

Tseshaht Emergency Operations Centre Updated Statement

From November 1 to December 5 there were 58 COVID-19 positive cases in Port Alberni and 19 on the West Coast. 2/3 of those testing positive for COVID-19 in Port Alberni and on the West Coast, self-identified as Indigenous. Rates in Port Alberni are twice as high as the average on Vancouver Island and for the West Coast the infection rates are three times as high as the Vancouver Island average. The VIHA rep described Port Alberni as a “hotspot” for COVID-19 infection on Vancouver Island. Since December 5, there have been a few new infections in Port Alberni and the West Coast so the numbers will be a bit higher. In the past month Port Alberni has had almost 1/3 of all the COVID-19 new infections on Vancouver Island.

Island health is doing 600 contact follow-ups per-day. Island health says if you are positive or if you are told to self-isolate, Island health will get a-hold of you. Be patient.

Nine Nuu Chah Nulth First Nations are known to have active Covid cases now. We stand with, and offer our support to those First Nations. Our prayers are especially with Ehattesahat where at least 17 members on their small reserve have tested positive although we believe two of those may be in remission.

In addition special prayers and condolences today to Huuayaht who have lost a member due to COVID-19. And prayers this morning to the family of the Nuu Chah Nulth child who was hospitalized with COVID.

To the best of our knowledge, five Tseshaht members have now tested positive for COVID-19. We believe at least two have now ended isolation. It is possible that there are others living in urban centres that we have not yet heard of.

Hahuupayak does not have a positive COVID-19 case. A caregiver for two Hahuupayuk students had announced he had tested positive for COVID-19 after showing symptoms. Hahuupayuk, is now on a hybrid programme with a few students in person in the morning and the rest of instruction online in the afternoon. The Tseshaht EOC is in close contact with Hahuupayuk and we exchange information regularly.

Rainbow Gardens had three positive cases of COVID-19 but all others have now tested negative.

Multiple businesses have been affected in Port Alberni. Those businesses have workers who have tested positive for COVID-19. We applaud those businesses who have posted online to inform the public and who are proactive in taking steps to minimize risk. Some of those businesses have Tseshaht employees. The Tseshaht EOC may reach out to some of the Tseshaht members that we know are working at businesses affected by COVID to see if Tseshaht can be of any assistance to them.

Gerri Thomas' company has the contract for home care workers. Their hours have been cut-back. Gerri continues to review the situation. Tseshaht is reviewing the situation and may ask family to assist in some cases. These measures are to protect both the elders from being

inadvertently exposed to COVID-19 and also the staff from being inadvertently exposed to COVID-19.

Tseshaht Market is also planning to cut staff hours but that cutback should not affect the Market's operations or hours at all. This is to lessen the exposure risk of staff.

I want to pause here to say that we will not tolerate abuse of staff. A short while ago a customer went into Tseshaht Market and was asked to use hand sanitizer. The Customer became belligerent and began to yell at staff. At first he refused to use hand sanitizer. He was escorted out of the store. The next day in the early morning hours, the front window of Tseshaht Market was smashed by a projectile being thrown. The Market was able to tie the two events together by using their cameras and other photos. We are told the man has been arrested and we believe he will appear in court later this month.

My message is simple, if you have so little respect for your fellow human beings that you cannot take a few minutes a day to wear a mask, use hand sanitizer or socially distance and help prevent the spread of infection, then please stay away from our reserve, facilities and Store. It is part of Tseshaht culture to put our families first and our community right behind that. We have a long history of taking care of each other. We ask those visiting our community to respect that. I have an uncle who is an elder and who has had heart attacks and has other medical problems. I have a niece who has a compromised immune system and who is frequently hospitalized. Wearing a mask and socially distancing is a small price to pay for helping to keep them healthy. If people have a problem with that, then there are lots of other gas stations or markets where they can go to shop.

