



COMMUNITY UPDATE

The latest from Northern Health

May 26, 2021

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

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COVID-19

Provincial case counts and statements

As of May 25, **7,603** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **128**
- New cases: **4**
- Currently in hospital: **8**
- Currently in ICU-level care in hospital: **3**
- Deaths in the region since the beginning of the pandemic: **152**

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



**Daily update
on COVID-19**

gov.bc.ca/covid19



- [Joint statement on Province of B.C.'s COVID-19 response](#) – May 25, 2021
- [BCCDC Situation Report](#) – May 19, 2021

BC'S RESTART: A PLAN TO BRING US BACK TOGETHER



B.C launches restart plan to safely bring people back together

With more than 60% of adults vaccinated with their first dose and COVID-19 case counts and hospitalizations steadily declining, British Columbia is moving forward with the cautious first step of a four-step plan for a careful and safe restart.

The plan to bring B.C back together will be a slow and gradual return to a more normal life, with safety and health protocols such as mask wearing and physical distancing remaining in place and mandatory during the initial two steps of the plan.

The four-step plan was designed based on data and guidance from the BC Centre for Disease Control (BCCDC) and Dr. Bonnie Henry, B.C.'s provincial health officer (PHO). Progressing through the steps will be measured by the number of adults vaccinated, COVID-19 case counts and hospitalizations and deaths, taking into account clusters and outbreaks. While there are approximate dates, the plan will be guided by data, not dates, and will not proceed to the next step until it is safe to do so based on guidance from public health and the latest available data.

As of May 25, we have entered step 1 of the plan with the guidelines as follows:

- 60% of adult population with Dose 1
- COVID-19 cases stable, hospitalizations stable
 - Maximum of five visitors or one household allowed for indoor personal gatherings
 - Maximum of 10 people for outdoor personal gatherings
 - Maximum of 10 people for seated indoor organized gatherings with safety protocols
 - Maximum of 50 people for seated outdoor organized gatherings with safety protocols
 - Recreational travel only within travel region (travel restrictions extended)
 - Indoor and outdoor dining for up to six people with safety protocols
 - Resume outdoor sports (games) with no spectators, low-intensity fitness with safety protocols
 - Start gradual return to workplaces
 - Provincewide mask mandate, business safety protocols and physical distancing measures remain in place
 - Return of indoor in-person faith-based gatherings (reduced capacity) based on consultation with public health

For more information, and future steps, see the [full BC restart plan](#).

Getting to 80% = Getting back to normal

Can your group, community, or organization achieve an 80% immunization rate? Getting as many people as possible vaccinated is the only way we can complete all 4 phases of [BC's Restart Plan](#), which will eventually allow us to get back to normal social contact. Resources:

- [The Government of BC's "how to get vaccinated" page](#)
- [Northern Health's vaccine page](#)
- [Shareable COVID-19 graphics](#)
- More tools and information from NH are coming soon!



Dose 2 vaccine appointments at 12 weeks for the North

In Northern Health, you'll get your second dose about 12 weeks after the first dose. If you registered on the province's [Get Vaccinated](#) website, **you'll be notified automatically when it's time for your second dose.**

- If you got your first dose before the provincial registration system was available, **you need to register now at [Get Vaccinated](#).** That way, you're in the system and you'll get that notification when it's time for your second dose.
- If you've already registered, and you've already got your first dose, you're in the system. **You'll be notified automatically when it's time for your second dose.** You don't need to do anything else.

Note: If you signed up with a pharmacy or with your local health unit, this is not the same as registering with the provincial system. You should still register now at [Get Vaccinated](#).

First dose vaccines for youth ages 12-17

Planning is under way for youth immunization – **for more information, please see specific communities on the [NH vaccine plan page](#)**. For now, all young people between 12 and 17 years old who want a vaccine should be registering in the provincial system.

- To learn how to register, visit gov.bc.ca/getvaccinated
- For more information on the youth COVID-19 vaccine program, visit <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/youth>



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 Virtual 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



Supporting those who use substances alone: the difference between the BeSafe and Lifeguard app

There are many available options for apps that are designed to support those that are using substances alone. The following are the two that we would like to highlight.

[The BeSafe app](#): Designed to prevent overdose death for anyone using drugs alone, the BeSafe Community app does, however, require people to have access to a smartphone and an Internet connection. Use of the app is anonymous and private, unless and until an overdose occurs, at which point the caller's location will be shared so that help can be sent.

[The Lifeguard app](#): Helps you connect with emergency contact number in case of overdose. The app is equipped with a one-minute timer. If you are not able to turn off the timer after one minute, the app will contact emergency services. The app tells your current location to the emergency services through in-build calling functionality.

For further information please visit towardtheheart.com.

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.
