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**Sent:** June 17, 2020 3:15 PM

**To:** Alice Johnston <[AJohnston@cariboord.ca](mailto:AJohnston@cariboord.ca)>

**Subject:** Update from Northern Health: New Lifeguard app; contact tracing; and more



# COMMUNITY UPDATE

*The latest from Northern Health*

**June 17, 2020**

**Note:** Please share any information in this update as appropriate.

## ***In this issue***

- [Provincial case counts and statements](#)
- [New Lifeguard app launched to help prevent overdoses](#)
- [New information on contact tracing from BCCDC](#)
- [Maintaining the health and well being of First Nations, Inuit, and Metis children and teens during COVID-19](#)
- [NH Labs are accepting Fecal Immunochemical Test \(FIT\) samples again](#)
- [Outpatient Hepatitis C testing to resume](#)
- [COVID-19 Guide for communities](#)
- [Trusted links and resources](#)

## **Provincial case counts and statements**

**As of June 16, 2020**, there were **65** confirmed COVID-19 cases in the Northern Health region. Although only one case is considered active, it is important that we remain vigilant in our communities.



For the latest provincial numbers, please refer to the [BC COVID-19 dashboard](#), which is updated each afternoon. The dashboard may not work in all browsers; Chrome is suggested.

[Joint statement on Province of B.C.'s COVID-19 response](#) – June 16, 2020

## New Lifeguard app launched to help prevent overdoses

To help save more lives and ensure people who use drugs alone have access to the supports they need, the [Provincial Health Services Authority \(PHSA\)](#), in partnership with regional health authorities and [Lifeguard Digital Health](#), has launched a new made-in-B.C. resource called the *Lifeguard App*.

The app is another tool in the province's tool box to ensure a comprehensive response to the overdose crisis in British Columbia.

The app is activated by the user before they take their dose. After 50 seconds the app will sound an alarm. If the user doesn't hit a button to stop the alarm, indicating they are fine, the alarm grows louder. After 75 seconds a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers to a potential overdose.

For more information, see the [full story](#).

Photo courtesy [Lifeguard Digital Health](#)



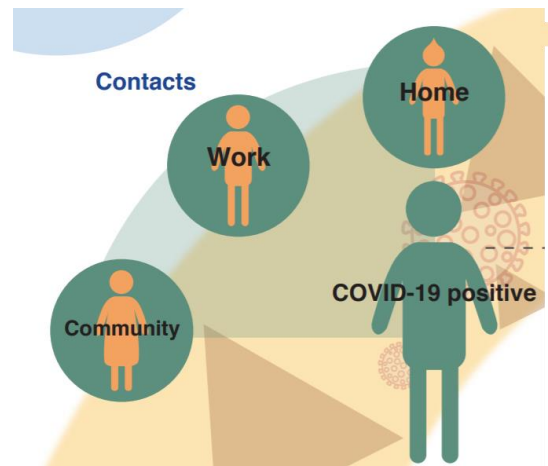
## New information on contact tracing from BCCDC

Contact tracing is an important tool to help stop the spread of COVID-19. It helps diagnose people who may have COVID-19 sooner and prevent the virus from spreading in your community.

If you get sick, you can help by telling public health about the people you've spent time with, meaning your contacts.

For more information on contact tracing see the [BCCDC page](#) and [infographic](#).

*Photo courtesy [BCCDC](#)*



## Maintaining the health and well being of First Nations, Inuit, and Metis children and teens during COVID-19

The [National Collaborating Centre for Indigenous Health \(NCCIH\)](#) has developed a [brief fact sheet](#) to provide information for First Nations, Inuit, and Métis parents and caregivers to support the health and well-being of children and teens during this pandemic.

As well, the National Collaborating Centre for Indigenous Health (NCCIH) will be frequently updating their home page and social media channels to provide reliable, accurate and up-to-date information, as well as information sources, in relation to COVID-19 in response to the rapidly-evolving global pandemic. These updates will relate to official public health guidelines and any information specific to First Nations, Inuit and Métis peoples and communities.



## NH Labs are accepting Fecal Immunochemical Test (FIT) samples again

- NH labs have resumed accepting FIT requisitions and FIT samples.
  - Health care providers can resume ordering FIT tests on average-risk patients, as done previously.
  - Colon-screening guidelines remain the same.
- Patients with a current laboratory requisition (not older than 12 months) and an in-date FIT kit can proceed with sample collection and present to their local laboratory to drop off the sample.
- Patients with a current laboratory requisition and without a kit or with an expired kit must contact their local laboratory and arrange to pick up a FIT kit.
- Patients with an expired laboratory requisition (older than 12 months) must contact their health care provider to request a new requisition.

For more information, see the [full memo](#).



## Outpatient Hepatitis C testing to resume

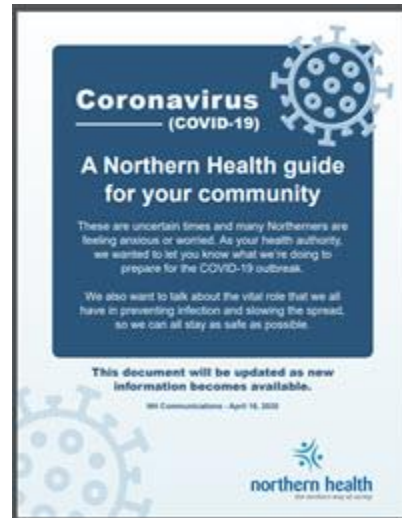
- Effective immediately, Northern Health Laboratories are resuming the collection of outpatient Hepatitis C samples.
- Patients with a current laboratory requisition (not older than 12 months) are invited to contact their local laboratory to arrange to have their sample collected.
- Patients with an expired laboratory requisition (older than 12 months) must contact their health care provider to request a new requisition.



For more information, see the [full memo](#).

## 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

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**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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