



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

Tuesday, December 8, 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](#)

COVID-19 case counts and statements

As of December 7, **1084** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **356**
- New cases: **21**
- Currently in hospital: **42**
 - Currently in ICU level care in hospital: **13**
- Deaths in the NH region since the beginning of the pandemic: **8**

For the latest provincial numbers, see the [BC COVID-19 dashboard](#), which is updated Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested.

Surveillance reports, including a breakdown of cases by HSDA, are [posted each Friday by the BCCDC](#).

- [Joint statement on Province of B.C.'s COVID-19 response](#) – December 7, 2020
- [BCCDC Surveillance report](#) – December 4, 2020

PHO orders restricting gatherings and events extended into the new year

As COVID-19 transmission rates remain high across the province, the Provincial Health Officer has extended the restrictions on gatherings and events until midnight on January 8, 2021.

These orders suspend all in-person events and community-based gatherings, as well as suspending social gatherings of any size with anyone other than your household or core bubble. For most people, their core bubble will be their immediate household.

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

Where to find information on outbreaks in Northern Health

Information is changing rapidly as the second wave of the pandemic evolves, and finding trusted sources for emergent information can be difficult.

Information on all outbreaks within Northern Health can be found on the [news releases page on Northern Health](#). This page is regularly updated as media releases are sent out, and is a trusted source for current information that you can share with family, friends, and others.

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

Stigma harms us all: Learn how you can create supportive environments for people who use substances

NH front line staff play a key role in creating supportive environments for people who use substances. Drug use stigma prevents people who use drugs from seeking help and creates barriers to accessing lifesaving health care services.

An education resources has been created: [Creating Supportive Environments for People Who Use Substances](#)

Front line managers are encouraged to share the course with their staff.

To access the course visit the [Learning Hub](#).

Other organizational news

News from across NH

Prevent influenza: Mask or immunize (and report your choice!)

Have you had your flu shot, or decided you won't get one this year? Don't forget to let us know.

Report your choice at influenzareporting.org for staff, or medicalstaffhealth.phsa.ca for physicians.

More questions or information, check out the flu page on OurNH or email us at influenza@northernhealth.ca.

Referrals now being accepted for vestibular therapy services

Certified Vestibular Therapist and Physiotherapist, Carly Chuby, is now accepting referrals for vestibular therapy with a 2-3 week wait.

A referral would benefit patients suffering from or who you think may be suffering from: BPPV, neuritis/labyrinthitis, vestibular migraines, concussions, age-related dizziness and imbalance, and Meniere's disease. Diagnosis, treatment, and reports are provided.

Please send referrals to the Phoenix Physiotherapy Clinic:
#410 2155 10th ave
Prince George, BC
Fax number: 250-564-9075

Five tips to stay cyber safe for the holiday seasons

This holiday season may be a little different this year, but cyber criminals can still take advantage of holiday distractions and use social engineering tactics to trick you into becoming the next victim. They know the increase in online shopping and time constraints can make it easier to catch you off your guard with relevant schemes.

Follow these tips to make sure you're safe this holiday season:

1. Be suspicious of potential disinformation
2. Don't click on advertisements
3. Don't fall for fake delivery notification emails or text messages
4. Be careful about which apps you download
5. Monitor your bank account and card activity

For more information on staying safe for the holidays, watch [this video from KnowBe4](#).

Wellness and more

Resources for wellness are available on the [Health and Wellness page](#) of the Physicians Website.

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