



Update from FNHA Northern Regional Team on COVID-19

November 12, 2020

These updates are provided weekly on **Thursday**.

These role ups are intended to highlight northern specific updates from FNHA North, Northern Health, Emergency Management BC and other partners. This includes sharing of best practice documents from community. Our hope is that this will minimize multiple information emails. If you prefer not to receive these, please contact carol.whetter@fnha.ca.

All Previous FNHA North Daily COVID Updates and Attachments can be accessed here:
<https://fnha.sharefile.com/share/view/s5b73cdbbb8c4f51b/fo0c6f84-c2e0-4131-b577-bdefc4752d05>

Please Keep Safe!

- *avoid large gatherings (they are the biggest source of COVID infection)*
- *stay home if feeling unwell*
- *stay 6 feet apart*
- *wear a mask if social distancing cannot be maintained*
- *wash hands frequently*
- *cover our mouths with our elbows or tissues when we cough or sneeze*
- *disinfect hard surfaces regularly, especially ones that are touched often*
- *stay kind and caring*

Stats, New Orders and Notices from Government of BC

- 476 confirmed cases in Northern BC since March 2020 (as of Nov. 10, 2020)
- 1 currently hospitalized
- 2 currently admitted to ICU
- **3 confirmed deaths since March**

423 recovered

(Source: BC Centre for Disease Control)

Orders | Notices | Guidance

[Prevention Regional Measures – November 11, 2020](#)

FNHA Updates

Traditional & Holistic Wellness

1. Cabin Fever or Seasonal Affective Disorder (SAD) are real conditions to be taken seriously every winter but especially this year when we are also facing the restrictions of COVID. Check out [this article](#) on SAD which includes some background and tips for keeping your spirits up (ignore the tip to take a trip to a sunny location!).
2. Get crafty this winter with [this list of 33 winter craft ideas](#) for kids and adults alike!

- It's never too early to start planning next year's garden. Especially when seed companies are experiencing heavy back orders during the pandemic. Order early to make sure you are ready to start your seedlings (some can be planted as early as February such as tomatoes and peppers) while others are usually started in March. Check out [West Coast Seeds](#) for a great BC company that sells heritage varieties of seeds.
- Here is a list of the [top 7 online knitting courses](#) to help keep your hands busy during these cold dark nights.
- Check out [this article on ice skating safety](#) for this year's pandemic ice skating season!

FNHA Teleconferences and Webinars

| DATE | TIME | TOPIC | AUDIENCE | HOW TO JOIN |
|--------------------------------|-------------------|------------------------------|--|--|
| Addictions - weekly | | | | |
| TUES. Nov. 17 | 10:00- 11:00AM | Community of Practice | Addictions & Wellness Workers MST Staff | <ul style="list-style-type: none"> • Teleconference 1 877 385 4099 • Participant Code: 7332761 |

Improve Connectivity for Teleconferences

In remote FNHA locations with limited bandwidth, on important calls, let everyone know to limit or stop their use of the internet (e.g. no surfing videos, Netflix, YouTube, etc.)

Northern Health Updates

Northern Health has issued the following information bulletins. Please feel free to share among your networks and stakeholders.

Changes to the COVID-19 Online Clinic and expansion of services

Northern Health is expanding the NH COVID-19 Online Clinic to provide virtually enabled primary and community care services. The clinic will soft launch on November 12, 2020, with a focus on providing primary care services to patients in the most rural and remote communities.

Name and purpose

- The goal of the clinic is to provide culturally safe primary and community care services for unattached patients or where access to primary care is limited.
- The clinic will continue to provide screening, assessment and coordination of testing for COVID-19.
- The name of the COVID-19 Online Clinic will shift to the Northern Health Virtual Clinic in order to recognize the expanded service offered. The phone number will remain the same: **1-844-645-7811**.

Hours

The clinic will be open 10 am to 10 pm, 7 days a week, including holidays.

In the coming weeks, more information on the Virtual Clinic will be shared with all Northern Health medical staff, staff, and the public, and webpages will be set up on physicians.northernhealth.ca and northernhealth.ca.

COVID-19 test results now available through new provincial Health Gateway

Please share with patients and clients: COVID-19 test results are now available through a new online portal called Health Gateway (www.healthgateway.gov.bc.ca). Through Health Gateway, you can get a text or email notification as soon as your results are available, day or night. You can also download and print a copy of your test results.

Health Gateway is accessible by anyone with a photo BC Services Card. To register, you will need your [mobile BC Services Card](#). If you haven't used it before, [get set up](#) from your mobile device as soon as you have booked your test, so there's no delay in getting your results.

