



COVID-19 UPDATE

April 30, 2020

Note: Please share any information in this update that you feel would be appropriate.

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Provincial case counts and statements

- **As of April 30, 2020**, there were **46** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
 - Confirmed cases: **2,087** (34 new)
 - Deaths: **109** (4 new)
 - In hospital: **89** (35 in ICU)
 - Recovered: **1,305**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – April 29, 2020



Dashboard provides detailed look at BC data

For data broken down by health authority, see the [BC COVID-19 dashboard](#) (may not work in all browsers; Chrome is suggested)



Helpful list of funding opportunities for food programs

Ensuring access to food for all is an important part of the COVID-19 response. A new document offers potential granting opportunities for community-based food programs – see [Food Program Funding Opportunities](#).

If you know of, or represent, a community-based organization that supports food access, some of these grants may be helpful.



Each grant has specific eligibility guidelines, so be sure to read the information in detail.

Service changes: Laboratory and diagnostic imaging

Due to COVID-19, a number of NH outpatient services (such as laboratory and diagnostic imaging) have changed their processes.

We encourage patients who typically use these services to double check with the facility or department before visiting for unscheduled or drop-in services, as appointments made in advance may now be required.



More info on lab appointments and locations: [NH Lab & Diagnostic Services](#)

Photo by [Louis Reed](#) on [Unsplash](#)

Emergency departments are still open

Northern Health emergency departments are still open, but to help slow the spread of COVID-19, patients are being asked to follow different processes.

You can call one of the following numbers, or if you go to the emergency department, look for signs and follow instructions. Remember, visiting restrictions are in place to help prevent the spread of the illness:

- Northern Health COVID-19 Online Clinic & Information Line: **1-844-645-7811**
- HealthLink BC: **8-1-1**



Links to translated COVID-19 resources in a number of languages

Information and downloadable material to help answer questions about COVID-19 are available on [Fraser Health's website](#). Languages include:

- Farsi
- Hindi
- Korean
- Punjabi
- Simplified Chinese



Photo by [Mohammad Bagher Adib Behrooz](#) on [Unsplash](#)

Ten tips for better sleep

Along with eating healthy foods and exercising regularly, sleep is very important for health and wellness.

Get [10 tips for sleeping during troubled times](#) from Dr. Shannon McDonald, Deputy Chief Medical Officer at the First Nations Health Authority.



Image courtesy of [FNHA](#)

FAQs about home health care services

- This is a challenging and stressful time for all Northern BC residents. The [in-home FAQ document](#) outlines the precautions and actions that Northern Health is taking to ensure services continue to be provided safely.
- It's important for patients and families to know that our practices align with the direction of the BC Centre for Disease Control (BCCDC) and the Public Health Agency of Canada.
- We strongly encourage patients and families to continue to engage with their home health care providers during this time.



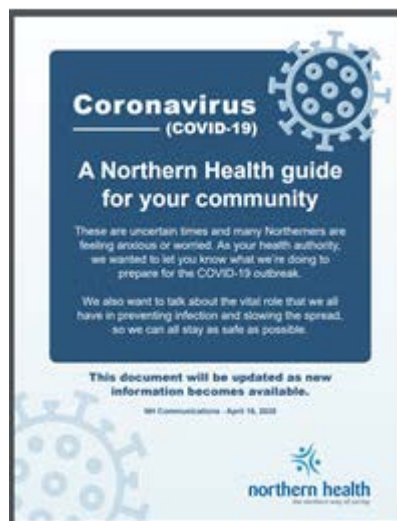
Photo by [Georg Arthur Pflueger](#) on [Unsplash](#)

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

- [BC Centre for Disease Control](#)
- [HealthLink BC FAQ](#)
- [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.