



COMMUNITY UPDATE

The latest from Northern Health

December 9, 2020

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

In this issue

- [COVID-19 case counts and statements](#)
- [COVID-19 vaccinations beginning the week of December 14](#)
- [PHO orders restricting gatherings and events extended into the new year](#)
- [COVID-19 guidelines available for local governments](#)
- [Where to find information on outbreaks in Northern Health](#)
- [Mental health support during COVID-19](#)
- [Trusted links and resources for COVID-19](#)
- [Five tips to stay cyber safe for the holiday seasons](#)

COVID-19

COVID-19 case counts and statements

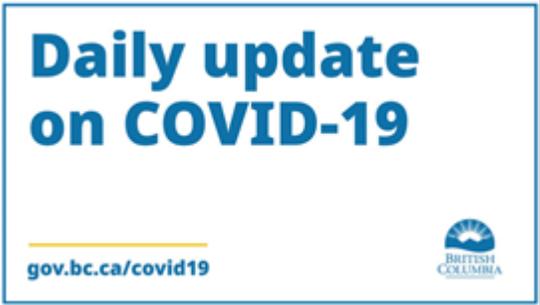
As of December 8, **1,132** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **332**
- New cases: **48**
- Currently in hospital: **41**
 - Currently admitted to HAU/ICU in hospital: **12**
- Deaths in the NH region since the beginning of the pandemic: **9**

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](#) – December 8, 2020
- [BCCDC Surveillance report](#) – December 4, 2020



**Daily update
on COVID-19**

gov.bc.ca/covid19





COVID-19 vaccinations beginning the week of December 14

The first vaccines for COVID-19 will be arriving in B.C. next week. The Pfizer vaccine has been approved by Health Canada. The Moderna vaccine is pending approval and will be delivered once approved.

The COVID-19 vaccines require two doses, spaced several weeks apart, and will be free for everyone in British Columbia.

Initial vaccines will be administered to high-priority populations, with first priority for residents and workers in long-term care and assisted living facilities. More vaccines are expected to be available in January 2021.

Priority vaccine groups include:

- Residents and staff of congregate living settings that provide care for seniors such as long-term care homes.
- Adults 70 years of age and older, beginning with adults 80 years of age and older, then decreasing the age limit by 5-year increments to age 70 as supply becomes available.
- Health care workers (including all those who work in health care settings and personal support workers whose work involves direct contact with patients).
- Adults in Indigenous communities where infection can have disproportionate consequence.

For more information about the COVID-19 vaccine and distribution, see the [BCCDC page](#) and the [Government of B.C. page](#) on COVID-19 vaccines.



PHO orders restricting gatherings and events extended into the new year

As COVID-19 transmission rates remain high across the province, the Provincial Health Officer has extended the restrictions on gatherings and events until midnight on January 8, 2021.

These orders suspend all in-person events and community-based gatherings, as well as suspending social gatherings of any size with anyone other than your household or core bubble. For most people, their core bubble will be their immediate household.

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



COVID-19 guidelines available for local governments

The BCCDC and the Government of B.C. have developed guidance for local governments to help them reopen services.

The [Government of B.C. page](#) has information on restarting local governments, recovery fund support, governance and operations, and more.

The BCCDC page has a number of resources available with information on:

- [Recreation facilities](#)
- [Faith-based organizations](#)
- [Farmers' markets](#)
- [Libraries](#)
- [Swimming pools](#)
- [And more](#)

These pages are regularly updated. Please refer to the Government of B.C. page and the BCCDC page for the latest information on supports and guidelines.

Where to find information on outbreaks in Northern Health

Information is changing rapidly as the second wave of the pandemic evolves, and finding trusted sources for emergent information can be difficult.

Information on all outbreaks within Northern Health can be found on the [news releases page on Northern Health](#). This page is regularly updated as media releases are sent out, and is a trusted source for current information that you can share with family, friends, and others.

Mental health support during COVID-19

The pandemic has had significant impacts on mental health for Canadians. The [Canadian Mental Health Association's BC Division](#) (CMHA BC) reports that because of COVID-19:

- 38% of Canadians say their mental health has declined
- 24% of parents say their child's mental health is worse
- 46% of Canadians say they feel anxious and worried

[More information and mental health supports](#) are available on the CHMA BC website.

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](#).

OTHER ORGANIZATIONAL NEWS



Five tips to stay cyber safe for the holiday season

This holiday season may be a little different this year, but cyber criminals can still take advantage of holiday distractions and use social engineering tactics to trick you into becoming the next victim. They know the increase in online shopping and time constraints can make it easier to catch you off your guard with relevant schemes.

Follow these tips to make sure you're safe this holiday season:

1. Be suspicious of potential disinformation
2. Don't click on advertisements
3. Don't fall for fake delivery notification emails or text messages
4. Be careful about which apps you download
5. Monitor your bank account and card activity

For more information on staying safe for the holidays, watch [this video from KnowBe4](#).

Photo by [Glenn Carstens-Peters](#) on [Unsplash](#)

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.