



# COMMUNITY UPDATE

*The latest from Northern Health*

**February 3, 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 2, **3,524** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **387**
- New cases: **35**
- Currently in hospital: **34**
- Currently in ICU-level care in hospital: **14**
- Deaths in the region since the beginning of the pandemic: **80**

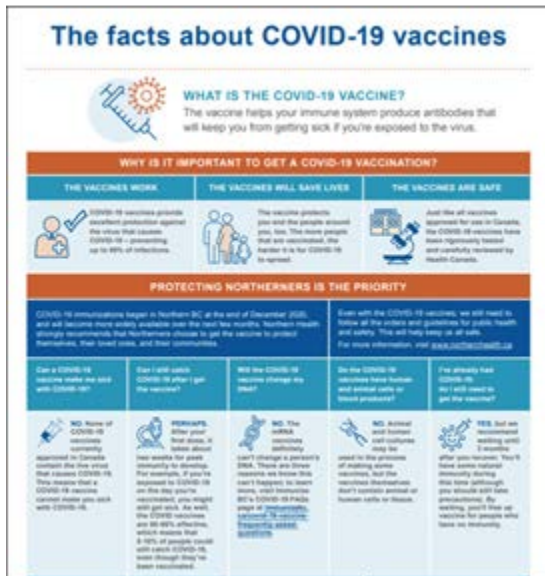
For the latest provincial numbers, see the [BC COVID-19 dashboard](#), which is updated Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested.

**Daily update  
on COVID-19**

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



- [Joint statement on Province of B.C.'s COVID-19 response](#) – February 2, 2021
- [BCCDC Situation Report](#) – February 3, 2021



## Get the facts about COVID-19 vaccines: New Northern Health poster

Do the COVID-19 vaccines contain human or animal cells?

Can you still spread COVID-19 if you've been vaccinated?

Get the answers to these and 7 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!

## Vaccines administered in Mackenzie, McLeod Lake, Chetwynd, and Tumbler Ridge

See stories and photos from Northern vaccine clinics in these recent Facebook posts:

- [Mackenzie and District Hospital, and McLeod Lake](#)
- [Chetwynd General Hospital](#)
- [Tumbler Ridge Community Health Centre](#)

Even with the COVID-19 vaccines, we still need to follow all the [orders and guidelines for public health and safety](#). This will help keep us all safe.

For more information on COVID-19 vaccines:

- Northern Health's [vaccine plan page](#) lists communities where vaccine clinics have been held, and which ones are on the slate for the current week.



- For immunization numbers, see “Vaccine supply and administered” on the [provincial dashboard](#) (works best in Chrome).
- See details on vaccine distribution: [BCCDC: BC's COVID-19 Immunization Plan](#).
- Follow Northern Health on social media, where we share the most up-to-date information on vaccine clinics, outbreaks, new provincial orders, and more:
  - [Facebook](#)
  - [Twitter](#)
  - Spread the good news! Like and share this Facebook post, which provides general info on COVID-19 vaccines throughout the North: [COVID-19 vaccine arrives in Prince George](#)
- For local vaccine information for your community, check out the [Northern Health Facebook community groups](#).

*Photo: Jillian Gregory, Medical Radiography Technologist, is immunized at Tumbler Ridge*



## 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

### Naloxone saves lives

Having naloxone available at the scene of an opioid overdose is crucial to saving that person's life. To get a kit, visit the site locator at [Toward the Heart](#) or call your local health unit.

When using naloxone outdoors in the winter cold, be aware that naloxone liquid can freeze in the metal needle and clog it, causing a blockage. To prevent this, draw up the naloxone right before you use it.



Photo: [Toward the Heart](#)

## OTHER NORTHERN HEALTH NEWS

### Embrace winter! Take part in Winter Health & Fitness Week, February 1 - 7

The organizers of the annual [National Health and Fitness Day](#) have decided to host a week-long, winter-themed follow-up from **Feb. 1 to 7, 2021**. There will be a photo challenge and an [easy-to-follow schedule](#) for daily workouts.

We'd love to see the many ways you are getting out and celebrating winter! Send your photos to [healthpromotions@northernhealth.ca](mailto:healthpromotions@northernhealth.ca) for a chance to be featured on NH social media channels!



Photo by [phillip belena](#) on [Unsplash](#)

## YOUR HEALTH, A PRIORITY

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**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.

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