More signs have, and will continue, to go up this week requiring face masks in all public parts of the Tseshaht community and closing access to some areas. Masks must be worn when you exit your car at Tseshaht Market, Tseshaht Administration building, Hahuupayuk School or the Maht Mahs complex. You must wear the facemask until you return to your car to leave. That includes when fueling your vehicle. We have noticed too many people NOT socially distancing when the Tseshaht Market gas pumps are busy. Masks are now required in parking lots.

If you are told to self-isolate we can assist you. Call the EOC at 250-720-7998. If you must leave the house you live in, we can also assist. It will be posted on the Tseshaht Facebook page.

Tseshaht has ordered 300 adult cloth face masks. Unfortunately, due to high demand, those masks will not be available until mid-December. These cloth masks are better than the surgical masks (paper) that many are using. In addition, the cloth masks can be washed every day. These will be available soon for Tseshaht members and, if necessary, we can order more.

The Tseshaht EOC handed out COVID-19 prevention kits to all Tseshaht homes in the Alberni Valley who wanted them last week. We hope to do another distribution of those materials next week before Christmas.

We are told the immunizations for COVID-19 will begin in the first three weeks of 2021. We are told that the Federal Government has recommended that Indigenous people receive immunization after the elderly and health workers. The EOC will post word of immunizations as soon as we know. We urge everyone to get an immunization to protect our community.

We all knew a second wave would come this fall. As I said in early November, it is here and it is much worse than the first. Given the steep rise in cases among Nuuchaltnulth and the steep rise in cases in Port Alberni, the Tseshah Emergency Operations Centre expects a continued rise in cases.

The message is simple. To protect our community, wear a face mask when in public, wash your hands with soap, for 20 seconds at a time, as often as you can, socially distance in public and Stay Home. Do not allow people to your home who are not family members.

During the Christmas season we urge you to NOT have large gatherings or parties. There are a significant number of new COVID-19 cases coming from home gatherings. DO NOT travel to the Lower Mainland or Fraser Valley. These two areas are the worst for new infections in BC. Similarly, you should not allow people in your home coming from the Lower Mainland and Fraser Valley.

-Hugh Braker,

Tseshah Emergency Operations Centre
Deputy Director and Information Officer



Administration Office Christmas Closure

**Dec. 11, 2020 @ 12:00 noon -
Jan. 8, 2021 @ 4:30 pm**

Re-open Jan. 11, 2021 @ 8:00 am

**Phones are currently being answered
8:00 am - 12:00 noon &
1:00 pm - 4:30 pm
Monday to Friday**

TSESHAHT FIRST NATION COMMUNITY SERVICES DEPARTMENT

Due to COVID-19 Tseshaht First Nation will be offering a draw for Turkey Hampers & \$50 gift cards for our on-reserve & local membership

TURKEY HAMPERS & GIFT CARD DRAWS

Tseshaht First Nation will have Turkey Hamper Draws with all the fixings. Plus several \$50 gift card draws and mystery bags.

Draw is open to Tseshaht Families both on-reserve
& locally within Port Alberni.

Go to Tseshaht First Nation Facebook page to enter this draw
Deadline for draw will be:

Wednesday December 9, 2020 at 3:00 pm

1 winner per household. Wheel of Names will be used to draw the names. All Hampers and gift cards must be picked up by Noon Friday December 11th.

