

March 26, 2020

Address to Tseshah

Thank you for everyone for listening in and especially thank you to all those following the directions of the government on preventing the spread of this deadly disease.

First some up to date numbers.

Italy: over 80,000 cases and over 8,000 dead. Now averaging 600 – 750 deaths per day

France: approximately 30,000 cases and 1,700 deaths so far

Spain: approximately 60,000 cases and over 4,000 deaths so far. Averaging over 400 deaths per day

US: approximately 80,000 cases and over 1,000 deaths so far. The US is now averaging over 10,000 new cases per day.

The US and Italy will each soon pass China for the number of cases

Canada: approximately 3,900 cases so far. In BC we have 659 confirmed cases and 14 deaths as of yesterday.

On yesterday's conference call with Emergency Management BC, we were told by Dr. Hasselbach that there may be a small glimmer of hope. The BC infection rate is about 23% per day whereas the Canadian rate is 27% per day and the international average is 33% per day.

However, this is NOT the time to relax. If anything it is the time to double down and reduce the infection rate even more.

Dr. Hasselbach also informed us that you can multiply the known infection numbers by 5 or 6 to get the probable numbers of those infected. So for BC the numbers of people infected is probably 3,350 to 4,020.

About 15 – 16% of the known infections require hospitalization. BC paramedics now say 75% of their calls are related to the Corona virus.

- 10) If you live in a social housing unit or you are over 65 or are a person with a disability and you have an emergency with your home such as a leaking pipe, malfunctioning hot water tank or no heat, you can still call our housing department staff. Their cell numbers will be in the bulletin tomorrow.
- 11) For those who do not know, BC Ferries is restricting access to essential travel only.
- 12) Tseshah Market is now on reduced hours. Their hours during this emergency are 9 am to 6 pm. There is NO bathroom access and no coffee available at Tseshah Market until further notice. There is also no seating and people are asked to maintain social distancing.
- 13) Many of our members stop at River Bend store. The store is now closed due to the Pandemic.
- 14) Orange Bridge Cannabis Store beside Tseshah Market is also on reduced hours. They are now open 10 – 6 Monday to Friday and 12 – 8 Saturday and Sunday.
- 15) For those people expecting a cheque today such as for catering or odd jobs for the tribe or other reasons, there is a cheque handout happening today until 4:30 outside the front door of the Tseshah Administration Building. This does NOT include SA or patient travel.
- 16) There will be a special message on social housing rent in tomorrow's bulletin. For those on social assistance, the rent payment will continue to be made directly from the social development department to the housing department. For those members who have lost jobs or been laid off because of the COVID-19 pandemic and who are awaiting EI or SA, the rent collection date has been extended to April 15. You are also asked to apply for the BC Rental Assistance Programme. More information on that will be in the bulletin tomorrow. We will also have payment options in the bulletin tomorrow.
- 17) If you are running out of medication and need refills of your pills, call the pharmacy you usually deal with and they are now authorized to refill prescriptions without you having to go to your doctor. There are some restrictions so check the bulletin being circulated tomorrow.
- 18) The Tseshah Emergency Operations Centre is open every day and can be reached by emailing me at hbraker@tseshah.com. All of our EOC staff have had extensive training in emergencies including epidemics. As always, Holly McLaughlin is the Director of the EOC, Brandee Sam is the Logistics co-ordinator, Gina Pearson is in Planning and is working with us remotely and I am in charge of Information.

Please stay safe everyone. Remember the rules: Social distancing of six feet or two meters, thoroughly wash your hands with soap for at least 20 second each time many times a day, and don't touch your face. The perfect result will be if no Tseshah get sick.

-Hugh Braker,
Tseshah Emergency Preparedness

Hugh Braker

From: First Nation Program <firstnationprogramca@gmail.com>
Sent: March-26-20 11:38 AM
To: Virginia Shrimpton; Hugh Braker
Cc: Dorward, Tammy (PC); jeneva.touchie@canada.ca
Subject: A message to be shared, thank you!

Good morning! Please share the following message with members. Thank you!

