

## NEWS RELEASE

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For Immediate Release  
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### **NH COVID-19 reminder – continued need for COVID caution**

Northern Health is urging residents not to let their guard down on COVID-19 prevention, heading into the Family Day weekend, and beyond.

The NH region continues to see a surge in COVID-19 activity, related hospitalizations, and an increase in deaths related to COVID-19. Provincial Health Officer Dr. Bonnie Henry has recently announced that all current province-wide public health orders are being kept in place, until further notice.

“Gatherings and social interactions continue to result in COVID-19 transmissions in the north, but community-level spread of the virus is also a risk given our current rates of COVID-19 activity,” said NH Chief Medical Health Officer, Dr. Jong Kim. “We truly need Northern BC residents to stay focused on prevention and protecting themselves and their loved ones, through the Family Day holiday and into the spring.”

Northern Health, and its dedicated staff and physicians, need your support and commitment to act responsibly and to play your part in limiting the spread of the virus. These include (but are not limited to):

- No social gatherings of any size; social interactions and gatherings are limited to those in your immediate household only
- Travel for essential purposes only; people should not travel to visit others, unless it is urgently required or essential
- Wearing a mask in indoor public spaces; [masks are required for everyone](#) in all indoor public settings, workplaces and retail stores
- Staying home if you are sick

“Our long winter, and even longer battle against the COVID-19 pandemic, is wearing on us all,” acknowledged Northern Health Board chair, Colleen Nyce. “As Family Day and even Spring Break approach, we must resist the temptation to gather maintain our focus on COVID-19 prevention, for our own safety and to ease the strain on health care providers who are working incredibly hard through this challenging time.”

Updated Local Health Area data for the Northern Health region, showing recent rates of COVID-19 activity can be found on the [BCCDC's website for COVID-19 Data](#).

Finally, Northerners are encouraged to self-monitor for COVID-19 symptoms on an ongoing basis, and – if symptoms develop – self isolate, and contact their primary care provider or the NH Virtual Clinic & Info Line (1-844-645-7811), to be assessed for testing.

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