Tseshaht Kids Gift Distribution

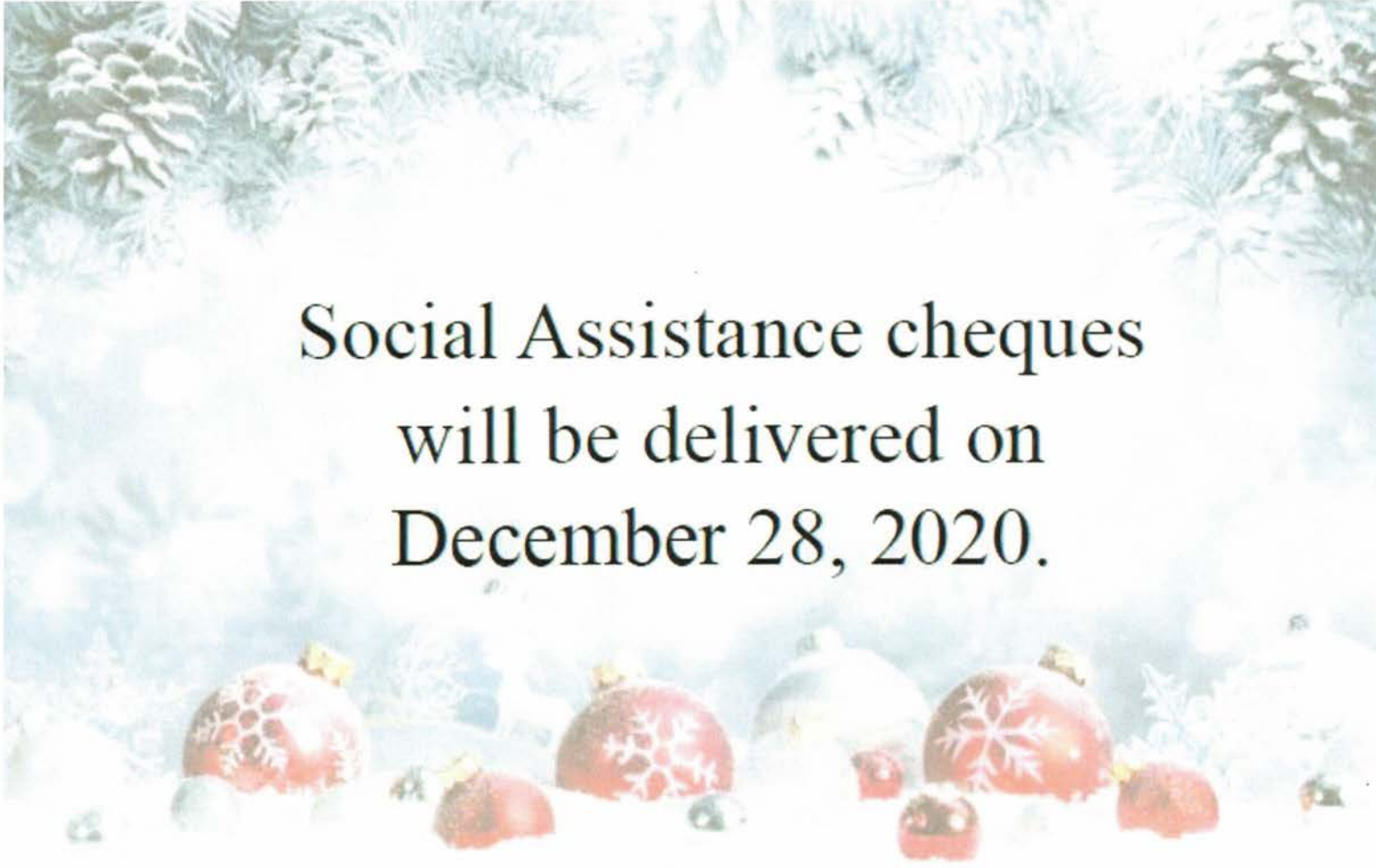
Tseshaht Port Alberni Kids from ages: 0-13
will receive a Christmas gift.

Arrangements and Date to be announced.