Pacific Rim National Park Reserve joins local Indigenous communities - and the communities of Ucluelet, Tofino, Bamfield and Port Renfrew - in urging visitors not to come at this time to avoid further straining local services.

Parks Canada is committed to advancing reconciliation with Indigenous People. While many non-essential Parks Canada employees are teleworking, we will continue to reach out to local First Nations partners to collaborate when everyone involved is ready.

Indigenous traditional activities in Parks Canada locations will continue. Anyone taking part in traditional harvesting is asked to follow the advice of public health experts on social distancing.

Effective Wednesday, March 25th, motor vehicle access to Pacific Rim National Park Reserve has been suspended, in keeping with Parks Canada places across the country. All parking lots, trails, washrooms, day use facilities, showers, and visitor centres will be closed, including access to beaches. Visitors are being asked to stay home and refrain from visiting all areas of the park reserve, including Long Beach, the West Coast Trail, and Broken Group Islands

Highway 4 through Pacific Rim National Park Reserve will remain open to allow essential services to access Tofino and surrounding communities. However, Wick Road, Radar Hill Road, Grice Bay Road, and all parking lots will be closed. Motorists are not permitted to stop anywhere in the park reserve.

No camping is permitted anywhere in Pacific Rim National Park Reserve until further notice.

Parks Canada will limit its activities to basic critical operations, including law enforcement and water system management.

We will keep you updated as more information becomes available.

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Huᐭtik Jeneva Touchie
First Nations Administration Assistant
Pacific Rim National Park Reserve | Réserve du parc national du Canada Pacific Rim
Parks Canada | L'Agence Parcs Canada
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P.O. Box 280 | C.P. 280
Ucluelet, BC V0R 3A0 | Ucluelet, C-B V0R 3A0



Social Housing Message

We understand numerous Social Housing tenants are facing unique challenges as a result of Covid19.

Rental payments for Social Assistance clients will be submitted directly from the Social Development Department to the Housing Department as usual.

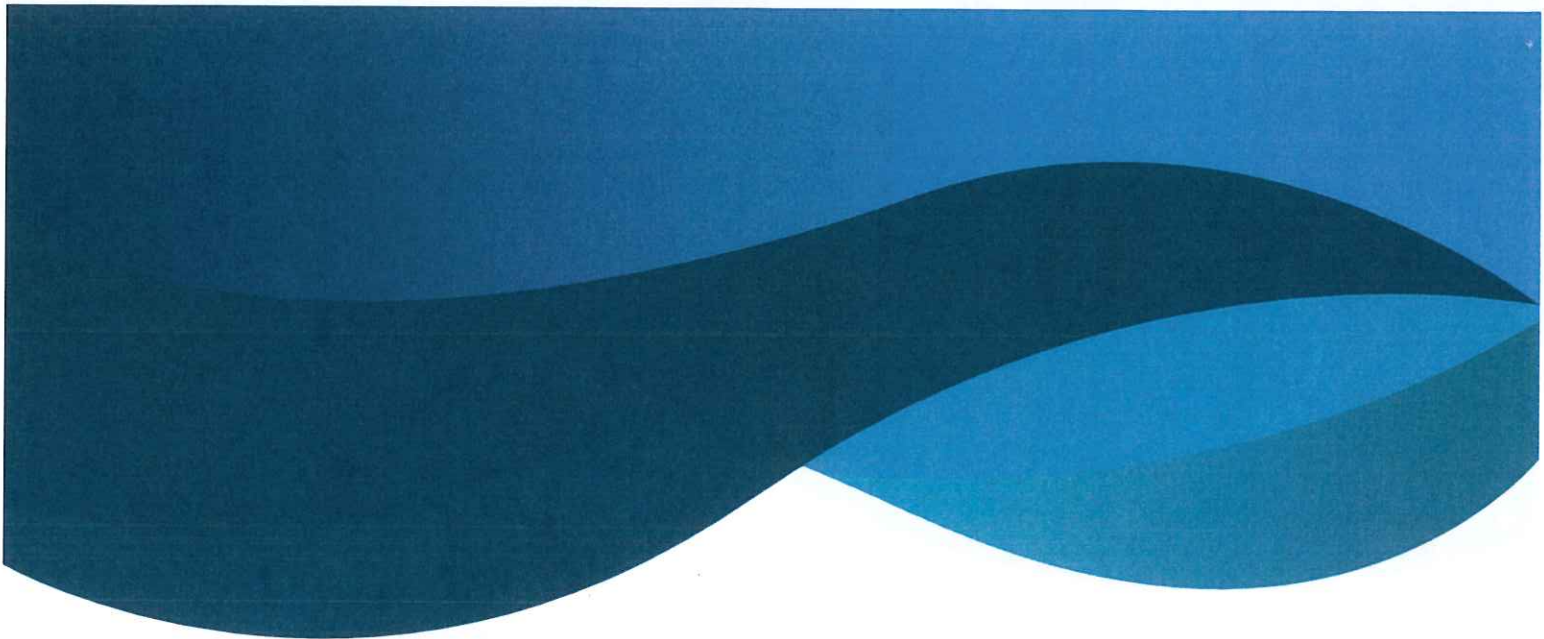
For Social Housing tenants who are experiencing job loss as a result of Covid19 and awaiting EI or SA, we have extended the rent collection date until April 15, 2020. BC Housing Assistance Programs offer Rental Assistance Programs (RAP) for eligible low-income working families with assistance with their monthly rent. They also have the (SAFER) program for Elderly (60+) renters with low to moderate income with assistance with monthly rent. Please visit the link <https://www.bchousing.org/housing-assistance/rental-assistance>. If you believe you may qualify for the programs applications can be emailed or picked up through the mail slot at the Tseshahat Administration Building. The BC Housing Application process will be available online in early April.

