



# COMMUNITY UPDATE

*The latest from Northern Health*

**January 26, 2022**

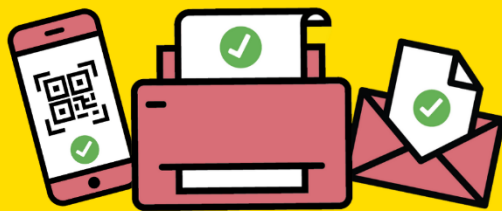
**Note:** Please share any information in this update as appropriate.

## ***In this issue***

- [COVID-19 information and updates](#)
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- [Organization and community news](#)
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## **COVID-19**

### **Valid BC Vaccine Cards: Digital or Paper**



COVID-19 IN BC

### **Proof of vaccination**

By order of the Provincial Health Officer, proof of full vaccination is required to access some events, services and businesses in BC. This requirement has been extended until June 30, 2022.

Proof of vaccination requirements apply to all people born in 2010 or earlier (12+) and covers access to many events and places, such as concerts, restaurants, swimming pools, indoor tickets sporting events, and others. Detailed information can be found on the [Province of BC website](#).

### **Get your booster (if eligible):**

Boosters are the health care system's best defense against COVID-19 because the vaccine becomes less effective over time. The booster

returns and even improves vaccine effectiveness from shortly after when you received Dose 2. Boosters help protect our seniors, who are most likely to experience severe illness and hospitalization as a result of COVID-19 infection. **Regardless of the setting, if or when you are eligible (6 months after Dose 2), please book your booster immediately.** For more information on Omicron and the importance of getting booster dose, check out “Omicron Wave COVID-19”, a presentation by Medial Health Officer Dr. Corneil.

## Benefits of the booster shot



Optimizing benefits of the vaccine



Boosts and extends your antibody response



Protecting the most vulnerable



Keeping communities safe



Keeping hospitalization rates down

COVID-19 IN BC

COVID-19  
Vaccine Information  
[bccdc.ca/covid19vaccine](https://bccdc.ca/covid19vaccine)



## COVID-19 vaccine

Please visit the [BCCDC COVID-19 vaccine website](#) for information about: vaccine doses (first, second, third, booster, and pediatric), vaccine registration and eligibility, vaccines and children, getting a vaccine, vaccine safety, vaccine considerations (including pregnancy), proof of vaccination, and more.

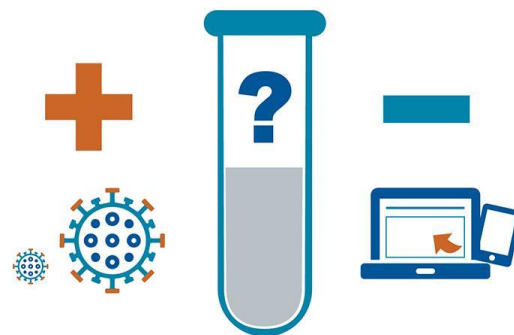
**Please note** that vaccination doses may be by appointment only, not walk-ins. Please see the [Northern Health COVID-19 immunization clinic page](#) for more information for your community.

## COVID-19 testing and self-isolation

As COVID-19 activity increases across BC, guidance for [when to get a COVID-19 test](#) has been updated.

A COVID-19 test is not recommended if:

- You have no symptoms, even if you are a close contact of someone who has tested positive
- You are fully vaccinated (two doses), experiencing mild symptoms and can manage your illness at home. Self-isolate for five days. Notify your close contacts so they can self-monitor for symptoms



A COVID-19 test is recommended if:

- You have symptoms, and:
  - You are at higher risk of severe illness
  - You identify with a high risk setting - such as health care workers, first responders, residents of congregate settings, or live in a remote or rural community

For more information, including how to get a test, and information about rapid test use, please see the [Northern Health Stories site](#).

## Do your part to slow the spread of Omicron



Get vaccinated



If sick, stay home



Wear your mask



Clean your hands



Follow public health orders



Keep your distance

COVID-19 IN BC

## Northern Health regional Public Health Orders lifted; provincial COVID-19 restrictions apply

Northern Health (NH) has repealed NH-specific public health orders for Gatherings and Events, to align the region with COVID-19 restrictions for all of BC.

All current Provincial Public Health Orders and restrictions, including PHO orders on masks in public indoor settings, on gatherings and events, and on restaurants, pubs, bars and nightclubs continue to be in effect and enforced in BC, including the Northern Health region. More information on the provincial restrictions in place across BC can be found on the [Provincial and regional restrictions webpage](#).