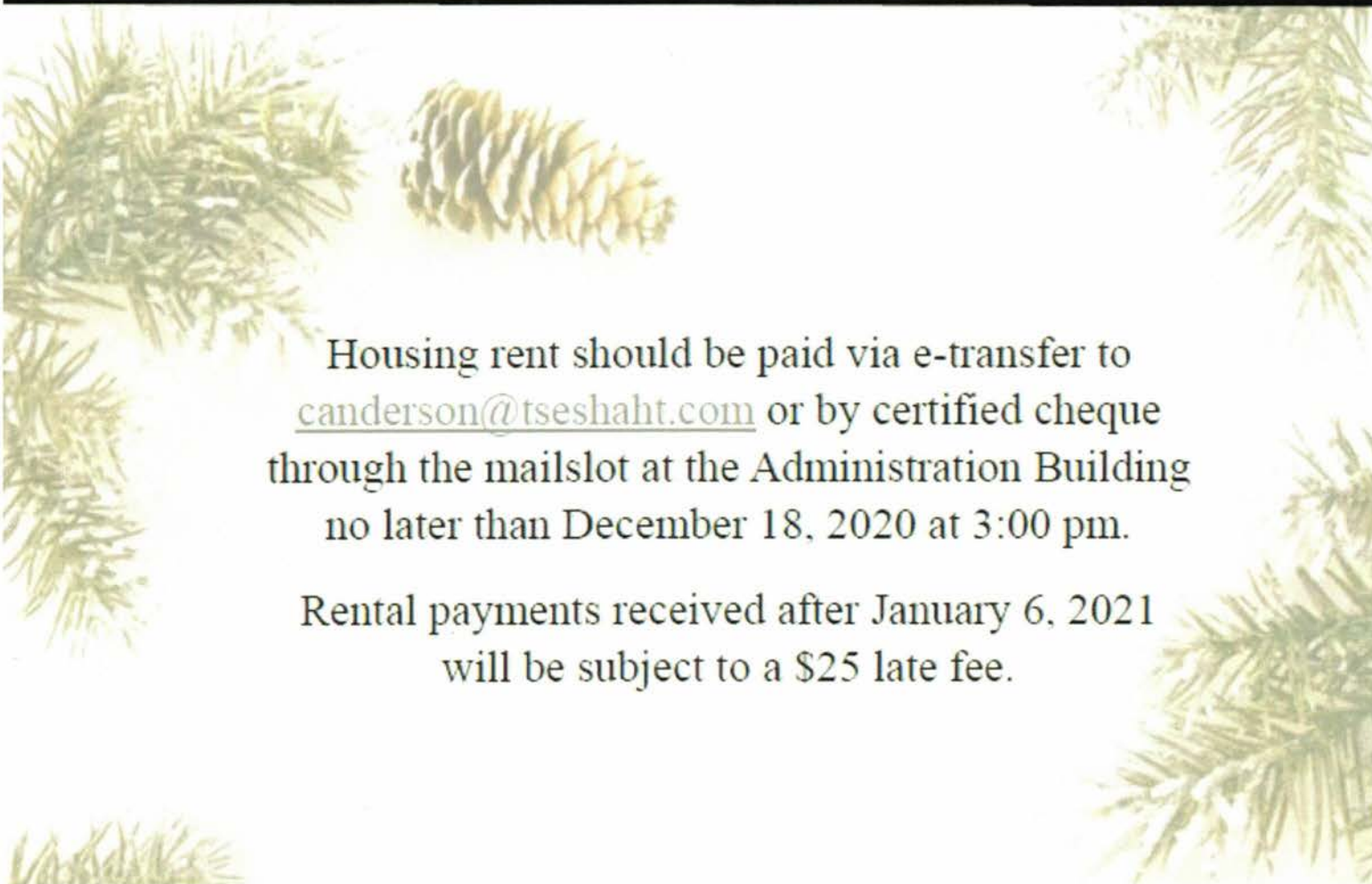
Tseshaht Elders Gift Distribution

Community Services staff will be contacting Elders
to confirm pick-up or mailout of their gifts.





Social Assistance cheques
will be delivered on
December 28, 2020.



Housing rent should be paid via e-transfer to
canderson@tseshaht.com or by certified cheque
through the mailslot at the Administration Building
no later than December 18, 2020 at 3:00 pm.

Rental payments received after January 6, 2021
will be subject to a \$25 late fee.

TSESHAHT
👉 NOTICE 👈

COMMUNITY COMMITTEES



Extension of Term

Due to the COVID-19 pandemic, the Tseshaht First Nation Elected Chief & Council hereby extends the term of the Tseshaht committee members whose terms expired in October 2020, until April 2021 due to the inability to meet as a community at this time.