Rent collection can be accommodated via E-Transfer. Please send to canderson@tseshaht.com password: housing. Please include NAME and ADDRESS in the comments so finance can determine what the payment is for. If you'd like to set up Preauthorized Debit we can send you the form via email for completion, please note this can take three days to be in effect once submitted.

To arrange a Repayment Agreement please contact the Housing Department by phone before the 14th day of April 2020; Repayment Agreements will be arranged and coordinated over the phone for the time being.

If you require additional support please send emails to housingdept@tseshaht.com or call 250-918-4807.

Thank you for your patience as we continued to navigate this situation, stay safe, stay well.



Attention Social Housing Tenants, PWD, and Elders 65+

In light of the Covid19 and the recommendation of social distancing, the Housing Department will be taking precautionary measures to keep community and staff safe.

The Housing Department staff will be available by phone or email to conduct critical business and address any emergencies that may arise. In person meetings will be postponed until further notice. Emergencies are defined as plumbing/hot water tank not working, heating (no heat), leaking roof, frozen pipes or leaking pipes, electrical malfunction, stove or fridge malfunction.

If you experience a Housing emergency during this time please contact Richard Sam, Housing Maintenance Coordinator at 250-731-7595 or Deshana Sanderson at 250-918-4807.

This applies to tenants who live in a Social Housing unit, members over the age of 65+ and members who currently have PWD status.

If there is an emergency such as a flood, fire, or if your safety or security is at risk please phone 911.

Thank you for your patience and understanding



MEDIA RELEASE

For Immediate Release - Attention Editor

OPEN BURNING RESTRICTIONS ISSUED FOR ALL HIGH SMOKE SENSITIVITY ZONES IN BRITISH COLUMBIA

(March 26, 2020 - Williams Lake) The Ministry of Environment and Climate Change Strategy in collaboration with provincial public health partners has issued open burning restrictions for all High Smoke Sensitivity Zones across the province until Wednesday April 15th, 2020. No new fires may be initiated and no additional material may be added to existing fires. A map of affected areas is shown in yellow in Figure 1 and a high resolution image can be accessed on the provincial [Interactive Venting Index](#) webpage.

Real-time air quality observations and information regarding the health effects of air pollution can be found at <https://www2.gov.bc.ca/gov/content/environment/air-land-water/air>.

