



# COMMUNITY UPDATE

*The latest from Northern Health*

**November 4, 2020**

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

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## **COVID-19**

### **Provincial case counts and statements**

- As of November 3, **425** cases have been reported in the NH region since the beginning of the pandemic
  - Cases currently active: **21**
  - New cases: **3**
  - Currently admitted to ICU: **0**
- Deaths in the NH region since the beginning of the pandemic: **3 (0 new)**

As always, it is important that we remain vigilant in our communities.

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](#) – November 3, 2020

**Daily update  
on COVID-19**

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



- [BCCDC Surveillance report](#) – October 30, 2020



## Aboriginal Veterans Day and Remembrance Day will look a little different this year: Consider observing them at home

From the [BCCDC](#): Because of COVID-19, events for Aboriginal Veterans Day on November 8 and Remembrance Day on November 11 will be different this year. Ceremonies will be smaller, and some traditional events have been cancelled.

If you're planning an event, you must comply with the Public Health Officer's order for [Events and Gatherings](#).

If you're observing Remembrance Day this year, check with local groups or the [Canadian Legion](#) for updated guidance, as there are limits to how many people can gather.

Consider staying home and observing Remembrance Day programming by radio, television or social media.

For more information, see the [full BCCDC guidelines](#).

Photo: [Canadian Legion](#)

## Faith-based gatherings: Participating safely is key to preventing the spread of COVID-19

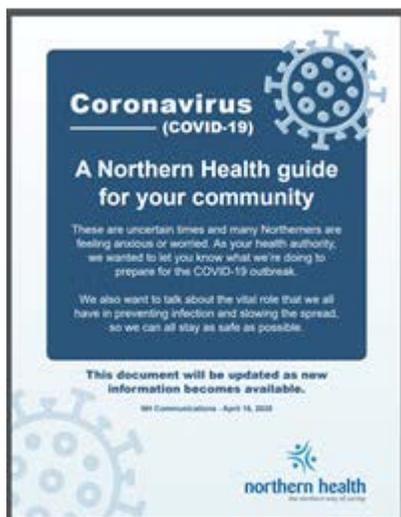
From the [BCCDC](#): As pillars of strength in communities, faith-based services have an important role in connecting the community by contributing to beneficial and safe social interactions. These services also have a role to play in the prevention of COVID-19 transmission.

All faith-based organizations must develop a COVID-19 safety plan in accordance with protocols set by WorkSafeBC.

A reminder to all: these measures are not forever, but they are very important for now, to protect the health of everyone in the community and in the province. There will be a time when we can all come together again. Until then, participating safely in services and activities is integral to preventing the spread of COVID-19 and protecting those who are most vulnerable to complications of



this disease. For more information, see the [full BCCDC guidelines](#). Photo by [Patrick Fore](#) on [Unsplash](#)



## 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

### First Nations Virtual Substance Use & Psychiatry Service

The FNHA First Nations Virtual Substance Use and Psychiatry Service is now available to First Nations people and their families living in BC through referral from a health and wellness provider.



The purpose of the service is to:

1. To provide direct virtual access to addictions specialists and psychiatric care for First Nations people and their family members living in BC
2. To provide addictions medicine and psychiatry services where every client encounter is aligned with the principles and practices of cultural safety and humility
3. To provide addictions medicine and psychiatry services where collaborative care planning and wraparound care services are integral to all client encounters

A reminder as well about FNHA's Virtual Doctor of the Day program, which provides virtual access to primary care (Family Practice Physicians) for First Nations people and their families living in BC.

For more information:

- [Virtual Substance Use & Psychiatry Service webpage](#)
- [Virtual Substance Use & Psychiatry Referral Guide for Providers](#)
- [Virtual Doctor of the Day Webpage](#)
- [Virtual Doctor of the Day Poster](#)

Photo: [FNHA](#)

## OTHER ORGANIZATIONAL NEWS

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### Long-Term Care/Assisted Living Digest: Issue #10 now available

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

[This issue](#) of the update provides information about borrowing books and other materials from libraries, the fall flu campaign, and volunteers in our facilities.

**Updates for residents and families in long-term care homes and assisted living facilities**  
Issue 10 – October 27, 2020

To keep you informed about the changing information about COVID-19, we're producing this update for residents and families of long-term care homes and assisted living facilities twice per month.

**Libraries**  
To encourage alternative forms of entertainment, Northern Health supports residents in our facilities to borrow books, DVDs, and other materials from local libraries.

**Can you get COVID-19 from books, DVDs and other library materials?**  
The main way that COVID-19 spreads is person-to-person. The risk of getting sick from borrowed library items is very low:

- There is no evidence that the COVID-19 virus spreads through books, paper or other paper-based products.
- Laminated or glossy paper-based products (e.g., magazines and children's books) and items with plastic covers (e.g., DVDs) can be contaminated if handled by a person with COVID-19; however, even though a virus may be on a surface, that does not always mean it will be spread that way.
- Libraries are not required to 'quarantine' or disinfect their loaned items; however, some libraries are taking this extra step. If it makes you feel more comfortable, you can leave your borrowed library material in a bag for at least 72 hours.

## 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.