



COVID-19 DAILY DIGEST

MEDICAL STAFF

Thursday, April 23, 2020

Physician updates will be sent out Monday to Friday. For the latest news and resources on COVID-19, visit the [Coronavirus page on OurNH](#) or on the [physician website](#). Printable PDFs of these updates are on the physician website.

Provincial case counts and statements

- **As of April 22, 2020**, there were **40** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
 - Confirmed cases: **1795** (**71** new)
 - Deaths: **90** (**3** new)
 - In hospital: **103** (**46** in ICU)
 - Recovered: **1079**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – April 22, 2020

New dashboard provides detailed look at BC data

For data broken down by health authority, see the [BC COVID-19 dashboard](#) (may not work in all browsers; Chrome is suggested).

Temporary Staff Accommodations (TSA)

The Ministry of Health has identified a need for temporary staff accommodations (TSA) for those in **active** COVID-19 patient care, and those assisting in key COVID-19 response roles.

TSA is available during the COVID-19 declared provincial state of emergency. TSA only provides accommodations; extra costs, such as parking, internet, laundry, and food, are the responsibility of the employee.

Steps for accessing TSA:

1. Fill out the [TSA Application Form](#) and email it to the [Business Development Temporary Housing Team](#) (BDT).
2. The BDT will review the application and book accommodations based on government policy.
3. After accommodations are booked, the BDT will send a confirmation email with hotel details and a reservation number to the provided email address.
4. Staff should check in as usual, or as directed in the email the BDT. Payment will be managed internally through Business Development.

All questions about the TSA can be directed to the [Business Development Temporary Housing Team](#).

For further details, including eligibility, see the [full memo](#).

Testing capacity increased

BC now has the capacity to test more broadly for COVID-19. Anyone who has symptoms of the flu, a cold, or COVID-19 can now ask their doctor or nurse practitioner for a referral to be tested. Any physician or nurse practitioner can now order a COVID-19 test, based on their clinical judgment.

To get a referral for testing, people can also call the NH COVID-19 Online Clinic & Information Line at **1-844-645-7811**.

Important notes:

- If you don't have a referral (from your doctor / your nurse practitioner / the NH Online Clinic), please DO NOT come to collection centres (testing centres). To keep our staff at the centres safe, we need to know you're coming.
- Not everyone needs a test. People who don't have symptoms should not be tested for COVID-19

For more information on testing, see this poster: [Testing now available more widely: Anyone with symptoms can be tested](#)

Tools for dementia care

Northern Health, in collaboration with DementiAbility, has developed [a dementia care toolkit](#) to provide some basic messaging that may help those living with dementia better understand what is happening with regards to COVID-19 and why.

Please circulate and share this document with anyone you think it could help.

For further details, see the [full memo](#).

Mental health, substance use, and wellness: New documents list helpful websites, apps and more

Two new documents are available to support staff at the COVID-19 Online Clinic & Information Line with information about mental health and substance use support during the pandemic.

The documents list resources in various categories of mental health and substance use and help the public, primary care, and specialized services locate these resources.

- [Mental health and substance use resources](#)
- [Virtual clinic mental health and wellness resources](#)

It's everyone's role to fight stigma against COVID-19

Now more than ever, it's important to be kind to one another. Some groups of people may be experiencing stigma because of COVID-19, including people diagnosed with COVID-19 and health care workers. Stigma is a negative stereotype or negative association about people with an illness.

It hurts everyone by creating fear or anger towards other people, and negatively affecting the mental health of stigmatized groups and the communities they live in.

How do we stop stigma? Know the facts, share only accurate information with others, and most of all, be kind.

We all have a role to play. Stop stigma, and please be kind.

Physicians in self-isolation

If you're a physician in self-isolation, email Susan Trenholm: Susan.Trenholm@northernhealth.ca

Resources available for stress and emotional support

Support Lines

- **Employee Family Assistance Program (EFAP)**
 - **1-844-751-2133** – 24/7 crisis counselling support and/or referral to community resources.
- **Physician Health Program** – supports available through Doctors of BC
 - Refer to information online at: [Doctors of BC: Physician Health Program](#)
- **BC Crisis Line**
 - Call **310-6789** for access to 24/7 crisis services.

Trusted links and resources

- [BC Centre for Disease Control](#)
- [BC Centre for Disease Control new today page](#)
- [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 information or to report concerns regarding non-compliance with public health orders**, 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 webpage on current health topics](#).

24/7 Physician Call Centre

- Number: 250-645-7897
- Local: 507897
- Toll Free: 1-833-645-7897

Rural Outreach Support group (ROSe) for COVID-19

24/7 additional information, support, or guidance

- Toll Free: 1-888-918-0626