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**Sent:** September 2, 2020 4:09 PM

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

**Subject:** Update from Northern Health: New FNHA overdose prevention campaign, virtual health care, and more



# COMMUNITY UPDATE

*The latest from Northern Health*

**September 2, 2020**

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

## ***In this issue***

- [Provincial case counts and statements](#)
- [COVID-19 Guide for communities](#)
- [Trusted links and resources for COVID-19](#)
- [What you can do to support those at risk of an overdose during COVID-19 in your community](#)
- [FNHA launches new overdose prevention campaign and virtual health services to combat substance overdose](#)
- [Share your thoughts on getting health care by video, phone, or text: One week left!](#)
- [NH Check In now live in four Northern communities - Give it a try!](#)

## **COVID-19**

### **Provincial case counts and statements**

**As of September 1, 2020**, there were **160** confirmed COVID-19 cases in the Northern Health region. A total of **38** cases are considered active. As always, it is important that we remain vigilant in our communities.

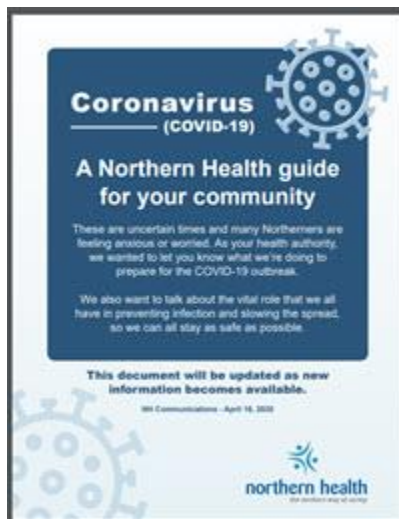
### **Daily update on COVID-19**

[gov.bc.ca/covid19](http://gov.bc.ca/covid19)



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. Surveillance reports for COVID-19, which includes breakdown of cases by Health Service Delivery Area, are [posted every Thursday on the BCCDC website](#).

- [Joint statement on Province of B.C.'s COVID-19 response](#) – September 1, 2020
- [BCCDC Surveillance report](#) – August 27, 2020



## 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. The community guide is 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](#).

## OVERDOSE PREVENTION AND RESPONSE

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### What you can do to support those at risk of an overdose during COVID-19 in your community

The current Provincial [Overdose Alert](#) as well as the [NH Overdose Alert](#) continue. Please be aware that the current drug supply is extremely toxic. Recent reports includes contamination of both opioids as well as stimulants. It is important to be aware that all drugs may be contaminated.

#### What you can do:

Northern Health (NH) has deemed harm reduction services as an essential service during the coronavirus (COVID-19) public health emergency. It is important to ensure that necessary healthcare and harm reduction services targeting this vulnerable population are open within communities. Many overdose prevention sites continue to provide drug checking services.

Outreach services offering phone screening and supply distribution to clients to minimize contact and promote physical distancing.

Additional Resources to support clients during the COVID-19 pandemic:

- [Harm reduction page on Northern Health](#)
- [COVID-19 Resources for NH Staff and Community Partners Working with Populations who Experience Vulnerabilities](#)



Photo by [Austin Kehmeier](#) on [Unsplash](#)



## FNHA launches new overdose prevention campaign and virtual health services to combat substance overdose

August 31 was International Overdose Awareness Day. To mark the occasion, the [First Nations Health Authority \(FNHA\)](#) has launched new supports and resources for Indigenous people affected by BC's dual public health crises – the overdose crisis and the COVID-19 pandemic.

The FNHA has started an overdose prevention public education campaign that includes important messages on its website and social media platforms. In two weeks, the campaign will expand with transit shelter advertising in five cities throughout the province.

The FNHA is also now offering the [First Nations Virtual Substance Use and Psychiatry Service](#), which allows First Nations people in BC to virtually access substance use addiction medicine specialists/counsellors and psychiatrists.

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

## OTHER ORGANIZATIONAL NEWS

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### Share your thoughts on getting health care by video, phone, or text: One week left!

Virtual health care is health care you get by video, phone, or text. It's also called digital health care. The [Rural Coordination Centre of BC](#), one of Northern Health's partners, is asking everyone in Northern BC what a successful virtual health care experience would look like for them – take part and share your thoughts!

[Click to take the survey now](#) (it's 100% anonymous). The survey closes Sept. 9 – only one week left to take part!



Your ideas will help planners set priorities and create virtual care opportunities for people in the north.

Thank you in advance for taking part! The results will be shared...watch for details!

## NH Check In now live in four Northern communities - Give it a try!

Do you need to have lab work done? Are you wondering how long you'll have to wait in line?

If you live in Prince Rupert, Terrace, Dawson Creek, or Smithers, you're in luck! You can save your spot in line using the free [NH Check In app](#)!

While you wait safely in your home, office, or car, you'll get live updates on your phone, computer, or tablet on how fast the line is moving. There's no need to spend time in a waiting room. If you've used the similar Save My Spot service by LifeLabs, NH Check In will be familiar.

Would you rather do things in person? You can still come to the hospital and line up. Just come to the front entrance and we'll add you to our safe virtual lineup.

## 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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