



COMMUNITY UPDATE

The latest from Northern Health

July 8, 2020

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

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Provincial case counts and statements

As of July 7, 2020, there were **65** confirmed COVID-19 cases in the Northern Health region. Although no cases are considered active, it is important that we remain vigilant in our communities.

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

[Joint statement on Province of B.C.'s COVID-19 response](#) – July 7, 2020



□ **Phase 3 of BC's Restart Plan includes a gradual return to smart, safe, and respectful travel**

Phase 3 of BC's Restart Plan includes a gradual return to smart, safe, and respectful travel

Before traveling *within* B.C. this summer, public health officials recommend checking to make sure towns, communities and regions are ready to welcome visitors. Those who are travelling *to* B.C. from another province or territory within Canada are expected to follow the same travel guidelines as everyone else in B.C. and travel safely and respectfully.

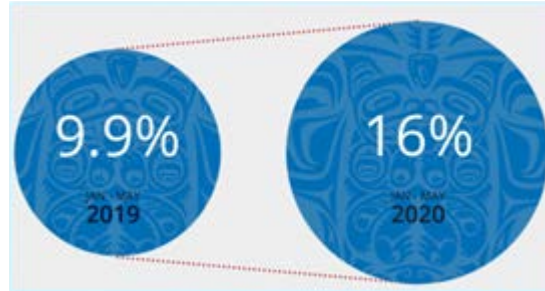
All travellers arriving in B.C. from *outside of Canada*, unless they are exempt, are required by provincial law to [self-isolate](#) for 14 days and complete a self-isolation plan. The federal government has also mandated that any traveler returning to Canada must [quarantine](#) (self-isolate) for 14 days. And travel *to* Canada by non-residents - including U.S. citizens - for non-essential reasons such as for tourism, recreation or entertainment, is currently prohibited.

It is important to remember that there may be a legitimate reason for the presence of a US resident, US-plated vehicle, or out-of-province-plated vehicles in our region. Concerns about violations of current restrictions on non-essential travel, or failure to abide by mandatory 14-day quarantine or isolation upon entry to Canada, should be brought to the attention of RCMP, and/or the Public Health Agency of Canada.



Data release - COVID-19 pandemic sparks surge in overdose deaths this year

The toll of the illicit drug toxicity crisis on BC First Nations, Métis and Inuit individuals is rising again this year, erasing previous gains, according to data released today by the First Nations Health Authority (FNHA).



Suspected illicit drug toxicity deaths spiked between January and May this year. During this period, 89 First Nations, Métis and Inuit individuals lost their lives. This is a 93 per cent increase in deaths compared to the same period last year.

- For more information, see the [full data release](#).

□ This publication to include non-COVID-19-related information

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Regularly scheduled stakeholder updates will now include non-COVID-19-related information that is relevant to the public, as well as COVID-19-related information. To reflect this, the name of the update has been changed from *COVID-19 Update* to *Community Update*.



Information shared through the *Community Update* will be relevant to local communities, and the *Community Update* will remain the primary method of communication between Northern Health and external stakeholder groups.

Photo by [Markus Winkler](#) on [Unsplash](#)

COVID-19 Guide for communities

Northern Health's 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. There are no new changes this week. The community guide will continue to be 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](#).

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.