COMMUNITY COMMITTEES

*Term ends October 2020
EXTENDED TO APRIL 2021*

Term ends October 2021

FINANCE

Staff resource:	Chris Anderson	Darlene Taylor	Claudine Watts
Council representative:	Cynthia Dick		Pamella Lange
Council alternate:	Melanie Cranmer	<i>Alternate: Vacant</i>	Dennis Bill
		<i>Youth rep: Vacant</i>	James Starr

LANGUAGE & CULTURE

Staff resource:	Darrell Ross	Jean Thomas	Robert Watts
Council representative:	Corey Anderson	<i>Youth rep: Vacant</i>	Marlene Dick
Council alternate:	Hugh Braker		Helen Lucas
			Anne Robinson
			<i>Alternate: Doug Wilson</i>

EDUCATION & DAYCARE

Staff resource:	Wendy Gallic	Gina Pearson	Robyn Samuel
Council representative:	Corey Anderson	Wilma Gus	Helen Lucas
Council alternate:	Luke George	Maria Gomez	<i>Alternate: Jackie Watts</i>
		<i>Youth rep: Tamiko Rampanen</i>	

HOUSING & INFRASTRUCTURE

Staff resources:	Deshana Sanderson, Lisa Gallic	Connie Sam Jean Thomas	Mike Watts Sharon Fred
Council representative:	Melanie Cranmer	Aaron Watts	<i>Alternate: Amanda Watts</i>
Council alternate:	Luke George	<i>Youth rep: Tamiko Rampanen</i>	

MEMBERSHIP SERVICES (Health, Social Services, Membership)

Staff resources:	Bella Fred, Jane Jones	Valentine Gomez	Liz Bos
Council representative:	Eunice Joe	Esther Thomas	Claudine Watts
Council alternate:	Corey Anderson	<i>Alternate: Wilma Gus</i>	Sharon Fred
		<i>Youth rep: Vacant</i>	

FISHERIES

Staff resource:	Dave Rolston	Martin Watts	David Georg
Council representative:	Richard Watts, Luke George	Valentine Gomez	Darleen Watts
Council alternate:		Shae Doiron	<i>Alternate: Les Sam</i>

EMERGENCY PREPAREDNESS AND CLIMATE CHANGE

Staff resource:		Dean Charles	Doug Wilson
Council representative:	Hugh Braker	<i>Youth rep: Vacant</i>	Shae Doiron
Council alternate:		<i>Alternate: Vacant</i>	Robyn Samuel
			Robert Watts

PERSONNEL

Staff resource:	Darren Mead-Miller	Maria Gomez	Pamella Lange
Council representative:	Eunice Joe	Esther Thomas	Liz Bos
Council alternate:	Ken Watts	Holly McLaughlin	<i>Alternate: Gina Pearson</i>

FORESTRY

Staff resources:	Dwayne Hearn, Chris Anderson, Vicki Snowden, Darrell Ross Sr.	Kelly Foxcroft-Poirier Clinton Fred	David Georg Darleen Watts
Council representative:	Hugh Braker, Richard Watts	Anne Robinson	<i>Alternate: Les Sam</i>
Council alternate:	Eunice Joe		

MARKET BOARD OF DIRECTORS

Staff resource:	Chris Anderson	Wendy Gallic	Dennis Bill
Market representative:	Claudine Watts	Darlene Taylor	Richard Watts
Council representative:	Ken Watts	<i>Alternate: Hugh Braker</i>	Jackie Watts



Social Housing Tenants, 65+ Elders, PWD Holiday Emergency Contacts

The office will be closed for holiday's season from December 12th, 2020 and reopening January 11th, 2021.

