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# PUBLIC SERVICE ANNOUNCEMENT

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**For Immediate Release**  
**September 3, 2020**

## **NH COVID-19 reminder – safe gatherings**

Northern Health is reminding residents about the importance of ensuring safe and small gatherings, heading into the Labour Day long weekend.

The recent trend of increasing COVID-19 cases, many linked to large gatherings and other social interactions, has also been noted in the NH region. The Northeast health service delivery area (HSDA) is currently the most active in terms of new cases being identified through testing and contact tracing. And a COVID-19 public exposure alert, for recent events and gatherings in the Prespatou region, remains in effect.

Updated HSDA-level data for all areas of B.C. and the Northern Health region, showing COVID-19 activity over the past two weeks, will be posted today on the [BCCDC's website for COVID-19 Data](#).

In addition to ensuring event organizers comply with the provincial health officer's [order on gatherings and events](#), it is important for all of us to take steps to protect our communities and loved ones. Keeping groups small and physically-distanced; using a mask when inside and in close contact with others; regular hand washing and always staying home when ill; these are all important actions.

As Dr. Bonnie Henry says, “Fewer faces, in bigger spaces.” Keep gatherings to people you know -- and keep track of who attends -- so they can be contacted if someone gets infected. If you host a gathering, you are *required* to have the names and contact information of those that attend.

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 COVID-19 Online Clinic & Info Line (1-844-645-7811), to be assessed for testing.

Have a kind, calm and safe long weekend.

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