



From: Northern Health <eryn.collins@northernhealth.ca>

Sent: November 17, 2021 3:47 PM

To: Alice Johnston <AJohnston@cariboord.ca>

Subject: Update from Northern Health: booster and third dose information, stigma and overdose prevention, Diabetes Awareness Month, and more



COMMUNITY UPDATE

The latest from Northern Health

November 17, 2021

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

In this issue

- [COVID-19 information and updates](#)
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COVID-19

COVID-19 Immunization Plan – Next steps

September – December 2021	January* – May 2022
Boosters & Dose 3 <ul style="list-style-type: none">✓ Clinically extremely vulnerable (immunosuppressed) – Dose 3✓ Rural and remote Indigenous communities✓ Residents in long-term care and assisted living	<ul style="list-style-type: none">• Seniors (starting 70+) and Indigenous Peoples (12+)• Long-term home support clients and seniors in independent living• Health care workers - short interval of Dose 1/Dose 2• Clinically extremely vulnerable (non immunosuppressed)• Health care workers in acute care and long-term care, assisted living• Health care workers in the community• All remaining eligible people (12+) between 6 to 8 months
Outbreak management and outreach to vulnerable and congregate settings	
Dose 1 & 2 <ul style="list-style-type: none">• Dose 1 and dose 2 for people who haven't yet been vaccinated	Kids 5 to 11 <ul style="list-style-type: none">• Dose 1 for children aged 5 to 11
PENDING HEALTH CANADA APPROVAL <ul style="list-style-type: none">• Parents can register their kids in the Get Vaccinated system now to get ready. Once approved by Health Canada, kids can get vaccinated at clinics.	

COVID-19 immunization plan – booster shot and third dose (for eligible people)

The third dose of the COVID-19 vaccination is for some people who are moderately to severely immunocompromised. People who need a third dose will be contacted by the provincial Get Vaccinated system.

The booster dose is an additional non-urgent, non-compulsory vaccine that gets immunity back up to a desirable level of protection for an

extended period of time. It will available starting in January 2022.

To book a booster dose, please ensure you're registered in the [Get Vaccinated](#) system. If you have difficulty accessing online booking, please call 1-833-838-2323.

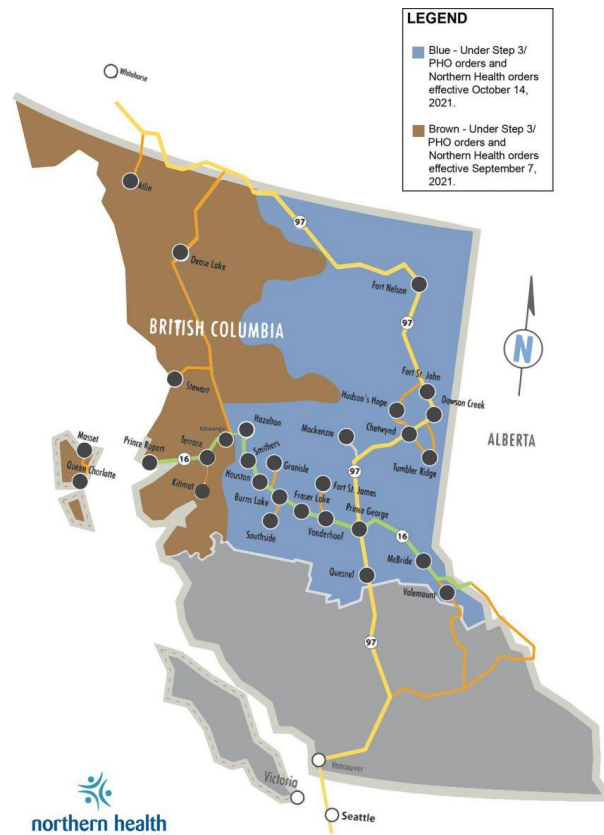
Booster shots and third doses will be by appointment only, they are not available for walk-ins.

