



# COMMUNITY UPDATE

*The latest from Northern Health*

**October 14, 2020**

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

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## **Daily update on COVID-19**

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



## **COVID-19 case counts and statements**

Confirmed NH cases since the beginning of the pandemic, according to the **October 13 provincial update**:

- **341** cases
  - **16** active
  - **2** new
- **3** deaths (**0** new)

As always, 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. Surveillance reports for COVID-19, which includes a breakdown of cases by Health Service Delivery Area, are [posted every Thursday on the BCCDC website](#).

- [Joint statement on Province of B.C.'s COVID-19 response](#) – October 13, 2020
- [BCCDC Surveillance report](#) – October 8, 2020

## COVID-19 exposure alert - Prince George Taxi

Northern Health is advising anyone who used the services of Prince George Taxi on October 2nd or 3rd, between the (overnight) hours of 6 pm and 6 am, that they may have been exposed to COVID-19.

Public health officials are asking people who traveled by PG Taxi during this time period, to take extra care to self-monitor for symptoms of COVID-19 until October 17th (14 days from the last date of possible exposure). Public health contact tracing is underway and, where possible, NH is reaching out directly to individuals who have been exposed.

If people remain healthy and do not develop symptoms, there is no need to self-isolate, and people can continue with their usual daily activities.

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

*Photo by [Peter Kasprzyk](#) on [Unsplash](#)*

## The Prince George COVID-19 collection centre has moved

Northern Health's Prince George COVID-19 testing collection centre is moving to a new location in Parkwood Place

To date, COVID-19 testing has been available at the Prince George Urgent and Primary Care Centre, #143 Parkwood

Effective Wednesday October 14, 2020, the new location will be #175-1600 15th Ave (near the Cineplex theatre).

The new testing location will allow for appointment-based testing seven days per week, from 8 am to 4 pm.

Individuals referred for testing will be booked at this new location starting Wednesday October 14th. Individuals with when it is their turn for testing.

**Please do not head to a testing centre without an assessment and booked appointment.**

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

*Photo by [Mufid Mainun](#) on [Unsplash](#)*

## Immunizations are as important as ever

Immunization is an essential service, and health units are continuing to hold immunization clinics during the COVID-19 pandemic. However, services vary across the province. Please contact your local health unit for information on immunization services during COVID-19 in your area.

Clinic changes have been made to ensure safety and to respect physical distancing. Please note the following changes:

- Only one adult should bring a child to the clinic (all other family members should stay home).
- Do not go to the clinic if you or your child are feeling ill and/or have any of the following symptoms:
  - Runny nose
  - Sore throat
  - Fever
  - Cough
  - Shortness of breath or trouble breathing
  - Diarrhea or vomiting
- Do not go to the clinic if you have been asked to quarantine because you have travelled outside of Canada or been in contact with or near someone with COVID-19

For more information, see the [full article on ImmunizeBC](#).

## Trusted links and resources for COVID-19

- [Coronavirus \(COVID-19\): A Northern Health Guide for Your Community](#)
- [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

### FNHA: Sober(er) for October: helping ourselves and others regain balance spiritually, mentally, physically, and emotionally

When stopping or significantly reducing the use of alcohol or other substances, there are many things to consider. For example, if you have been a heavy user, you might experience withdrawal symptoms.

The fear of withdrawal symptoms prevents some people from stopping their use of substances. There is acute withdrawal, which usually lasts a few days and consists mainly of physical symptoms. However, there is also post-acute withdrawal syndrome (PAWS), which can last from several days to even months, and generally involves more "thinking" and "feeling" symptoms." These can include:

- Memory problems / "foggy thinking"
- Inability to concentrate
- Low motivation to do things
- Irritability
- Anxiety, depression or mood swings

These symptoms are a sign that your body is trying to heal itself from the effects of substance use; your brain is "recalibrating," or adjusting to the changes you are making. This cycle moves from physical discomfort to emotional and psychological discomfort.

We can help ourselves and others in a number of different ways. As FNHA Knowledge Keeper Syexwaliya Ann Whonnock reminds us, "The Ancestors and Elders teach that we need to respect, understand and care about where each of us is at in our life journey, and to help or support one another as best we can. This includes being kind, non-judgemental, and understanding – and listening with an open heart."

[Read the full story on the FNHA website.](#)

Photo by [FNHA](#)

## 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.