#).

Image by [Sharon McCutcheon](#) on [Unsplash](#)



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)



COVID-19 Guide for communities

Northern Health's 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. There are no new changes this week. The community guide will continue to be updated regularly online.



Trusted links and resources

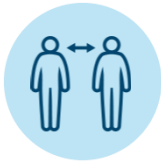
- [BC Centre for Disease Control](#)
- [HealthLink BC COVID-19 page](#)
- [WHO FAQ](#)
- [Health Canada FAQ](#)
- [COVID-19 content in other languages](#)
- WorkSafe BC - [COVID-19 information and resources](#)
- Northern Health COVID-19 Online Clinic & Information Line: **1-844-645-7811**
- For **non-medical 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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