



COMMUNITY UPDATE

The latest from Northern Health

January 20, 2021

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

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COVID-19

Provincial case counts and statements

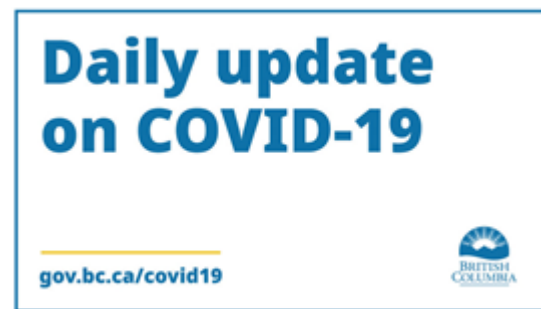
As of January 19, 2021, **2,943** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **525**
- New cases: **32**
- Currently in hospital: **40**
- Currently in ICU-level care in hospital: **17**
- Deaths in the region since the beginning of the pandemic: **53**

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.

Situation 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](#) – January 5, 2021
- [BCCDC Situation Report](#) – December 18, 2020





Stay informed with Northern Health's new vaccine information page

Northern Health's new [vaccine information page](#) will be updated weekly with information on

- Community vaccine schedules
- Clinics that have been held to date
- Immunization numbers to date

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.

More information:

- For immunization numbers, see "Vaccine supply and administered" on [provincial dashboard](#) (works best in Chrome).
- See details on vaccine distribution: [BCCDC: BC's plan for vaccine distribution](#).
- 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, L - R: Team lead Lynn Fertuck, primary care nurse Anita Saunders, and IPT agency nurse Andrea Anderson with Fort Nelson's first long-term care resident to receive the vaccine, Donnie Ross.

Photo: Annette Weger, Northern Health;

Healing in Pandemic Times: New video on Indigenous Peoples, stigma, and COVID-19

Indigenous Health, Northern Health, and the [National Collaborating Centre for Indigenous Health](#) (NCCIH), present this short animated video addressing the ongoing issue of stigmatization experienced by Indigenous Peoples in the health care system.

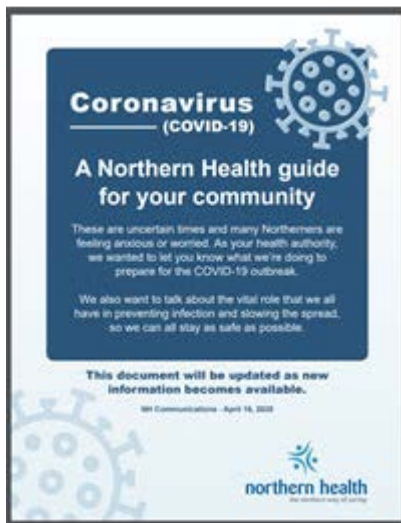


[Healing in Pandemic Times: Indigenous Peoples,](#)

[Stigma and COVID-19](#) is intended for both Indigenous and non-Indigenous audiences.

The executive producer of the video is Dr. Margo Greenwood, VP Indigenous Health, NH and Academic Leader for the NCCIH. Dr. Greenwood notes, "As the video illustrates, the combination of pandemics and stigma is an old story for Indigenous people. But the pain is always new. And the ill effects can last for generations unless we all, Indigenous and non-Indigenous peoples, support each other to take positive healing action. Everyone should feel safe and supported in their communities."

See a link to the [video in context](#) on the Northern Health Indigenous Health website.



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

NH reissuing Benzos drug alert

Northern Health is re-issuing a drug alert for contamination of street drugs with benzodiazepines (benzos). **There is risk of overdose and prolonged sedation that may not respond to naloxone.**

Please share this alert broadly with the goal to reach those who may be affected:

- [Benzos Drug Alert January 18](#)

Photo by [Michael Longmire](#) on [Unsplash](#)



Do I Keep Giving Naloxone?

The toxic drug supply is making opioid overdoses look different, especially when they don't respond to naloxone quickly. This can be very stressful! Here are some tips to help.

Call 911 They can guide you in responding. The Good Samaritan Drug Overdose Act¹ can protect you.

Give Naloxone **WHEN?** When they're not getting enough oxygen. **Symptoms:** Breaths less than 10 per min, Blue lips & fingernails.

Give Breaths² The risk of brain injury or death during an opioid overdose is much higher than the risk of experiencing serious complications from COVID-19. **Breaths every 5 seconds.**

toward
THE heart.com

Information sheet: Do I keep giving Naloxone?

The toxic drug supply is making opioid overdoses look different, especially when they don't respond to naloxone quickly. Focus on the person's breathing, not whether they are awake. See the info sheet for more details:

- [Do I Keep Giving Naloxone? \(Toward the Heart\)](#)

Photo: [TowardtheHeart.com](#)

OTHER NORTHERN HEALTH NEWS

Two long-term care beds added earlier this year to Rotary Manor

Amidst the flurry of COVID-19 information lately, a good news story from earlier in 2020 has emerged in Dawson Creek with the addition of two new permanent long-term care (LTC) beds at Rotary Manor.

Before COVID, management and staff searched for a creative solution to reduce the waitlist of community residents and patients admitted from Dawson Creek and District Hospital to Rotary Manor. In early 2020, leadership and staff got together to determine the possibility of increasing the number of permanent LTC beds.

Read the [full story](#) on the Northern Health story site.



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.