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**Sent:** November 10, 2020 2:32 PM

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

**Subject:** Update from Northern Health: Non-essential travel to the lower mainland discouraged, accessing COVID-19 test results, masks in health care facilities, and more



# COMMUNITY UPDATE

*The latest from Northern Health*

**November 10, 2020**

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

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## **COVID-19**

### **COVID-19 case counts and statements**

As of November 9, **469** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **45**
- New cases: **3**

**Daily update  
on COVID-19**

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



- Currently admitted to ICU: 2
- Deaths in the NH region since the beginning of the pandemic: 3 (0 new)

As always, it is important that we remain vigilant in our communities.

For the latest provincial numbers, see the [BC COVID-19 dashboard](#), which is updated Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested.

Surveillance reports, including a breakdown of cases by HSDA, are [posted each Friday by the BCCDC](#).

- [Joint statement on Province of B.C.'s COVID-19 response](#) – November 9, 2020
- [BCCDC Surveillance report](#) – November 6, 2020



## **New COVID-19 restrictions for the Lower Mainland and Fraser Valley, non-essential travel to these regions discouraged**

Dr. Bonnie Henry has issued new public health orders for the Vancouver Coastal and Fraser Health regions. The orders require everyone in those communities, with the exception of Bella Coola Valley and Central Coast residents, to limit social interactions, until November 23. That means:

### **SOCIAL GATHERINGS:**

- Socialize only with your immediate household. No parties or get togethers.
- No community-based social gatherings.
- No unnecessary travel. Stay in your local community.
- No receptions for funerals or weddings.

### **GROUP PHYSICAL ACTIVITIES:**

- Indoor group physical activities must stop until new safety plans can be approved by local Medical Health Officers.
- Indoor sports where physical distancing cannot be maintained must be modified.
- Travel for sports into or out of these regions must stop.

At this time, non-essential travel to the affected health regions from other parts of BC, including Northern Health, is also strongly discouraged by provincial health officials. For more information, visit: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/lower-mainland>

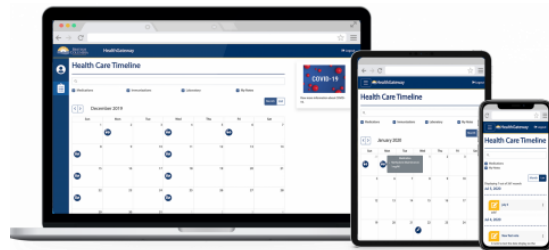
Photo by [Liza Poor](#) on [Unsplash](#)

## **Access COVID-19 test results in Health Gateway**

Your COVID-19 test results are available through a new online portal called Health Gateway ([www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca)). Through Health Gateway, you can get a text or email notification as soon as your results are available, day or night. You can also download and print a copy of your test results.

Health Gateway is accessible by anyone with a photo BC Services Card. To register, you will need your [mobile BC Services Card](#). If you haven't used it before, [get set up](#) from your mobile device as soon as you have booked your test, so there is no delay in getting your results.

For more information about Health Gateway and how to register, visit [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca)



## New policy on mask use in health care facilities

The BCCDC has recently published a new provincial policy on mask use in health care facilities making it mandatory for all patients and visitors to wear medical masks. Masks will be provided by the health authority. The policy takes effect immediately; however, we still have much work to do to sort out implementation and compliance measures across all of our sites.

It is important to remember that masks are only one part of infection prevention and exposure control measures for COVID-19. As such, masks should continue to be thought of as supplemental to, and not replacements for, other infection prevention measures such as physical distancing, cleaning and disinfecting, staying home when sick, and practicing good hand hygiene.

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



Photo by [H Shaw](#) on [Unsplash](#)



## 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

### The LifeguardApp supports people who use substances alone

Social distancing orders due to the COVID-19 pandemic have made it more difficult for people to have someone with them if they use drugs. The LifeguardApp supports people who are at the highest risk of overdose death: people who use substances alone.

The app connects people to emergency responders automatically if they are unresponsive. It can be downloaded for free on a smartphone or tablet through both the [Apple App Store](#) and [Google Play Store](#).

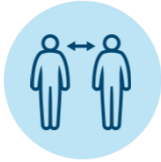
To learn more about the app, visit:  
<https://lifeguarddh.com/>



## 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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