



# MEDICAL STAFF DIGEST

*A twice-weekly update for medical staff*

**Thursday, August 27, 2020**

Medical Staff Digests are sent out every Tuesday and Thursday.

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## COVID-19

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### 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 26, 2020**, there were **133** confirmed COVID-19 cases in the Northern Health region. Seventeen cases are considered active. 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 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 26, 2020
- [BCCDC Surveillance report](#) – August 20, 2020

## Update on exposure event: It's Time Canada - event in Deadwood, Alberta

A recent event in Deadwood, Alberta, "It's Time Canada", has been linked to a number of COVID-19 cases in Northern BC. The majority of these cases are in the Fort. St. John area; however, the exposure alert applies to all of Northeast BC.

Latest COVID-19 case numbers related to the exposure event:

- 24 total cases
- 3 active
- 21 recovered
- 13 primary cases
- 14 close contacts under active daily monitoring

Given the location of the event, it is most likely that residents of Northeast BC may have been in attendance, or had contact with attendees. If you live in Northeast BC, you're strongly encouraged to self-monitor for [COVID-19 symptoms](#). If you have symptoms, self-isolate and seek testing.

## 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

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### August 31 is International Overdose Awareness Day

International Overdose Awareness day is a global event held on August 31 each year which aims to raise awareness, and reduce stigma, of overdose and overdose-related deaths. It's a day to remember those who have lost their lives to overdose and get involved.

The ongoing overdose crisis affects families, friends, and co-workers every day, including people here in the North.

To learn more, including how to post a tribute, or find a local Overdose Awareness Day event near you, visit [International Overdose Awareness Day](#).

## Dual public health emergency increasing unpredictability in the illicit drug supply

In the context of the dual public health emergencies (opioid overdose and the COVID-19 pandemic) the illicit drug supply has become increasingly unpredictable, with more chance of dangerous contaminants. In addition to a Provincial [Overdose Alert](#) that was issued on March 22, [a regional overdose alert](#) was issued June 18, 2020 due to the rise in both fatal and non-fatal overdose events within our region. A local Overdose Alert was also recently issued in Prince George.

We are encouraging both NH and non-NH Take Home Naloxone (THN) sites to consider increasing distribution of naloxone and providing more than one THN kit to individuals that provide peer distribution within their community.

Within communities, access to harm reduction supplies should remain low-barrier, available in a variety of settings, and include both injection and smoking supplies — ideally in every community.

For further information please see [the BCCDC website](#).

## Other organizational news

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### News from Across NH

#### Share your thoughts on getting health care by video, phone or text

Virtual health care is health care you get by video, phone, or text. It's also called digital health care. The [Rural Coordination Centre of BC](#), one of Northern Health's partners, is asking everyone in Northern BC what a successful virtual health care experience would look like for them – take part and share your thoughts!

[Click to take the survey now](#) (it's 100% anonymous). Please note the survey closes September 9. Feel free to share the link!

Everyone should have a chance to share their perspectives and understand what's most important to other Northern British Columbians. Your input will help planners set priorities and inform virtual care opportunities for people in the north.

Thank you in advance for taking part! The results will be shared...watch for details!

#### Live demo sessions for NH Check In are scheduled for September: Join us if you're interested

NH Check In is a new service to help NH support physical distancing in waiting rooms. If you've used the Save My Spot service by LifeLabs, NH Check In will be familiar.

Patients can check in remotely and wait safely in their cars, homes, or offices until just before their appointments. They can also track wait times in real time.

NH Check In is now live for lab services in Prince Rupert, Terrace and Dawson Creek. Are you interested in using NH Check In for your clinical service? Our team can help set you up, train you, and support you after launch.

Find out more by attending one of our live demos!

- Session #1: Thurs., Sep 10; 10:00 –11:00 am
- Session #2: Wed., Sep 16, 2:00 – 3:00 pm
- To sign up for a session, email [Sahar Ebadzadsahraei](mailto:Sahar.Ebadzadsahraei)
- Both sessions are the same – you only need to attend one

Or, sign up for NH Check In today by emailing us at [ITS.ServiceDesk@northernhealth.ca](mailto:ITS.ServiceDesk@northernhealth.ca).

More information:

- [NH Check In page on northernhealth.ca](#)
- [NH Check In page on OurNH](#)

## Staff recognition (RAARs)

### Random Acts of Acknowledgment and Recognition (RAARs)

We know that as a Northern Health staff member, you often go above and beyond, and so do your co-workers. 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](#).