As cases of novel coronavirus (COVID-19) in BC continue to increase, the BC Centre for Disease Control recommends implementing measures that help to reduce excess air pollution in populated airsheds across the province. There is strong evidence that exposure to air pollution increases susceptibility to respiratory viral infections by decreasing immune function. This means that:

- Deterioration in air quality may lead to more COVID-19 infections overall,
- Deterioration in air quality may lead to more cases of severe COVID-19 infections, adding further demand to our healthcare system, and
- Improvements to air quality may help to protect the whole population from COVID-19 and its potentially severe effects.

Evidence suggests that air pollution from combustion sources is most strongly associated with increased risk of viral infection, particularly vehicle emissions and biomass burning. At this time the BC Centre for Disease Control strongly recommends that open burning of biomass fuels be restricted in areas with high or moderate risk of population exposure to the resulting smoke. While the focus should remain on social distancing to prevent the spread of infection and reduce the number of cases, keeping our air as clean as possible will also help to protect the population during this difficult period. For this reason The Ministry of Environment and Climate Change Strategy is restricting open burning in some parts of the province. These restrictions will be evaluated on a daily basis; the area to which they apply may grow or diminish accordingly.

Mandatory Emission Reduction Actions:

- Pursuant to Section 29(1)(a) of the Open Burning Smoke Control Regulation, the following Sections of the Open Burning Smoke Control Regulation are hereby substituted:

Section 19(b)(ii): "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts;"

Is replaced with: "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts, except for areas which are High Smoke Sensitivity Zone areas identified in yellow in Figure 1, where open burning is prohibited until 9:00 AM local time Wednesday April 15th, 2020."

Section 20(b)(ii): "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts;"

Is replaced with "The forecast obtained under subparagraph (i) (A) or (B) is "good" for the day the open burning starts, except for areas identified in yellow in Figure 1, where open burning is prohibited until 9:00 AM local time Wednesday April 15th, 2020."

Pursuant to Section 29(1)(b) of the Open Burning Smoke Control Regulation, these substitutions are effective until 9:00 AM local time Wednesday April 15th, 2020.

Date Issued: March 26, 2020



Daniel P. Bings
For Director, Environmental Management Act
Compliance

Contacts:

Dan Bings
Acting Director, Compliance
Ministry of Environment and
Climate Change Strategy
250-617-0324

