



# COMMUNITY UPDATE

*The latest from Northern Health*

**August 4, 2021**

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

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## **COVID-19**

### **Walk-in Wednesday**

On Wednesday, August 4, most clinics are offering walk-in doses.

You don't need to register online or phone before you arrive.

**Dose 1 eligibility:** All people aged 12+

**Dose 2 eligibility:** All people vaccinated before June 16

Bring photo ID to the clinic. You'll get either Pfizer or Moderna.

If you're getting dose 2, you're encouraged to also bring your immunization record card.

Visit the [Northern Health COVID-19 immunization clinic site](#) for a full list of clinics and schedule of dates and times.



## **Vax for BC**

If you haven't got vaccinated yet or if it's been more than 49 days since your first dose, get vaccinated now at a drop-in, mobile or special event clinic. Roll up your sleeve and stop the spread of COVID-19.

Visit the [Vax for BC website](#) for more information.

# Daily update on COVID-19

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



## BC vaccination coverage rates and COVID-19 activity

### COVID-19 dashboard

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

### COVID-19 numbers

As of August 3, **7,862** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **43**
- New cases: **4**
- Currently in hospital: **2**
- Currently in ICU level care in hospital: **2**
- Deaths in the NH region since the beginning of the pandemic: **158**

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](#) – August 3, 2021
- [BCCDC Situation Report](#) – July 28, 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

- [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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### Myth busted: Using crystal meth with opioids does not reduce the risk of overdose

Contrary to previous reports and anecdotal evidence, the use of crystal meth in combination with an opioid has no "balancing" effect and will not decrease the risk for overdose. The BCCDC and the Canadian Institute of Health Research (CIHR) recently completed a study into this belief and found that the use of crystal meth did not protect against opioid overdose. In fact, using these drugs together actually increased the risk of overdose and other harms.

- [Project overview](#)
- [Infographic](#)
- [Concurrent use study findings](#)

Northern Health recommended harm Reduction messaging:

- Meth does not stimulate the breathing center and will not reverse the effects of an opioid overdose.
- Using a combination of meth and opioids increases your risk of overdose and overamping (mental distress – like crashing, anxiety, or paranoia – linked to stimulant use).
- Start low, go slow.
- Have an overdose plan and carry naloxone.
- Do not use alone, tell someone if you plan to use.
- Know the signs of overdose and overamping.

For more information, visit [Stimulant Overdose Awareness](#).

## YOUR HEALTH, A PRIORITY

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### Kudos and a special visitor for the Northern Health Case and Contact Management Team

For the Northern Health case and contact management (CCM) team it's been a whirlwind 18 months. They faced incredible challenges yet accomplished so much as a small but mighty team.

Check out [the full story](#) to learn about their milestones, impact, and a special visitor to the team.





## An open invitation to address anti-Indigenous systemic racism

In a recently published article in the *Lancet*, *An open invitation to address anti-Indigenous systemic racism*, Dr. Margo Greenwood, VP Indigenous Health, reviews *Fighting for a hand to hold: Confronting medical colonialism against Indigenous children in Canada* written by paediatric emergency physician Dr. Samir Shaheen-Hussain.

The volume details the Canadian medical establishment's role in the displacement, colonization, and human rights violations resulting in multigenerational health inequities in Indigenous Peoples.

To read the complete article, visit [Northern Health Indigenous Health](#).

*Image sourced via [unbc.ca](#)*



**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.