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

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 the holiday season please contact:

- **Richard Sam at 250-731-7595**

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

Should you have a social issue emergency that requires after hours support during the holidays, please call one of the following appropriate service providers:

- Kuu-us Crisis Line: 250-723-4050 (24 Hour outreach available)
- Teen Line: 250-723-2040
- Emergency Women's Shelter: 250-724-2223
- Help Line Children: 250-310-1234
- St. Vincent de Paul: 250-723-7721 (temporary assistance with food and clothing from unexpected circumstances)
- Port Alberni Hostel Society: 250-723-6511
- Bread of Life: 250-723-4049
- Salvation Army(food/clothing): 250-723-6913
- Alberni Hospice Society: 250-723-4478
- Women's Resource: 250-724-7111(can connect you with Victim Services)

Anything related to emergency Septic tank back up call Thomas Fred 250-720-7753 or Rick Mack 250-735-7753.



The holiday season is upon us and with it is a need to be aware of fire risks that so often come with it. Candles, overloaded electrical outlets, real holiday trees, and cooking can all become fire hazards, but they don't have to. By following a few simple safety steps, everyone can enjoy a safe holiday, and winter season.

Candles

Keep candles away from anything that could catch fire and never leave candles burning unattended.

Decorations

Inspect holiday lights to ensure they are in good working condition, used in the proper location, and are not overloading electrical outlets. Keep decorations away from heat sources like space heaters and woodstoves. Make sure your holiday tree is freshly cut, given water daily, and kept a safe distance away from heat sources.

Winter Heating

Have your furnace serviced and chimney cleaned every year, keep space heaters away from anything that can burn, avoid overloading electrical outlets, do not leave space heaters unattended, and make sure your fireplace/woodstove is cleaned regularly, screened in, and anything that can catch fire is kept a safe distance away.

Cooking

The holidays often come with extra cooking. Know how to put out grease and fat fires (do not use water!), keep a fire extinguisher handy, do not leave food to cook unattended, ensure that electrical cords on kitchen appliances are in good condition, and don't overload electrical outlets.

Wishing you all a safe and happy holiday season!



First Nations Health Authority
Health through wellness

New Covid-19 Orders

Dr. Bonnie Henry Issues New Orders as COVID-19 Case Numbers Rise Across the Province

Coast Salish Territory – BC Provincial Health Officer Dr. Bonnie Henry has issued new orders to help contain the rising number of COVID-19 cases across the province.

The orders are aimed at reducing virus transmission in people's homes and workplaces in response to an increase in the number of cases, hospitalizations and outbreaks in health care facilities.

Here is a summary of the orders:

LIMITS ON SOCIAL GATHERINGS

- No social gatherings of any size with anyone other than your household or core bubble (such as a partner or co-parent that lives in another household).
These activities are not considered a social gathering:
 - Going for a walk. You must make sure a walk does not turn into a group of people meeting outside
 - Parents carpooling kids to and from school
 - Family members providing child care
 - Construction workers or tradespeople providing services
- Those living on their own may socialize with the same one or two people in their core bubble in each other's homes.
- Places of worship are to have no in-person services with the exception of certain ceremonies including baptisms, weddings and funerals with a maximum of 10 people in attendance. Associated receptions are not allowed.

PHYSICAL ACTIVITIES / SPORTS

- High-risk indoor group physical activities must be suspended, including spin classes, hot yoga, and high-intensity interval training. Further guidance on other physical activities is being developed for gyms, dance studios and other facilities.
- Sporting games, competitions and practices can continue with no spectators and no travel outside regions.

NOVEMBER 20, 2020

MASK REQUIREMENTS

- Masks are now required for everyone in all public indoor settings and workplaces. People who cannot wear a mask or who cannot put on or remove a mask on their own are exempt, as well as those two years old and younger.
- Masks are required in all workplaces for shared work areas such as hallways, kitchens and bathrooms and areas where physical distancing cannot be maintained.

TRAVEL ADVISORY

- While not an order, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province.

