



Tseshah First Nation

March 20, 2020

Tseshah Membership

I am enclosing with this the following documents:

- 1) A letter dated March 20 to the Tseshah membership outlining Actions Taken,
- 2) A memo from Darren Mead-Miller in Respect of the 2020 Election,
- 3) A First Nations Health Authority document titled Protect Yourself From COVID-19,
- 4) A First Nations photo document outlining how to properly wash your hands,
- 5) A document from Public Health Canada outlining how to protect vulnerable people in your home and outside your home. And
- 6) A document from the Vancouver Island Health Authority outlining visitor restrictions to Island Health facilities including hospitals. A document from the First Nations Health Authority titled Temporary Medical transportation.

Further documents will be forwarded to you as they become available. We will try to update you on developments at the very least each week.

-Hugh Braker

Tseshah Emergency Operations Centre

5091 Tsuma-as Drive, Port Alberni, BC, Canada V9Y 8X9

Tel: 250.724.1225 Fax: 250.724.4385

Website: www.tseshah.com



Tseshah First Nation

March 20, 2020

Actions Taken By Tseshah Council

On Thursday, March 19, Council accepted all the recommendations of the Emergency Preparedness Committee

State of Emergency

- 1) Tseshah First Nation has declared a **State of Emergency**. The State of Emergency was signed by Hugh Braker, Tseshah Emergency Operations Centre on Thursday, March 19, 2020. The State of Emergency stays in effect until June 30 unless it is rescinded earlier.

The Tseshah Emergency Operations Centre (E.O.C.) was activated on March 19th also and, as usual, Holly McLaughlin is the Director of the E.O.C. On March 19th British Columbia began to issue task numbers to E.O.C.'s and agreed to pay the costs of E.O.C.'s and some approved emergency costs. The State of Emergency will allow for Tseshah resources to be reallocated to address Pandemic needs in our community.

Closures

- 1) All Tseshah Public Facilities are closed until further notice. This includes Maht Mahs, Maht Mahs gym, Maht Mahs kitchen, the Cultural Centre, the Family Centre, the Longhouse, and the Youth Centre. These closures to the public are complete for all activities. Those who have booked any of the facilities will be notified that the booking is cancelled. All outstanding keys are being recalled.
- 2) Hahuupayak School is closed until the Province allows schools to open again.
- 3) The Tseshah Kindergarten is also closed until the Province allows Kindergartens to reopen.
- 4) Tseshah Daycare is being assessed to institute measures to lessen the possibility of exposure or transmission.

Cancellation of Events

- 1) All Tseshahat Community Meetings are cancelled until further notice.
- 2) All Elders trips are cancelled until further notice.
- 3) The Tseshahat Elders' Island lunch which usually attracts 200 people in June is cancelled this year.
- 4) All Tseshahat Youth trips and field trips are cancelled until further notice.
- 5) All Tseshahat Council meetings will now be conducted online until further notice
- 6) All Tseshahat staff and council travel is prohibited without prior authorization by the Chief Councillor, the Tseshahat E.D. or the Tseshahat Director of Emergency Preparedness. Such authorization is ONLY to be given in exceptional circumstances.
- 7) Seafood distributions will still happen when available BUT social distancing will be implemented.

Tseshahat Administration

- 1) The Tseshahat Administration office will be closed to the public beginning Monday, March 23, 2020.
- 2) The Tseshahat administration are making arrangements for cheque distributions to continue. Members will be notified in advance how those will occur.
- 3) Tseshahat staff are being asked to work from home where possible until further notice. Some staff may have to come into the office from time to time. All staff and council must wear gloves when working in the office.
- 4) The office has implemented a social distancing policy during this emergency. Everyone is asked to stay six feet away from others in the office. Telephone answering will continue at the Tseshahat offices. Callers will be forwarded to the staff person's cell phone if the staff person is working from home.
- 5) People needing patient travel can call the office and notify that they need patient travel. BEFORE obtaining patient travel, the person MUST confirm with the doctor or specialist or hospital where they are going that the office or hospital is open. Many hospitals and doctors' offices are not accepting walk-ins and are accepting only emergency appointments. If the person confirms their appointment is going ahead, arrangements will be made for the person to fill out the necessary forms. Contact the Tseshahat reception at 250-724-1225.
- 6) Garbage pickup will continue.

