

Please visit the [Coronavirus page on OurNH](#) for up-to-date news resources related to COVID-19.

Priority topics covered in this digest:

- Provincial updates
- Reducing visitor access
- Self-isolation guidance
- Stress and emotional support
- Online self-assessment tool
- Physicians who want to help
- Trusted links
- 24/7 Physician call centre

Provincial updates

- **As of March 16, 2020**, there have been **three** (3) confirmed cases of COVID-19 in Northern Health.
- In the province, there are **103** identified cases.

Reducing visitor access

Until further notice, the following visitor restrictions are now in place in hospital and long term care:

- **ONE** (1) adult caregiver/support person (exceptions may be made for Neonatal ICU & Inpatient Pediatric, with routine precautions and in consultation with infection prevention & control)
- We will accommodate patient and family needs and consult with infection prevention & control for Palliative/end of life areas

Updated self-isolation guidance for health care workers

Physicians and health-care workers who return from travel and are essential to the delivery of patient care may return to work but should take additional precautions:

- Self-monitor daily for signs and symptoms of illness
- Wear a surgical mask at all times and in all areas of your workplace
- Follow infection prevention and control protocols including diligent hand hygiene and the use of personal protective equipment when delivering patient care
- Reduce close contact with other health-care workers and avoid shared spaces where possible

- Avoid close contact with others when travelling to and from work and between shifts
- Self-isolate at home on days when not required at your workplace

Stress and emotional support

We are proud of how NH staff are responding during this emergency; we also recognize this can trigger significant stress. NH has psychosocial and resiliency supports available 24 hours a day, seven days a week for physicians, staff and their families. For more information on self-care, please see [Emergencies and Disasters: Employee Self-Care Policy](#).

Online self-assessment tool

An Online Self-Assessment Tool for COVID-19 is now available on the BCCDC website: <https://covid19.thrive.health/>.

Physicians who want to help

Retired physicians, physician educators, etc., are invited to contact NH to offer their services. Send your name and contact information (phone and email) to [NH Appointment \(NHAppointment@northernhealth.ca\)](mailto:NHAppointment@northernhealth.ca)

If your services are required, NH Appointments will contact you by email and outline the activation process, how privileges will be granted, term, etc. We thank you in advance!

Trusted links

- [Northern Health Internal Memos](#)
- [BC Centre for Disease Control](#)
- [HealthLink BC FAQ](#)
- [WHO FAQ](#)
- [Health Canada FAQ](#)

24/7 Physician call centre

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