ADDITIONAL CONSIDERATIONS

- Office-based workplaces should allow employees to work from home where possible for the rest of the year.
- At this time bars, restaurants and pubs will remain open.
- Public health inspections of retail establishments and workplaces will continue to support enforcement of Public Health Orders

Updated BC Government public health orders can be found at:
gov.bc.ca/covid19

We recognize that these public health orders make it harder for the COVID-19 virus to spread but can also make it harder to feel connected to our families and friends. For support, we can lean into our cultural strengths, knowing that First Nations in BC have a long history of resilience. We have traditions and practices that ground us in the present and keep us well – spiritually, mentally, physically and emotionally.

For additional information on available mental health and cultural supports please visit:
<https://www.fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf>

For other information and services for First Nations people, see:
www.fnha.ca/coronavirus



First Nations Health Authority
Health through wellness

Prevent COVID-19 (Novel Coronavirus) by Cleaning your Phone



Clean your phone twice daily or as needed.

Turn off your phone and unplug all cables.

Use gloves before cleaning your phone (optional).

Always check manufacturer guidelines before cleaning your phone.

STEP 1: CLEAN (removing germs and dirt)

Use a soft, lint-free cloth with warm soapy water. Avoid getting moisture in openings.

STEP 2: DISINFECT (killing germs)

Gently wipe the exterior of your phone using a 70 per cent isopropyl alcohol wipe. Do not use bleach.

Wash your hands after cleaning your phone.



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



First Nations Health Authority
Health through wellness

Protect Yourself From COVID-19

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.
- Practise physical distancing by staying at least two metres (six feet) away from other people.
- For now, we cannot use usual greetings such as handshakes, hugs, and kisses. Safe greetings include a wave, a nod, or a bow.
- 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.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Wearing a cloth face mask might not protect you from COVID-19 but it is one way to protect others in situations where you cannot keep a safe distance for an extended period of time i.e. when you are on transit, grocery shopping, getting a haircut or visiting someone indoors.

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

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's →



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

[who.int/epi-win](https://www.who.int/epi-win)



HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

who.int/epi-win



World Health Organization



First Nations Health Authority
Health through wellness

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www.fnha.ca

**The First Nations Health Authority is looking for your input!
Help shape future plans and priorities by taking a quick survey.**

By sharing your thoughts and ideas, you will be helping to inform the next five years of FNHA's journey towards "Healthy, Self-determining and Vibrant BC First Nations Children, Families and Communities."

FNHA is gathering input about both health and capital planning, and what that means to individuals and communities.

Please take a few minutes to take this survey about priorities for the building and enhancement of health facilities:

[Online Survey](#) (available until December 31, 2020)

You are also invited to take this survey to help shape priorities for overall health and wellness planning:

[Online Survey](#) (available until December 31, 2020)

You can find out more by visiting www.fnha.ca/5yearplan

Thank you for your input!



Stay Connected with the FNHA

Looking for information to support you and your loved ones during the pandemic? Follow the FNHA for health care updates, wellness initiatives and opportunities to connect with other First Nations people across BC.



Get the FNHA App

The FNHA app puts helpful information directly into your hands! Available from the Apple App store and Google Play store. <http://www.fnha.ca/app>



Newsletter

Sign up for the FNHA's newsletter to get regular service updates, community stories, funding opportunities and resources. <https://www.fnhanewslettersignup.ca/>



FNHA.ca

Visit the FNHA's website for program and service information as well as our news feed and wellness pages. <http://www.fnha.ca>



Social Media

Join our vibrant social media community! The FNHA shares info and stories daily on our social media feeds. Follow us:

[f @firstnationshealthauthority](#) [@fnha](#) [@fnha](#) [@fnhealthcouncil](#)

"The pandemic can make us feel powerless and alone. But we are not. It's important to stay connected: to our communities, to our cultures, to each other."