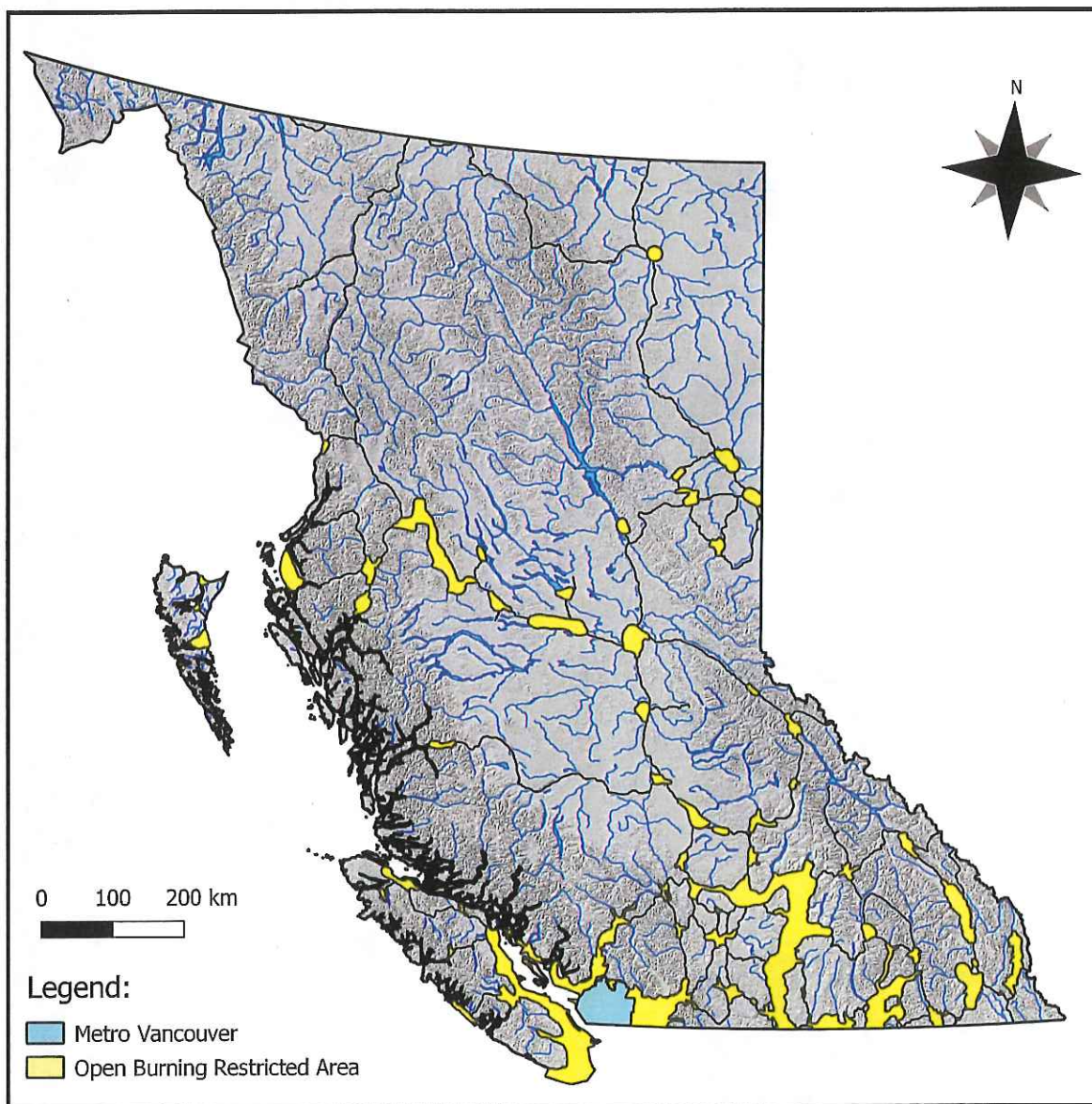


Figure 1: Location of areas where open burning restrictions are in effect. For a higher-resolution image, refer to the [Interactive Venting Index](https://governmentofbc.maps.arcgis.com/apps/webappviewer/index.html?id=6d288bc667b24528a5c1e3b4c0373d07) map at the url: <https://governmentofbc.maps.arcgis.com/apps/webappviewer/index.html?id=6d288bc667b24528a5c1e3b4c0373d07>.

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with
warm water



2

Apply soap



3

For at least 20
seconds, make
sure to wash:



4

Rinse well



5

Dry hands well
with paper towel



6

Turn off tap using
paper towel



palm and back
of each hand



between fingers



under nails



thumbs



1-833-784-4397



canada.ca/coronavirus



phac.info.aspc@canada.ca



Public Health
Agence de la santé
publique du Canada

Canada



First Nations Health Authority
Health through wellness

Have COVID-19 Symptoms? Call 8-1-1

Don't call 9-1-1 unless it's an emergency.

If you think you may have symptoms of COVID-19, call 8-1-1.

8-1-1 is the provincial phone line for medical information and advice, including all COVID-19 questions. Call 8-1-1 free of charge to talk to trained nurses and get the info you need on the coronavirus and COVID-19.

Remember: 9-1-1 should only be used in an emergency! 9-1-1 operators do not have COVID-19 information. Calling 9-1-1 can put others at risk by delaying other emergency response efforts.

For non-medical questions about COVID-19, like questions about travel restrictions, call **1-888-COVID19** (1-888-268-4319). This info line is open from 7:30 AM to 8 PM. Do not call this line if you are sick. 8-1-1 is the best phone line if you think you have COVID-19.

