

June 10, 2020

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

In this issue

- [Provincial case counts and statements](#)
- [New BCCDC modelling and projections - COVID-19: Going Forward](#)
- [Mass gatherings for protests and demonstrations despite PHO orders](#)
- [The Province recently conducted a survey about COVID-19 pandemic experiences and actions. Did northern BC residents take part?](#)
- [Join the community wellness challenge](#)
- [Ten ideas to celebrate the class of 2020 during COVID-19](#)
- [COVID-19 Guide for communities](#)
- [Trusted links and resources](#)

Provincial case counts and statements

As of June 9, 2020, there have been **66** confirmed COVID-19 cases in the Northern Health region.

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

[Joint statement on Province of B.C.'s COVID-19 response](#) – June 9, 2020



New BCCDC modelling and projections - COVID-19: Going Forward

The BCCDC has released new modelling and projections for COVID-19 in BC. This includes epidemiology and modelling analyses.

- [COVID-19: Going Forward](#) (June 4)

For the latest BCCDC modelling and projections, see the [BCCDC website](#).



Mass gatherings for protests and demonstrations despite PHO orders

We are aware of peaceful demonstrations that have been held and may be being planned in Northern communities, to speak out against racism.

Provincially and here in the North, we recognize that it is important for people to be able to exercise their right to peaceful demonstration.

At the same time, it's also important to protect the health of ourselves, our loved ones, and our communities.

We continue to encourage people taking part in demonstrations to take precautions, and be mindful of provincial health officer advice and orders that remain in place.

These might include gathering in smaller numbers in multiple locations, maintaining a safe physical distance from others, and using a non-medical cloth mask for the brief periods when in closer contact to others.

Photo by [Forest Simon](#) on [Unsplash](#)



Provincial survey about COVID-19 pandemic experiences and actions

A provincewide survey was recently conducted, *Your story, our future*, to gather feedback from British Columbians on experiences and actions they've taken so far in the COVID-19 pandemic in B.C.

This was a collaboration of B.C. public health experts, our health authority medical health officers, the BC Centre for Disease Control and Provincial Health Services Authority, as well as the provincial health officer.

The information shared will help inform the public health decisions that we make in the weeks and months ahead.

As part of the survey, there was also an opportunity for you to express your interest in participating in further studies, including a serology blood test study to determine immunity within our province.

Provincially, more than 356,000 surveys were completed

Northerners submitted more than 13,600 completed surveys

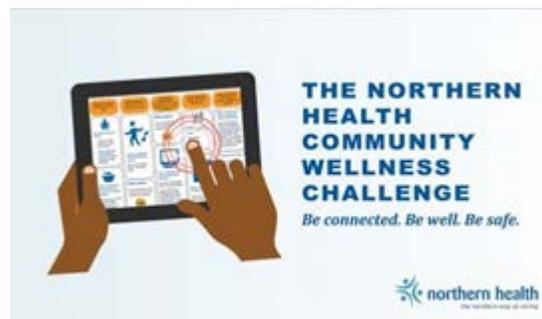


Join the community wellness challenge!

During the COVID-19 pandemic, it's important to keep well and stay connected in our communities. That's why we've created a Community Wellness Challenge activity card with ideas for taking care of your mental, physical, and spiritual health, your relationships, and more!

The Community Wellness Challenge activity card includes ideas on:

- Activities to do by yourself or as a family
- Tips for sleeping well
- How to safely offer help to neighbours or others in your community
- And more!



[View, download, or print the Community Wellness Challenge activity card.](#)

Complete one activity from each of the activity card columns and share it with us to be entered to win a \$100 gift card from a local business (wellness related) of choice. From June 8-29, 2020, we'll be drawing three winners each week: one from the Northeast, Northwest, and Northern Interior of the [Northern Health region](#).

For more information and full contest details, see the [full story](#).

Ten ideas to celebrate the class of 2020 during COVID-19

Whether students are finishing high school, college, university, or a professional program, this time of year is usually filled with events and ceremonies to celebrate these significant milestones. So how can we celebrate new grads this spring while continuing to flatten the curve?

10 ideas to celebrate our local graduates:

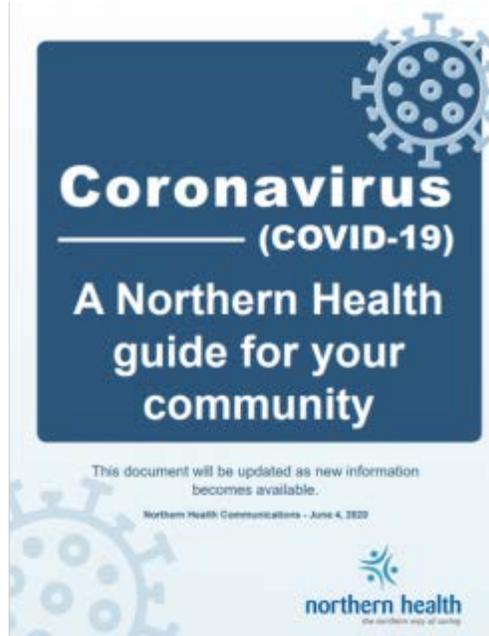
- Create a virtual “congratulations” board
- Send video messages
- Consider a gift
- Organize a car parade
- Display a sign
- Create personalized yearbook notes or stickers
- Celebrate prom “coronavirus style”
- Take part in a virtual ceremony
- Organize a drive-in ceremony
- Encourage self-reflection

For tips and tricks, see the [full story](#).



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

- [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.