For more information about Health Gateway and how to register, visit www.healthgateway.gov.bc.ca.

Other Updates

Costco making face-coverings mandatory, including Prince George

As COVID-19 numbers continue to soar, another large retail company is making masks mandatory.

Costco has announced that starting Monday (Nov. 16), its locations across North America, including Prince George, will require all members, guests and employees to wear a face mask or face shield.

Access to the warehouse will only be granted to those wearing a face-covering or shield; however, children under two years of age are exempt. [Read the full story here.](#)

Crisis Calls Up, Suicide Down

As COVID-19 hit and B.C. went into lock down, something happened that B.C.'s crisis line executive director Stacy Ashton hadn't anticipated.

The provincial government offered her money to help British Columbians deal with pandemic mental health stresses. And, the Crisis Intervention & Suicide Prevention Centre of B.C. needed a cash infusion as staff had to hire people to work the lines as volunteers went into isolation.

"What we've been seeing in terms of COVID impact is our call volume is up 25%," Ashton said.

While the proportion of the reasons for calls remained stable, Ashton said people were reaching out due to the impacts of world or political events. [Read the full story here.](#)

Sharing Your Good Ideas

Share your stories here, too!

Health Match BC virtual job fair for physicians, RNs, and allied health workers is Tues. November 17

The BC Healthcare Virtual Job Fair is a free, one-day, online event open to physicians, registered nurses and allied health professionals interested in exploring career opportunities in BC.

This is a great opportunity for Northern Health to showcase the amazing positions we have available. If you know someone looking to connect and check out NH opportunities, this virtual job fair is the perfect chance! There will also be learning components and presentations throughout the day.

For more details or to register, visit <https://bchealthcarejobs.com/>

Check out lots of **Good Medicine stories at our new spot on the web:** <https://www.fnha.ca/wellness/good-medicine>

Share your stories here, too!

Resources and Templates for Community

If you have **questions or would like to access FNHA materials**, please email: COVID19@fnha.ca

These **FNHA resources** are available for your use:

- Info page: [Mental Health and Wellness Resources for Youth](#)

Other resources:

- Vogue Magazine article: [How Virtual Beading Circles Are Empowering Indigenous Women](#)

Trusted Sources

Currently the best sources of information can be found at:

- First Nations Health Authority Coronavirus: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>
- First Nations Health Authority Communicable Disease Control: <https://www.fnha.ca/what-we-do/communicable-disease-control/>
- BC Centre for Disease Control: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- BC Centre for Disease Control **self-assessment app and website** self-assessment tools: <https://bc.thrive.health/>
- Ministry of Health: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/pandemic-influenza>
- HealthLinkBC: <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

- World Health Organization (WHO) Frequently Asked Questions: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- Diabetes Canada: www.diabetes.ca/coronavirus
- Government of Canada COVID-19: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Government of Canada **benefit-finder tool** to navigate financial supports during COVID. [CLICK HERE.](#)
- WorkSafe BC: COVID-19 information and resources: <https://www.worksafebc.com/en/about-us/covid-19-updates>
- Emergency Preparedness Response: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- Government of BC **resources for urban First Nations**: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- **Interactive Map of BC Collecting Sites for COVID-19 Testing**: <https://experience.arcgis.com/experience/3862560c5a41418e9d78f4f81688e9d0>
- **Previous FNHA North Daily COVID Updates and Attachments**: <https://fnha.sharefile.com/share/view/s5b73cdbbb8c4f51b/fo0c6f84-c2e0-4131-b577-bdefc4752d05>

Contacts

For Health Care providers who have specific questions contact cdmgmt@fnha.ca to connect with the communicable disease management team in Vancouver.

COVID-19 Northern Health Online Clinic & Info Line 1-844-645-7811

Non-Medical COVID-19 Questions: 1-888-268-4319 or text 604-630-0300 7:30AM-8PM (PST)

FNHA Virtual Doctor of the Day program to set up virtual doctor's appointments: 1-855-344-3800

Northern BC
VIRTUAL DOCTOR OF THE DAY
For First Nations and their families living in and out of community
Non-First Nations family members are included in the program

Rural Coordination Centre of BC

Need to see a doctor?
Book your virtual appointment
1 855 344 3800
7 days a week
8:30am-4:30pm

*You will need:
• laptop
• tablet
• or smartphone
• internet connection
telephone-only is also available

First Nations Health Authority
Health through wellness

Community enquiries, please contact your CECs who will direct your questions to the appropriate resources.