On Reserve Businesses

- 1) Orange Bridge Cannabis and Tseshahat Market are asked to immediately institute social distancing and to stop taking cash.
- 2) Orange Bridge and Tseshahat Market are asked to make the wearing of gloves compulsory for staff.
- 3) Orange Bridge and Tseshahat Market are asked to implement a programme for more frequent cleaning of surfaces, door and washroom handles and knobs.

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- 4) It will be up to Orange Bridge and Tsshaht Market managers to determine if they can continue to operate or if a closure is becoming necessary. Both have already decided to reduce hours.
- 5) The NEDC, BMO and all other on-reserve businesses are being asked to implement social distancing (Naomi's, Braker Electric, Dixies B & B, Elvira's gift shop, Shae's business and any other)

Other

- 1) All Tsshaht members are encouraged to take the B.C. online assessment. That assessment can be found at <https://covid19.thrive.health/>
- 2) The E.O.C. will prepare a list of all Tsshaht members who are susceptible to Corona infection. Those people will be called periodically to see if they are ok, if they need anything picked up, or if they are short of groceries.

-Hugh Braker,
Tsshaht Emergency Operations Centre



Tseshah First Nation

March 20, 2020

MEMO

TO: ALL TSESHAHT MEMBERS

RE: 2020 TSESHAHT ELECTION

As you are all aware, we are dealing with a dangerous Pandemic of a Corona virus at this time. Governments and health authorities are closing many businesses and institutions and offices in an effort to prevent the spread of this dangerous virus. Meetings of many groups are being prohibited. We are uncertain what further steps the governments might take. A lockdown is a distinct possibility.

After consulting with the Emergency Preparedness Committee, Tseshah Council and the proposed Returning Officer the decision has been made, in an effort to protect all Tseshah members, to delay the Tseshah election until further notice. Our first priority is the protection and safety of Tseshah members.

Darren Mead-Miller,
Tseshah E.D.



First Nations Health Authority
Health through wellness

Protect Yourself From COVID-19 (caused by novel coronavirus)

Each of us plays a role in protecting our communities and loved ones.
Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- You may be used to greeting friends, family and colleagues with a hug or a handshake, but make bumping elbows the new greeting for now.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others unless necessary.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Masks are not effective at preventing infection, and may increase risks by causing people to touch their faces more often. Use a mask only if directed to by your health care provider.

During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!

Learn more and get all COVID-19 updates at www.fnha.ca/coronavirus



First Nations Health Authority
Health through wellness

Prevent COVID-19 (novel coronavirus) by Washing Your Hands

Wash your hands often to keep your community safe and healthy.



1. Wet your hands.



2. Apply enough liquid soap to cover your hands.



3. Lather and scrub your whole hand, including the front, back and fingers - 20 seconds.



4. Rinse - 10 seconds.



5. Dry your hands with a paper towel.



6. Turn off tap with the paper towel.

For more information: <https://www.fnha.ca/coronavirus>

CORONAVIRUS DISEASE (COVID-19)

VULNERABLE POPULATIONS AND COVID-19

While diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.



Vulnerable populations may include:

Anyone who is:

- ▶ An older adult
- ▶ At risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
- ▶ At risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)

Anyone who has:

- ▶ Difficulty reading, speaking, understanding or communicating
- ▶ Difficulty accessing medical care or health advice
- ▶ Difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
- ▶ Ongoing specialized medical care or needs specific medical supplies
- ▶ Ongoing supervision needs or support for maintaining independence
- ▶ Difficulty accessing transportation
- ▶ Economic barriers
- ▶ Unstable employment or inflexible working conditions
- ▶ Social or geographic isolation, like in remote and isolated communities
- ▶ Insecure, inadequate, or nonexistent housing conditions

How organizations can support vulnerable populations during COVID-19 outbreaks

Take the time to learn the facts:

- ▶ Know more about COVID-19 by visiting canada.ca/coronavirus
- ▶ Keep up-to-date about the current situation in your community
- ▶ Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance

Take time to get prepared:

