

Updates for residents and families in long-term care homes and assisted living facilities

Issue 10 – October 27, 2020

To keep you informed about the changing information about COVID-19, we're producing this update for residents and families of long-term care homes and assisted living facilities twice per month.

Libraries

To encourage alternative forms of entertainment, Northern Health supports residents in our facilities to borrow books, DVDs, and other materials from local libraries.

Can you get COVID-19 from books, DVDs and other library materials?

The main way that COVID-19 spreads is person-to-person. The risk of getting sick from borrowed library items is very low:

- There is no evidence that the COVID-19 virus spreads through books, paper or other paper-based products.
- Laminated or glossy paper-based products (e.g., magazines and children's books) and items with plastic covers (e.g., DVDs) can be contaminated if handled by a person with COVID-19; however, even though a virus may be on a surface, that does not always mean it will be spread that way.
- Libraries are not required to 'quarantine' or disinfect their loaned items; however, some libraries are taking this extra step. If it makes you feel more comfortable, you can leave your borrowed library material in a bag for at least 72 hours.

Volunteers in our facilities

Northern Health recognizes the importance of volunteers and we're in the process of hiring a volunteer coordinator to establish a more robust program throughout NH. Stay tuned for more information in the coming months about volunteers coming back and helping in our facilities.

Fall flu campaign

Discussions have begun with the long-term care homes and assisted living facilities around the flu campaign for this year. Preparations are well under way and most sites are able to implement the same process they've followed in previous years, and do so safely.

The assisted living sites have residents attend one of the local flu clinics in their community, or a NH primary care nurse comes to the home and offers a flu clinic for the residents who wish to have one.

For long-term care homes, either the community pharmacist comes to the home to provide immunizations or one of the nurses on staff provides the immunizations to the residents.

For reliable information about COVID-19, we recommend:

- World Health Organization: <https://www.who.int/health-topics/coronavirus>
- The Public Health Agency of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus.html>
- The BC Centre for Disease Control: <http://www.bccdc.ca/Health-Info-Site/Documents/Coronavirus-FAQ-English.pdf>

By working together, we can protect your own health, the health of your loved ones, and the health of Northern Health staff members.

- Northern Health COVID-19 Online Clinic & Information Line: **1-844-645-7811**
- BC Govt. COVID-19 Helpline: **1-888-COVID19** or **1-888-268-4319**

Previous updates for residents and families in long-term care homes and assisted living facilities:

- September 3, 2020: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-7.pdf
- September 22, 2020: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-8.pdf
- October 7, 2020: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-9.pdf