



# COVID-19 DIGEST

MEDICAL STAFF

**Monday, April 27, 2020**

**Please note: Starting today, updates will be sent out Monday, Wednesday, and 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 25, 2020**, there were **42** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
  - Confirmed cases: **1948** (**95** new)
  - Deaths: **100** (**2** new)
  - In hospital: **96** (**41** in ICU)
  - Recovered: **1137**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – April 25, 2020

## 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).

## Northern Health COVID-19 Therapeutic Guidelines for Adults have been updated

The [NH COVID-19 Therapeutic Guidelines for Adults](#) have been updated as of **April 27**, and include addition of dosing adjustment recommendations for enoxaparin VTE prophylaxis, as well as information on the body of work put together and maintained by the BC COVID-19 Therapeutics Committee.

## Ten tips for sleeping during troubled times

Along with eating healthy foods and exercising regularly, sleep is very important for health and wellness. [Get the 10 tips for sleeping during troubled times](#) from Dr. Shannon McDonald, FNHA Deputy Chief Medical Officer.

## Reminder: Updated guidance on Personal Protective Equipment use is available

- [Frequently Asked Questions on using PPE](#)
- [Optimal Use of PPE](#) (poster)
- [Before-During-After-Work Activities](#) (poster)
- [PPE Required in Patient Care Areas - Acute and LTC](#) (table)
- [Use of Non-Sterile Examination Gloves](#) (bulletin with decision tree)

There is a lot of information available from many sources worldwide, making it especially important for BC health authorities to continue to follow guidance from the BCCDC and work together under their consistent guidance.

## Reminder: COVID-19 testing guidance for British Columbia

- Guidelines for COVID-19 testing in BC are updated based on testing capacity, changing epidemiology, and our evolving understanding of test sensitivity in clinical settings.
- There is evidence that community transmission of COVID-19 has decreased. In this context, it is critical to ensure timely identification of new infections and their contacts to prevent a re-emergence of COVID-19.
- The [most current guidelines](#) are available on the BCCDC website. For your convenience, the most current guidelines are also outlined in the [full memo](#).

## Physicians in self-isolation

If you're a physician in self-isolation, email Susan Trenholm: [Susan.Trenholm@northernhealth.ca](mailto:Susan.Trenholm@northernhealth.ca)

## Resources 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