

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

Issue 22 – April 29, 2021

We continue in our commitment to keep you informed about the changing information about COVID-19 and other information by producing this update for residents and families of long-term care homes and assisted living facilities twice per month.

New BC Travel Restrictions

Travel restrictions for non-essential travel in BC are in place until May 25 to stop the spread of COVID-19 and variants of concern. These restrictions include travel for vacations, weekend getaways and tourism activities, visiting family or friends for social reasons, and recreation activities. Fines can be given to people who leave their region for non-essential travel. Stay local and stay in your community. Do not travel for non-essential reasons. If the restrictions need to be enforced, police can issue a fine. At the discretion of police, people not obeying the travel restrictions may be subject to a \$575 fine.

These travel restrictions includes travel for visiting family or friends for social reasons. We encourage those from out of the defined regions wanting to have a social visit with a loved-one at a long-term care home or assisted living facility to do a virtual visit over the phone or a tablet

Essential travel between regions is allowed. Visiting a resident (as an essential visitor) at a long-term care home or assisted living facility is considered essential travel.

For more information and to view the map of regions, see: <https://www2.gov.bc.ca/gov/content/covid-19/travel/current>

Planning for second dose of COVID-19 vaccines

Second dose clinics for COVID-19 vaccines are happening over the coming weeks in long-term care homes and assisted living facilities. These clinics are on track to deliver the second dose in the 16-week timeframe between doses of COVID-19.

Why are the side effects sometimes worse for the second dose?

This is because the vaccines are very good at stimulating your immune system (which is what we want them to do). When you get your second dose, the first dose has already primed your immune system. This means you might have a stronger reaction (e.g., headache, muscle aches, fatigue) than you did the first time. This means the vaccine is working.

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 Virtual Clinic: **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:

- March 25, 2021: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-19.pdf
- March 31, 2021: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-20.pdf
- April 16, 2021: https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/long-term-care-assisted-living-digest-21.pdf