## Northern Health adjusting services to strengthen patient safety

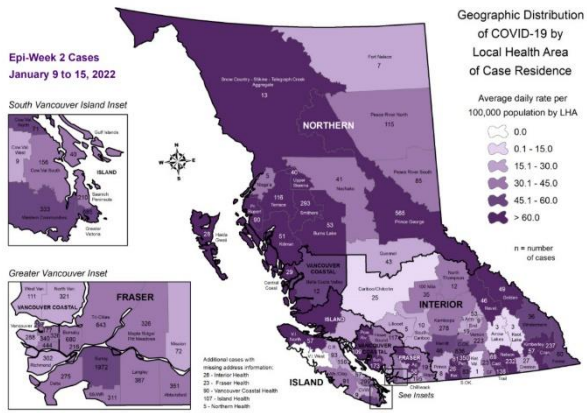
Northern Health (NH) is planning temporary services adjustments to strengthen patient care due to existing staffing challenges and Omicron related COVID-19 staffing pressures.

To review the changes, and follow their timelines, please visit the [NH Stories site](#).



northern health  
the northern way of caring

# NORTHERN HEALTH NOTIFICATION



## 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. It's updated every week.

Note: Cases are mapped by location of residence; cases with unknown residence and those out of province are not mapped. Data source: Public Health Reporting Data Warehouse (PHRDW) Integrated COVID dataset; see separate PHRDW dashboard for more information. This map includes all confirmed and probable COVID-19 cases in British Columbia. The map does not show the geographic distribution of reported cases for the most recent 24 hours. The map is updated daily. Local Health Areas (LHA) with higher rates are shaded in darker purple. The map uses the provincial atlas (LHA) data. The color-coded cases for the LHA are displayed in the legend of this map. The map is updated daily. COVID-19 cases reported outside of British Columbia are not included. For the most current and complete information, please refer to the BCCDC COVID-19 Regional Dashboard (<http://www.bccdc.ca/health-and-research/data-reports/covid-19-surveillance-dashboard>). Map created January 19, 2022 by BCCDC for public release.

# Daily update on COVID-19

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

## 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

#### COVID-19 Numbers

As of January 25, **23,761** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **1,316**
- New cases: **217**
- Currently in hospital: **26**
- Currently in ICU level care in hospital: **7**
- Deaths in the NH region since the beginning of the pandemic: **283**

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](#) – January 25, 2022
- [BCCDC Situation Report](#) – January 19, 2022

### 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

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### Northern Health Overdose Prevention and Response regional update now available

The most recent NH Overdose Prevention & Response Update was published and posted to our external [Overdose Prevention](#) page.

The update provides an overview of the provincial toxic drug crisis including:

- NH overdose data
- Peer engagement initiatives
- Tips on reducing Stigma
- Overdose Prevention 101
- Community Corner

Please find the full update [here](#).

————— *A note from*  
**NORTHERN HEALTH**



## YOUR HEALTH, A PRIORITY

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### Health authority parking sites

As of March 4, 2022, pay parking will be reinstated at BC health authority sites to ensure that parking spots are available for patients, staff, volunteers and visitors, and so that free parking can continue to be extended to those who regularly receive certain treatments in acute-care settings.

Free parking at provincial health-care facilities will continue for patients receiving dialysis treatment or undergoing cancer treatment in acute-care programs, and for parents or caregivers of children staying in the hospital overnight. Volunteers will still be able to park for free, and financial hardship provisions will continue to be managed on a case-by-case basis by health authorities.

For more information, please see the [Province of BC news release](#).

### Artwork enhances Northwest Administrative Office building in Terrace

Northern Health's Northwest Administrative Office has joined the list of buildings in downtown Terrace showcasing the work of a regional artist.

Three custom-designed panels by Gitksan artist Michelle Stoney, each 11 feet wide and three feet tall, are now featured on the front and sides of the building at the corner of Sparks and Lazelle. To ensure the artworks are also visible when it's dark, the panels are backlit.

The theme of the pieces is one of Northern Health's strategic priorities, "Healthy People in Healthy Communities."

To read more about this art, including details about each panel, please visit the [Northern Health Stories site](#).







## Advance Care Planning PUBLIC EDUCATION SESSIONS



## Advance Care Planning basics – Public education sessions

Advance Care Planning is an important process for all adults 19 and older to engage in as a part of life planning. It is a process that encourages adults to think about and communicate their values, wishes and beliefs for their future health care. This can help to ensure health care received is in line with those beliefs, values and wishes. This process is especially important for adults living with complex and/or chronic health challenges. While many Canadians recognize that Advance Care Planning is valuable it is estimated that one in five actually have participated in Advance Care Planning.

Northern Health will be hosting four virtual events for the public on the dates listed in the poster as a way to share the importance of Advance Care Planning and how to get started.



**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.