- ▶ Review your business continuity plan so you and your staff know what to do
- ▶ Plan ahead for potential disruptions
- ▶ Identify and plan how to continue providing the most critical services
- ▶ Partner with organizations that provide similar services to share resources and strategies
- ▶ Be prepared to answer questions from staff, volunteers, and clients
- ▶ Consider stockpiling general supplies and **cleaning supplies**
- ▶ Prepare for shelters and communal space limitations



Public Health
Agency of Canada

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publique du Canada

Canada

Educate staff about ways to prevent the spread of COVID-19:

- ▶ Washing hands often with soap and hot water or use of alcohol based sanitizer
- ▶ Increasing access to hand hygiene and cough etiquette supplies (e.g. alcohol-based hand rub, soap, paper towels, tissues, waste containers)
- ▶ Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets)
- ▶ Staying home when sick
- ▶ Avoiding the use of shared personal items
- ▶ Sharing information about what to do if staff or a client shows symptoms of becoming sick

Sharing steps about **how to** care for and isolate people living in a crowded facility (including the use of separate washrooms, if available)

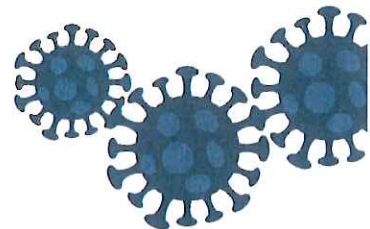


Suggestions for supporting vulnerable populations during COVID-19 outbreaks

- ▶ Provide clear instructions about how to wash hands and cover coughs using:
 - The most commonly used language in the community
 - Short messages that explain simple steps they can take
 - Large font and graphics
 - Accessible instructions (e.g. braille, pictorial); and
 - By posting signs in common areas: near sinks, entrances, intake areas, restrooms, sleeping areas, recreation areas, waiting rooms
- ▶ Consider supporting alternatives such as:
 - Using volunteer drivers and subsidized taxi fares instead of public transportation
 - Putting in place alternative outreach measures or a "buddy" system
 - Including policies to allow sick clients to rest in shelters during the day
 - Providing access to food, drinks and supplies, as possible
 - Reminding clients to fill or refill prescriptions, and necessary medical supplies
- ▶ If you suspect a client is sick from COVID-19, please contact your local **Public Health Authority**

**WE CAN ALL DO OUR
PART IN PREVENTING
THE SPREAD OF
COVID-19. FOR MORE
INFORMATION, VISIT**

Canada.ca/coronavirus
or contact
1-833-784-4397





Visitor restrictions in place at Island Health facilities



Visitor restrictions in place at Island Health facilities/outpatient clinics

MARCH 16, 2020

UPDATED: March 17, 2020

This is an update to the information bulletin regarding visitor restrictions issued on March 16, 2020.

Island Health is working in partnership with the Ministry of Health and the BC Centre for Disease Control (BCCDC) to respond to COVID-19. The situation is evolving quickly and our strategies are evolving to keep people in the communities we serve safe.

To keep our patients, families and staff safe and in keeping with the Provincial Health Officer's recommendations for social distancing, Island Health is limiting the number of visitors per day entering our buildings, effective immediately.

Until further notice, the following updated visitor restrictions are in place:

- **Hospital Emergency Departments, Intensive Care/Critical Care areas:** ONE adult caregiver/support person, per day
- **Perinatal Unit:** ONE adult caregiver/support person, per day
- **Neonatal ICU:** TWO adult caregivers/support persons, per day
- **Inpatient Pediatric and Adult Areas (with routine precautions in place):** TWO adult caregivers/support persons, per day
- **Inpatient Areas (additional precautions in place):** ONE adult caregiver/support person, per day
- **Primary and Urgent Care:** ONE adult caregiver/support person, per day
- **Palliative/end of life:** We will accommodate patient and family needs and consult with infection prevention and control.

- **Outpatient Clinics:** ONE adult caregiver/support person, per day
- **Primary and Urgent Care:** ONE adult caregiver/support person, per day
- **Long-term care homes:** Essential visits only
- **All children are restricted from visiting any site at this time**

No visitor who is unwell with the following symptoms may visit any of the above facilities: fever, cough, runny/stuffy nose, sore throat and/or diarrhea.

