



COMMUNITY UPDATE

The latest from Northern Health

February 10, 2021

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

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COVID-19

Provincial case counts and statements

As of February 9, **3,849** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **444**
- New cases: **37**
- Currently in hospital: **14**
- Currently in ICU-level care in hospital: **10**
- Deaths in the region since the beginning of the pandemic: **90**

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, see the [COVID-19 Epidemiology app](#), which visualizes COVID-19 in BC in comparison to other Canadian and global jurisdictions, at the

**Daily update
on COVID-19**

gov.bc.ca/covid19



HSDA level. It's updated on Mondays, Wednesdays, and Fridays.

- [Joint statement on Province of B.C.'s COVID-19 response](#) – February 9, 2021
- [BCCDC Situation Report](#) – February 3, 2021

I've already had COVID-19 -- do I still need to get the vaccine?

If you've already had a lab-confirmed case of COVID-19, should you still be vaccinated?

Yes, but you must wait until 3 months after you recover. You'll have some natural immunity during this time (although you should still take precautions). By waiting, you'll free up vaccine for people who have no immunity.

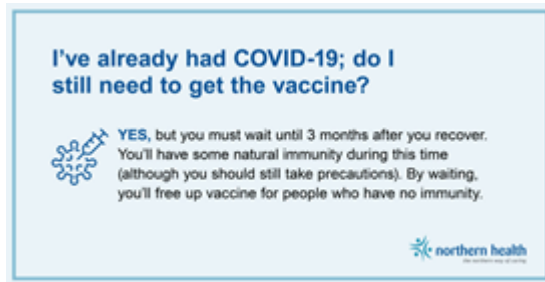
Get the answers to other common vaccine questions on the new "[Facts about COVID-19 vaccines](#)" 11 x 17" poster on Northern Health's [COVID-19 vaccine plan](#) page – feel free to share!

Helpful information on BC's response to COVID-19, BC's immunization plan, and more

Please see the following links to potentially helpful information regarding BC's Response to COVID-19, BC's Immunization Plan, and regional and local health area data on COVID-19 activity. Also included below are links to and instructions for joining your local community NH Facebook Groups.

[B.C.'s response to COVID-19](#): On this site, find information on:

- Provincial restrictions - By order of the PHO, everyone must significantly reduce social interactions
- PHO orders - In a provincial state of emergency, the Provincial Health Officer (PHO) can make orders as needed
- Violation tickets - People and businesses can be issued a \$230 or \$2,300 violation ticket for unsafe



COVID-19 behaviour; information includes [How tickets are given out](#), and [Reporting possible violations](#)

- Travel restrictions - Travel restrictions are in place, including air and land border crossings and ferry travel
- Quarantine requirements - International travellers returning to B.C. are required by law to self-quarantine for 14 days
- K to 12 education - Enhanced health and safety measures and learning groups are helping to keep K to 12 students safe
- Health info - The British Columbia Centre for Disease Control is the best source for COVID-19 health information.

[BC's COVID-19 Immunization Plan:](#)

- [Immunization in B.C.](#)
- [Immunization phases](#)
- [Register to get immunized](#)
- [Community immunity](#)

[BC COVID-19 Data:](#) Here you will find the latest data on COVID-19 cases in British Columbia, including NH Health Service Delivery area, and Local Health Area, [Maps: COVID-19 cases in B.C.](#)

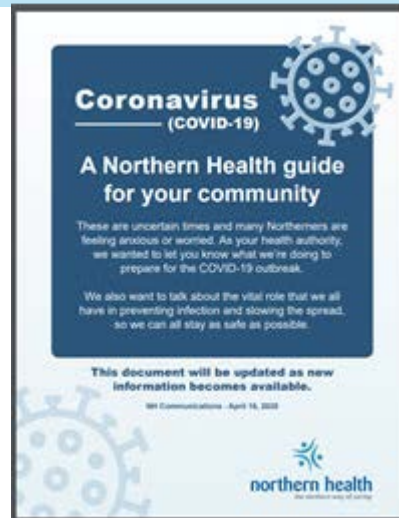
[NH Facebook Groups](#)

Northern Health has more than 20 local community Facebook groups, where we share health information, and interact regularly with group members. Find your community's local group at the link above, and feel free to encourage others to join!

Image: [Toward the Heart](#)

COVID-19 Guide for communities

Northern Health's printable 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. The community guide is updated regularly online.



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](#).

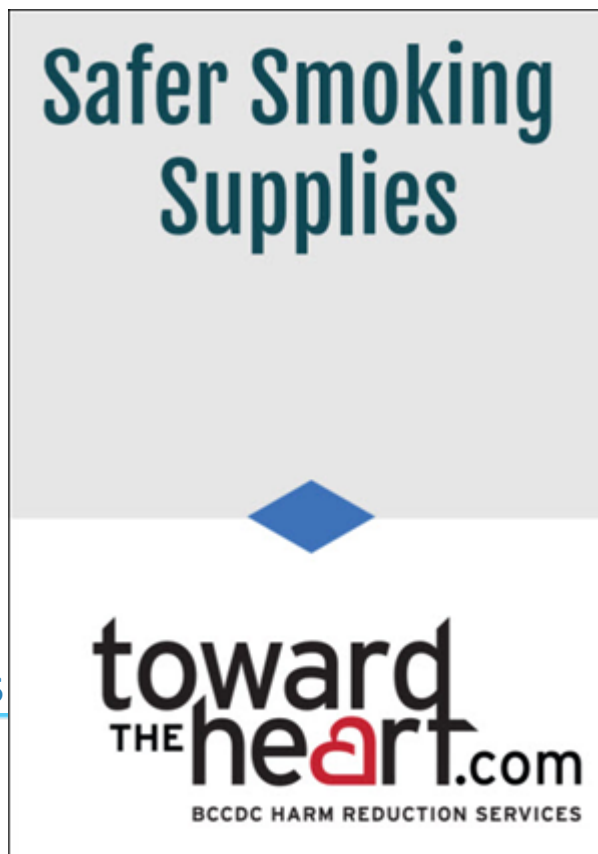
OVERDOSE PREVENTION AND RESPONSE

Harm reduction: Safer smoking supplies

Inhalation has surpassed injection as the most common method of using illicit substances. It is very important that people who use drugs never share equipment, as this increases their risk for overdose and infections.

Safer smoking supplies are temporarily publicly funded until March 31, 2021. We encourage all sites that provide harm reduction supplies to order them using this form: [Harm Reduction Program: Supply Requisition Form](#).

Image: [Toward the Heart](#)



OTHER NORTHERN HEALTH NEWS

New Long-Term Care/Assisted Living Digest, Issue #16: Information for residents and families

The long-term care task group is continuing to produce updates twice a month for residents and families of long-term care homes and assisted living facilities.

[This issue](#) of the update provides information on the provincial guidelines for social gatherings, guidelines for bringing gifts and food into the facility with Valentine's Day and Family Day coming up, a survey for those living in Prince George, an update on COVID-19 vaccines and some photos from recent immunization clinics!

Photo by [Jixiao Huang](#) 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.