COVID-19 orders and policy – upcoming and in effect

For more information about current Provincial orders (such as the acute- and long-term care visitors policy, and restrictions around gatherings and events), please see:

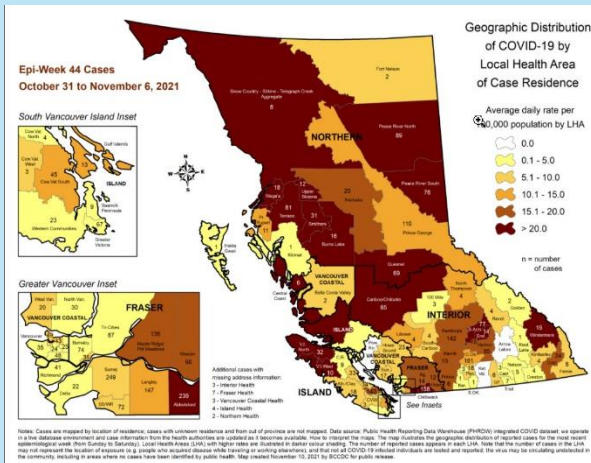
- [NH Orders and FAQ resources](#)
- [NH Public Health COVID-19 Order Enforcement Actions](#)
- [Provincial and regional restrictions](#)

For complaints or concern related to orders, please call [250-565-7322](tel:250-565-7322) or email php@northernhealth.ca.



Northern BC community immunization coverage

Immunization coverage for every community in Northern Health is available for you on the [Northern BC community immunization coverage page](#). This link includes both first and second dose counts and percentages per community and is updated every week.



BC vaccination coverage rates and COVID-19 activity

BCCDC COVID-19 dashboard

Visit the BCCDC [COVID-19 surveillance dashboard](#) for information by local health area (LHA) and community health service area (CHSA).

COVID-19 numbers

As of November 16, **16,774** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **510**
- New cases: **57**
- Currently in hospital: **42**
- Currently in ICU level care in hospital: **16**
- Deaths in the NH region since the beginning of the pandemic: **236**

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.

As well, for a visual comparison of COVID-19 cases in BC by HSDA to other Canadian and global jurisdictions, see the [COVID-19 Epidemiology app](#). It's updated on Mondays, Wednesdays, and Fridays.

- [BC COVID-19 pandemic update](#) – November 16, 2021
- [BCCDC Situation Report](#) – November 10, 2021

Northern Health COVID-19 vaccination clinics

Visit the [Northern Health COVID-19 immunization clinics website](#) for a list of local vaccination clinics.

Trusted links and resources for COVID-19

- [Northern Health COVID-19 test online booking form](#)
- [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 Virtual Primary and Community Care Clinic: **1-844-645-7811**
- Northern Health Environmental Health Officer Line: **1-250-565-7322**
- 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 & RESPONSE

Stigma and overdose prevention

Stigma has been identified as a significant barrier towards accessing healthcare and this has direct detrimental consequences for people who use drugs. Treating people who use substances with respect improves health outcomes and helps save lives.

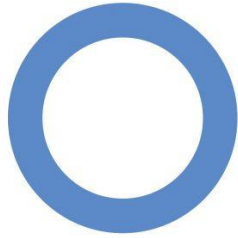
Several resources have been developed to support the reduction of both community and institutional level stigma toward people who use substances:

- [Language matters](#)
- [Respectful language](#)



- [Northern Health stigma resources](#)
- [Toward the Heart stigma resources](#)

YOUR HEALTH, A PRIORITY



world diabetes day

14 November

November is Diabetes Awareness Month

“November is Diabetes Awareness Month, a time to bring focus to a health issue that can affect anyone, regardless of age, sex or ethnic background.

While diabetes is one of the most significant healthcare conditions of our time worldwide, it can also be viewed as a reminder for all of us to live our lives in a good, balanced way. It's an extra incentive for us to make improvements in all aspects of our health and wellness, and to inspire those around us to live well.”

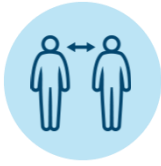
To continue reading, and discover more about living a balanced life with diabetes, not only caring for physical health, but also the mental, emotional and spiritual health, visit [Dr. Shannon McDonald's \(FNHA Acting Chief Medical Officer\) article](#) on the First Nations Health Authority website.



Community toolkit [digital COVID-19 resource](#) for community partners.



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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