Further, anyone who has tested positive for COVID-19 or who has been in contact with a person infected with COVID-19 during the previous 14 days, must not visit patients/residents in any Island Health facility or long-term care facility.

Patient navigators will be put in place at the entrances of all facilities to ensure visitors are aware of the restrictions.

We understand the importance of visits from family and loved ones to our patients and long-term care residents and we appreciate your support in helping to keep everyone safe.

The British Columbia Centre for Disease Control is the recommended resource for provincial information that is accurate and current: <http://www.bccdc.ca/>. Information is being updated frequently on the site at this time and individuals are encouraged to check back regularly (eg. daily).

Island Health also has frequently updated information on our website:
www.islandhealth.ca/covid19

EMERGENCIES

If you are in urgent need of medical care, please call **911**. If you require health care advice for a non-urgent concern, call **HealthLink BC at 811**.

TERRITORIAL ACKNOWLEDGEMENT

Before Canada and BC were formed, Indigenous peoples lived in balance and interconnectedness with the land and water in which the necessities of life are provided. Health disparities persist, which are due to the impacts of colonization and Indigenous-specific racism. Healthy lands, healthy people. Island Health acknowledges and recognizes these homelands and the stewardship of Indigenous peoples of this land; it is with humility we continue to work toward building our relationship.

Thank you for printing this page from IslandHealth.ca. You might find this additional information useful.

Contact Island Health

Phone: (250) 370-8699 Toll-free: 1 (877) 370-8699

Compliments & Complaints

Phone: (250) 370-8323 Toll-free: 1 (877) 977-5797

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Temporary Medical Transportation Changes in Response to COVID-19

Medical Transportation for Routine Appointments

All medical transportation for routine appointments is currently unavailable. Routine appointments include, but are not limited to, regular dentist appointments, eye exams, non-urgent specialist appointments, or diagnostic tests.

Medical Transportation for Urgent Appointments

Medical transportation is only available for urgent appointments that cannot be postponed. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.

- All medical transportation for urgent appointments must be submitted as a Benefit Exception request to Health Benefits.
- Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling 1-855-550-5454.

If the Benefit Exception request is approved, medical transportation will be arranged.

- If clients **have not** been told to self-isolate, their medical transportation will be arranged by their local patient travel clerk.
- If clients **have** been told to self-isolate, their medical transportation will be arranged by Health Benefits. Special travel arrangements will make sure the client stays isolated.

Clients Who Have Been Told to Self-Isolate

Health Benefits is following the provincial criteria for self-isolation set by the BC Centre for Disease Control. Clients should follow self-isolation directions given to them by:

- a government official;
- 8-1-1;
- their local public health office; or
- their primary care provider.

Clients can complete a self-assessment set by the BC CDC at <https://covid19.thrive.health/>.

If a client has severe symptoms such as difficulty breathing, chest pain, or losing consciousness they should call 9-1-1.

Clients Who Have Been Told They Need to Be Tested for COVID-19

If clients have been told by 8-1-1 that they need to be tested for COVID-19, and they need help traveling to the testing location, they should call the BC ambulance non-emergency line at 604-872-5151.

Clients with At-Risk Household Members

Clients who have been told to self-isolate should follow the BC CDC recommendations for how to self-isolate when living with other people:

- Stay and sleep in a room with good airflow that is away from others.
- Use a separate bathroom, if possible.
- Wear a face mask (surgical/procedure mask) if you are in the same room as anyone.
- Avoid face to face contact.
- Friends or family can drop off food outside your room or home.

If self-isolating clients have household members who have weak immune systems, chronic medical conditions, or are especially vulnerable seniors, the at-risk household member can request MT benefits to stay elsewhere.

- All medical transportation for at-risk household member(s) must be submitted as a Benefit Exception request to Health Benefits.
- Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling 1-855-550-5454.

Clients with a Positive COVID-19 Diagnosis

If a client has been diagnosed with COVID-19 and been told to recover at home, their household members can request MT benefits to stay elsewhere.

- All medical transportation for the client's household member(s) must be submitted as a Benefit Exception request to Health Benefits.
- Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling 1-855-550-5454.