

May 14, 2020

COVID Information Update from the Province of B.C.

As of May 13th we reached 57 cases of COVID in the Northern Health region.

B.C.'s progress in the fight against COVID-19 is a direct result of the sacrifices and decisions that we have all made. To continue to protect seniors and at risk people and ensure that our health care system can respond to this dangerous virus, means that we all have to keep doing our part – at home, in the community and at work.

- Stay at home and keep a safe distance from family when you have cold or flu symptoms, including:
 - o Coughing
 - o Sneezing
 - o Runny nose
 - o Sore throat
 - o Fatigue
- No handshaking or hugs outside of your family
- Practice good hygiene, including:
 - o Regular hand washing
 - o Avoiding touching your face
 - o Covering coughs and sneezes
 - o Disinfect frequently touched surfaces
- Keep physical distancing, as much as possible when in the community and where not possible, consider using a non-medical mask or face covering

And in personal settings when you're seeing friends and family who don't live with you:

- Only get together in small groups of around 2 to 6 people and keep a physical distance
- Stay home and away from others if you have cold or flu symptoms

If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

We know that people living in rural, remote and Indigenous communities have unique challenges in accessing

the care that they need. A new collaborative framework will help ensure that people living in these in communities have access to the care and unique supports they need.

The framework outlines immediate actions to improve health care services including:

- Improved medical transportation options to larger centres, including flight and ambulance
- Housing options for people looking to self-isolate near their families while remaining in their home communities
- New and faster COVID-19 testing technology
- Culturally safe contact tracing that respects privacy in small communities
- Access to Virtual Doctor of the Day, a program that connects First Nations members and their families in remote communities to a doctor or nurse practitioner using videoconferencing
- Options for accommodation near larger centres with more medical services
- Increased mental-health supports in communities

Local leaders will determine how these services will operate in their communities with priority being given to ensuring residents can make informed decisions about how they receive care.

Stay informed, be prepared and follow public health advice!

Information from www.bccdc.ca and www.gov.bc.ca

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