



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

Thursday, August 6, 2020

Medical Staff Digests are sent out every Tuesday and Thursday.

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COVID-19

NH's COVID-19 resources

For more COVID-19 information, see these OurNH pages:

- [COVID-19 \(Coronavirus\)](#)
- [Pandemic Recovery Toolkit](#)
- [Physician website](#)

Provincial case counts and statements

As of August 5, 2020, there were **91** confirmed COVID-19 cases in the Northern Health region. Sixteen cases are considered active. In light of this uptick in cases, 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](#) – August 5, 2020
- [BCCDC Surveillance report](#) – July 30, 2020

Compass webinar series: Supporting children and youth with school avoidance and refusal within the context of mental health and COVID-19

Children, teens and their families have had big changes in lifestyle and routines in response to COVID-19, and many children will not have set foot in a school for 6 months.

As providers, families may look to you for guidance, support and answers on how to have a fresh start, increase school willingness and decrease anxiety.

Compass Mental Health is providing a three part webinar series to provide practical, hands-on tools for your practice.

Interested care providers can find more information and register on the [Compass Website](#).

Dr. Bonnie Henry's good times guide

Good times have been linked to community outbreaks of COVID-19 in BC. People who haven't been socializing safely have spread the virus to friends, families, and strangers at house parties, bars, restaurants, and more. Let's help stop the spread.

We all love good times. Follow Dr. Bonnie Henry's guide, and we can keep each other safe and healthy. Don't get stuck in self-isolation for 14 days, or worse – get sick, because you shared beers at a party or made out with someone with COVID-19. Have a good time – safely.

See the [full guide](#).

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**
- Northern Health Environmental Health Officer Line: **1-250-565-7322**
- 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 COVID-19 webpage](#).

Overdose prevention and response

BCCDC overdose response indicators

The Overdose Emergency Response Centre (OERC), part of the Ministry of Mental Health and Addictions, works in close partnership with the BC Centre for Disease Control (BCCDC)

to provide provincial coordination of surveillance, monitoring, and evaluation related to the overdose emergency. This provincial surveillance report provides current data on key overdose-related indicators.

The OERC facilitates planning at the provincial, regional and local levels, structured upon a [set of eight core interventions](#) that capitalize on evidence-informed strategies. Together, these strategies form an integrated, comprehensive response to the overdose crisis.

The indicators contained in this report measure progress on these interventions across the province, and can be viewed at the provincial or regional health authority level, broken down by age and sex where possible. This report is updated monthly using the most up to date data available on each indicator.

Explore the interactive visualizations on the [BCCDC website](#) or download the full [Overdose Response Indicator Report](#).

Other organizational news

FNHA: Are your children's immunizations up to date?

Health Centres are reopening and safe for immunizations!

While many things about the COVID-19 pandemic are out of our control, there is still much we can do to keep ourselves and our children as healthy as possible in the midst of it. Of course, we all need to follow public health recommendations to wash hands, wear masks, and keep physically apart while staying socially connected.

We also need to remember that one of the most important things we can do to protect our infants and school-aged children remains keeping their immunizations up to date. This will help to protect them from getting – and possibly spreading – vaccine-preventable diseases such as measles, mumps, and whooping cough.

These diseases can still circulate in our communities, particularly as our social circles widen with the gradual lifting of COVID-19 restrictions – and vaccination is still the best protection.

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

Staff recognition (RAARs)

Random Acts of Acknowledgment and Recognition (RAARs)

We know that as medical staff at Northern Health, you often go above and beyond, and so do your colleagues. RAARs are a way for you recognize each other and say “thank you.”

- See the [latest RAARs](#)
- [RAAR someone today!](#)

Staff wellness

Resources for staff wellness are available in the right hand sidebar under the heading “Resources for stress and emotional support” on both the [COVID-19 page](#) and the [Pandemic Recovery Toolkit page](#) of OurNH.

Community Corner and Staff Deals

NH Community Corner: Buy, sell, and trade for NH staff members

Looking for a good used vehicle? Trying to sell your house? Community Corner is a private online swap-and-shop for NH staff members and medical staff. Categories include Housing to Rent, Housing for Sale, Pets and Livestock, Furniture and Appliances, Wanted, and much more.

- [Visit Community Corner](#)
- [Post your classified ad now](#)

Staff Deals: Get a special rate!

Did you know? Because you work at Northern Health, you can get discounts at a number of businesses, including hotels, food and dining, computers, clothing, insurance, and more. See the full list here: [Staff Deals](#).