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**Sent:** June 30, 2020 4:11 PM

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

**Subject:** Update from Northern Health: Visitors to LTC and Canada Day



# COVID-19 UPDATE

**June 30, 2020**

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

Due to the statutory holiday, no update will be sent out tomorrow. Email updates will resume Wednesday July 8, and will then move to every second Wednesday.

Have a happy and physically distant Canada Day!

## Provincial case counts and statements

**As of June 29, 2020**, there were **65** confirmed COVID-19 cases in the Northern Health region. Although no cases are 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 Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested.



[Joint statement on Province of B.C.'s COVID-19 response](#) – June 29, 2020



## Provincial announcement: Long-term care and assisted living facilities starting to allow visitors

Residents will begin to be able to have a single designated visitor in a specific visiting area. This approach will be monitored through July, with an aim to expand it in August.

For more information, see today's [provincial announcement](#).

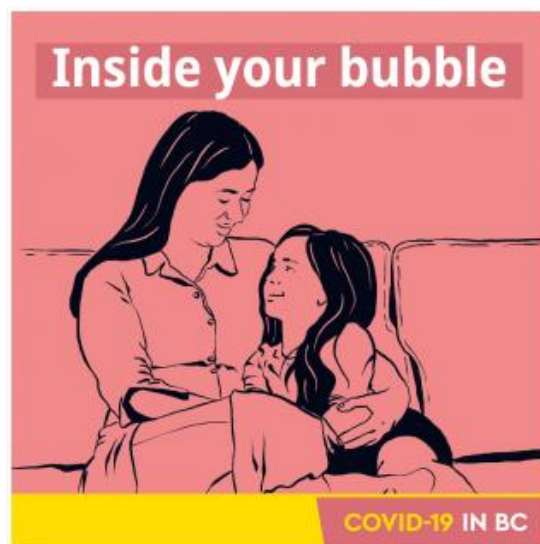
## Province of BC Phase 3 guidelines for social interaction

If you choose to gather together to celebrate Canada Day, please consider the following Province of BC guidelines for safe social interaction.

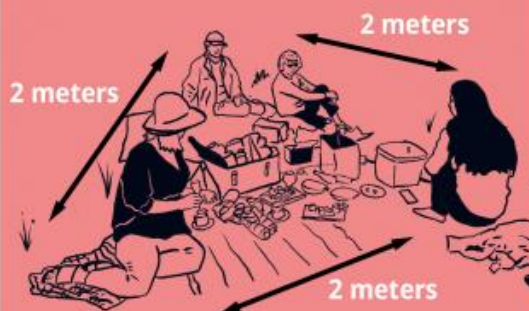
### Inside Your Bubble

Your bubble includes members of your immediate household and can be carefully expanded to include others.

- Try to limit the number of people in your bubble
- Every time you add someone to your bubble, you are also connecting with everybody in their bubble
- Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart
- Remember, vigilant hand-washing and space cleaning is still important
- If you are sick, self-isolate from people in your bubble as much as possible



## Outside your bubble



COVID-19 IN BC

## Practice Good Hygiene

- Stay at home and keep a safe distance from people in your household when you have cold or flu-like symptoms, including:
  - Coughing
  - Runny nose
  - Sore throat
  - Fatigue
- No handshaking or hugs with people outside of your bubble
- Practice good hygiene, including:
  - Regular hand washing
  - Avoiding touching your face
  - Covering coughs and sneezes
  - Disinfect frequently touched surfaces
- Maintain physical distance as much as possible when in the community; where not possible, consider using a non-medical mask or face covering

## Outside Your Bubble

In personal settings when you're seeing friends and family who aren't in your bubble:

- Only get together in small groups of 2 to 6 people
- Keep 2 m of physical distance from those who are outside your bubble and limit your time together
- Stay home and away from others if you have cold or flu-like symptoms
- Take extra precautions for those at higher risk for serious illness from COVID-19, including older people and those with chronic health conditions

## Practice good hygiene



COVID-19 IN BC

## 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 for COVID-19

- [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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