



COMMUNITY UPDATE

The latest from Northern Health

April 2022

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COVID-19 Restriction updates

COVID-19 restriction reminder

Effective April 8, 2022:

- BC Vaccine Card no longer required in most settings
- Businesses transition from COVID-19 safety plan to communicable disease plan
- Post-secondary residence vaccine requirement lifted

Please visit the [BC Government website](#) for more information.

COVID-19 Information and updates

BC takes next steps in COVID-19 response

The Province has begun rolling out a spring booster vaccine program for seniors in long-term care and assisted living facilities. Community-dwelling seniors over the age of 70 and Indigenous people over the age of 55 will also begin receiving their invitations for their spring booster dose. This booster dose for eligible seniors who received their third shot six months ago or more. [Learn more.](#)

Staying healthy: Using your COVID-19 toolkit

Northern Health is working hard to keep Northerners healthy and safe

As COVID-19 restrictions are lifted, you may wonder what tools you still have to protect yourself. Over the past few years, we've learned what helps keep us healthy. These tools can help us to find balance and stay safe as restrictions are eased.

In this short animated video, we [review the COVID-19 tools](#) we have in our toolkits to help us stay healthy and safe. To see each of the COVID safety tools we have at our disposal in action, **watch the [full video](#)**. Learn more about the ways you can help keep healthy on the [Northern Health website](#).

And remember, we're all in this together – thanks for doing your part!

Rapid antigen testing kits from pharmacies

BC residents who are 18 years and older can get free [rapid antigen testing kits](#) from their local pharmacy. These should be picked up proactively, when you do not have symptoms. Each eligible person can get one kit every 28 days to ensure everyone who wants a kit can get one. You cannot pay for additional kits

COVID-19 testing and self-isolation

Wondering [when to get a COVID-19 test](#)?

For more information, including how to get a test, and information about rapid test use, please see the [Northern Health COVID-19 testing and self-isolation page](#).

COVID-19 vaccine and booster

Vaccines and boosters remain available for ages 5+. Visit the [Northern Health COVID-19 immunization clinic page](#) for more information for your community. Visit the [BCCDC COVID-19 vaccine website](#) for information about the vaccines.

Treatment for eligible individuals who test positive for COVID-19

If you test positive for COVID-19, you may be eligible for specific anti-viral treatments used to prevent severe illness in high-risk people. To be effective, they must be taken within five to seven days of developing symptoms.

Contact your health care provider, doctor or specialist as soon as you know you are positive for COVID-19 and ask if you are eligible for specific treatments. To learn more at: [BCCDC COVID-19 treatments page](#).

Northern BC community immunization coverage

Immunization coverage for every community in Northern Health is available for you on the [Northern BC community immunization coverage update \(PDF\)](#). This link includes both first- and second-dose counts and percentages per community. It's updated every week.

Community Toolkit

To empower local partners to share helpful information, we have created a [COVID-19 Community Toolkit](#) - a digital resource for community partners, which includes vaccine clinic information (including [clinic schedules](#)), a community guide, trusted information and links, and more!

BC vaccination coverage rates and COVID-19 activity

BCCDC COVID-19 dashboard

Visit the BCCDC [COVID-19 surveillance dashboard](#) for information by local health area (LHA) and community health service area (CHSA).

COVID-19 Numbers

As of April 1, **29, 413** cases have been reported in the NH region since the beginning of the pandemic.

- New cases: **27** (per the April 4 BC Government COVID-19 pandemic update, Northern Health reports 36 new cases. The numbers of total and new cases are provisional and will be updated when verified in the weekly report starting April 7)
- Currently in hospital: **19**
 - Currently in ICU level care in hospital: **5**
- Deaths in the NH region since the beginning of the pandemic: **330** (an update on number of deaths related to COVID-19 will be provided on April 7. Please watch the [BC Government pandemic updates](#) and/or the [COVID-19 Dashboard](#))

For the latest provincial numbers, see the [BC COVID-19 dashboard](#), which is updated Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested.

As well, for a visual comparison of COVID-19 cases in BC by HSDA to other Canadian and global jurisdictions, see the [COVID-19 Epidemiology app](#). It's updated on Mondays, Wednesdays, and Fridays.

- [BC COVID-19 pandemic update](#) – April 5, 2022
- [BCCDC Situation Report](#) – March 31, 2022

Trusted links and resources for COVID-19

- [Northern Health online booking form - COVID-19 test](#)
- [Online screening tool for COVID-19 treatments](#)
- [BC Centre for Disease Control](#)
- [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 Virtual Primary and Community Care Clinic: **1-844-645-7811**
- Northern Health Environmental Health Officer Line: **1-250-565-7322**
- Non-medical info: 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 COVID-19 webpage](#).

Overdose prevention and response

Toxic drugs are circulating

Toxic drugs are circulating, causing increased drug poisoning events in the North. At this time, it is important to look after each other in community. For information about reducing risk, see our [Safer Drug Use Tips](#).

Take Home Naloxone (THN) information

Naloxone is a medication that temporarily reverses the effects of opioids such as fentanyl, morphine, and heroin. It is available in injectable form free of charge through the provincial [Take Home Naloxone \(THN\) program](#) to anyone at risk of an overdose or at risk of witnessing one. It's also available as a free [nasal spray through FNHA](#) to eligible individuals (carrying injectable naloxone is still recommended if you have nasal naloxone as the nasal form may not work in all individuals).

For training on THN, see the [Toward the Heart training and resources page](#). Additionally, you can register to become a TNH site to distribute kits. For more information about this program, please see the [Toward the Heart THN site](#). To find a site offering take home naloxone kits, please visit the [Toward the Heart find a site page](#).

Organizational news

New Mills Memorial Hospital design has an updated look

In response to community feedback, the exterior design of the new Mills Memorial Hospital has been updated with a more neutral look that blends into Terrace's mountainous landscape.

Go to [the Mills Memorial Hospital replacement Let's Talk page](#) to see the rendering, as well as the most up-to-date information about project.

NEW Long-term Care/Assisted Living Digest – Issue 36: Information for residents and families

The long-term care task group is producing updates once a month for residents and families of long-term care homes and assisted living facilities. [Issue 36](#) is now available. This issue provides updated information on resuming social visits in long-term care and rapid point-of-care testing for COVID-19.

SIRvivor BC: Exercise for prostate cancer

SIRvivor BC is a free specialized exercise program for men who have been diagnosed with prostate cancer, in any stage of treatment or recovery. It helps to improve muscle and cardiovascular fitness, meet new people, and learn safe and effective exercises.

This online program is offered province-wide, with two sessions per week April 6-June 29, 2022. For more information or to register, call Lisa at 778-281-0694 or email inspiredlifestyles@shaw.ca.

Choose to Move: Physical activity for adults 65+

Choose to Move is a free three-month program for adults 65+ who are looking to increase their physical activity levels. The program includes weekly group meetings, one-on-one goal setting and coaching, and a three-month gym pass.

In-person delivery in Prince George, as well as virtual delivery options are planned to start in early May. For more information or to register, call Lisa at 778-281-0694.