To self-assess your symptoms, please visit the BC Centre For Disease Control's COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health



For the latest information on COVID-19, go to www.fnha.ca/coronavirus

COVID-19 Tseshaht Resources

BC Nurses Helpline: 811 or *811 (mobile)

NTC Nurses: 250.720.1763 or 250.735.0416

Counselling Phone: 250.720.3091

Skype: lindapellech@gmail.com

Tseshaht Administration office is closed to all public entry until further notice.

Please call 250.724.1225 if you need to speak with a member of our staff.

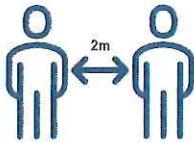
Anyone needing to submit paperwork for any of our departments please do so using the mail slot in the right side of the main door.

All regular cheques will be mailed out on a weekly basis.

All Social Assistance cheques will be delivered the morning of March 31. If there are any address changes please call Ahmber. All CMHC rent cheques will be given directly to housing.

SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practice social distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ shop or take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family

If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home



Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often



If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

FOR MORE INFORMATION:

@ canada.ca/coronavirus

1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Coronavirus (COVID-19)

Your Pharmacist Can Help (English)



British Columbia
Pharmacy Association

British Columbia's community pharmacists are committed to remaining available to patients in need during this COVID-19 outbreak, as we have been for other public health crisis in the past.

HERE ARE SOME WAYS YOUR PHARMACY CAN HELP:

Getting medication safely to you.

- Many pharmacies can deliver your medications to you.
- If you have symptoms of respiratory illness (like cough or fever) or have been in contact with someone who does, call your pharmacy ahead of time to inquire about delivery services.
- If you are sending someone else to pick up your prescription, let your pharmacist know ahead of time.

Getting a new prescription from the prescriber.

- If you are seeing a doctor or nurse practitioner for a prescription ask if they can fax, or phone it into your pharmacy rather than you having to go into the pharmacy.
- Let your pharmacist know. Your pharmacist will work with your doctor to get this new prescription.

Refilling your medications.

- If you have refills left on your prescription and are running out of supply, call your pharmacy ahead to avoid having to wait in the pharmacy.
- Some pharmacies may have an automated phone system to order prescription refills.
- If you still have medication at home, call your pharmacy to determine if a refill can be provided at this time.

Renewing your prescription.

- If you have run out of your medication and have no refills, call your regular pharmacy. In certain situations, your regular pharmacy may be able to provide you with an extended amount of medication and will let your doctor know, so that you do not need to visit the doctor. Note that the pharmacy must have filled your prescription originally for this medication and at this time this service cannot be provided for narcotics, controlled or targeted drugs and psychiatric medications (unless working in a multidisciplinary environment).

Emergency supplies.

- If you have completely run out of your medication and do not have a prescription, call the pharmacy. Your pharmacy will ask you some questions to assess whether an emergency supply is appropriate and can issue you a supply of medications until you can see your doctor next. During the COVID-19 outbreak when there is strain on access to prescribers, the amount of medication that can be provided for this service may be greater than under normal circumstances. For example a 30 day supply might be provided if appropriate during the outbreak vs. a 7 day supply under regular circumstances.

Preventing drug shortages

- Like you, many British Columbians want to ensure they have the medication they need during this challenging time. Pharmacists are working hard to ensure all British Columbians have the medications they need and want to ensure that there is fair access to everyone and so there may be limits to how much medication they can provide at this time.

Over-the-counter medications

- If you do not have any symptoms, you do not need any over-the-counter medication. If you have symptoms, your pharmacist can help you find the right cold/flu product to help you manage your symptoms.
- Consult a pharmacist or call 8-1-1 before taking any drugs.

If you need to contact your pharmacy for refills, prescription renewals or emergency supplies:

Pharmacy

Phone Number



BEFORE VISITING YOUR PHARMACY, CALL AHEAD OF TIME IN THE FOLLOWING SITUATIONS:

- You are feeling ill;
- You exhibit symptoms of COVID-19 (coughing, fever, and/or shortness of breath);
- You are sending someone to pick up a prescription;
- You need a prescription renewal, a refill or an early fill of your medication; or
- You need a prescription delivered.