



# MEDICAL STAFF DIGEST

*A twice-weekly update for medical staff*

**Thursday, October 22, 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](#)

### COVID-19 case counts and statements

Confirmed NH cases since the beginning of the pandemic, according to the **October 21 provincial update**:

- **361** cases
  - **13** active
  - **4** 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 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 21, 2020
- [BCCDC Surveillance report](#) – October 15, 2020

## Test-based strategy no longer recommended for determining communicable period of COVID-19

We have learned a lot about COVID-19 since the spring. We now know that individuals infected with the virus often test positive for several weeks and sometimes even for months after their infection due to shedding of remnant non-infectious genetic material. As such, recommendations for determining the infectious period/isolation period have shifted to a Non-test-based strategy.

Moving forward, please use the [BCCDC guidance criteria](#) and do not re-test known positive cases for the purpose of determining communicable period.

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

## It's not a trick: Safe guidelines for treat-givers and trick-or-treaters this Halloween

This Halloween may look a little different as we find ways to safely enjoy the holiday. The [BCCDC has developed guidelines](#) to let us celebrate Halloween, while still maintaining needed safety measures during the COVID-19 pandemic.

The BCCDC guidelines include topics on:

- Halloween parties
- Trick-or-treating
- Handing out treats
- Halloween decorations

For more information, see the [full BCCDC guidelines](#).

## FNHA collaborates with youth to create COVID-19 wellness campaign

The First Nations Health Authority is launching a youth campaign today that is inspired by and co-created with Indigenous youth. This strengths-based campaign features Indigenous youth reaching out to their peers with messages, advice, personal videos, and youth resources. The campaign aims to inspire and support young people to stay mentally and emotionally well during the COVID-19 pandemic.

The 12-week campaign features digital ads and videos on Instagram, Tiktok, and Snapchat, as well as a Snapchat filter that youth can use and share with their friends. #FNHAWellnessWithin is the campaign hashtag.

A new youth web section is part of the youth campaign. The web section hosts videos produced by Indigenous youth, as well as many other resources. It is a one-stop shop where young people can watch short videos to find out what other Indigenous youth in BC are doing to feel connected and keep well during COVID-19.

For more information, see the [full story on the FNHA website](#).

## 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**
- **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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### **Overdosing is more common when you're alone. Know someone who uses drugs? Check in on them. You could save a life.**

With social distancing measures in place due to COVID-19, more people are using substances alone at home. People who use drugs alone are at higher risk of overdosing. Here are some tips to stay safer:

- Most overdoses are happening in people's homes. If you think someone you care about is using substances, check in on them. You could save a life.
- If you are going to use drugs, use with a buddy or at an overdose prevention site. If you choose to use alone, get someone to look in on you and call for help if needed.
- Carry naloxone and get training on how to use it so you can be prepared if an overdose happens
- Download the free Lifeguard app (<https://lifeguarddh.com/>) to connect you with an emergency contact number in case of an overdose.
  - The app is equipped with a 1 minute timer. If you are not able to turn off the timer after 1 minute, the app will contact emergency services and tell them your current location.

## Other organizational news

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### **Staff wellness and more**

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 Northern Health's staff intranet, OurNH.

For more information on [staff deals](#), the [NH Community Corner](#), and [RAARs](#), visit [OurNH](#).