– Dr. Nel Wieman,
Acting Deputy Chief Medical Officer, FNHA

Stay strong, stay the course. [Click here to learn more about COVID-19 Safety.](#)

COVID-19 travel advisory: essential travel only



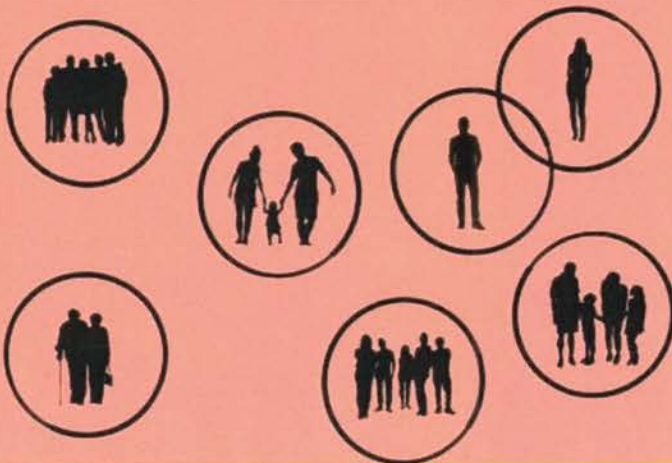
COVID-19 IN BC

Masks mandatory in indoor public spaces



COVID-19 IN BC

Socialize with your household only



COVID-19 IN BC

New public health orders and directions for all of BC



Non-essential
travel advisory



Socialize with your
household only



No sports spectators
or travel



High-risk group
fitness suspended



Masks mandatory in
indoor public places



No events or
gatherings

COVID-19 IN BC



Southern Region COVID-19 Testing

“Appointments for COVID-19 testing must be pre-booked through a primary care provider or Island Health’s Call Centre”.

While testing has expanded, *not everyone needs a test. COVID-19 testing is not recommended for people without symptoms.*

The **symptoms of COVID-19** are similar to other respiratory illnesses including the flu and common cold. They include:

- fever
- chills
- cough
- shortness of breath
- sore throat
- diarrhea
- runny nose
- loss of sense of smell
- headache
- muscle aches
- fatigue
- loss of appetite

Less common symptoms can also include: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rash, discolouration of fingers or toes.

Island Health COVID-19 Testing Call Centre

If you do not have a primary care provider, please call Island Health’s Call Centre at 1-844-901-8442 (8:00am to 8:00pm) to be assessed to determine if you need testing

If unable to reach the Call Centre you can also call the nursing line 811.

Making a COVID-19 testing appointment

Appointments for COVID-19 testing must be pre-booked through a primary care provider or Island Health’s Call Centre. Testing sites are unable to accommodate unscheduled or walk-in visits.

Island Health asks members of the public to *please not go to a hospital emergency department seeking COVID-19 testing*. However, people experiencing a medical emergency should call 911 or go to the nearest emergency department.



Positive COVID-19 Case Frequently Asked Questions

COVID-19

How will I know if I've been in contact with a positive Covid-19 case?

You will be notified by a public health nurse to make you aware that you've been in contact with a positive Covid-19 case.

"What is a defined as a Close-Contact?"

If you've been named as a "close contact" this means you've spent time with the positive case and were in close contact of less than the recommended six feet. You provided care to the positive case, or you live with them and came into close contact for more than 15 minutes.

What do I do if I'm named as a close contact?

You will be asked to self-isolate for a minimum of 14 days and to self-monitor for symptoms such as cough, runny nose, fever. BC Covid-19 self-assessment tool link: <https://bc.thrive.health/>

What is a medium risk of getting Covid-19?

(Coming in contact with or doing international, plane or cruise ship travel?)

All incoming international travelers, including airline and cruise ship contacts as well as those coming from the United States. Those on domestic flights with a confirmed case of COVID-19

What is a low/no risk contact?

If you've been named as a low risk contact this means you may have walked by the person that had Covid-19 or you were in the same room for a brief amount of time.

What do I do if I've been named as a "low risk" contact?

You do not need to self-isolate. Continue to take the safety precautions of physical distancing when out in public areas, hand washing, wearing face masks. (keep your bubble small)

What do I do if I'm having a hard time breathing?

Call ahead and go to the nearest emergency!

Positive COVID-19 Case Frequently Asked Questions

COVID-19

What do I do if develop symptoms?

If you develop any symptom such as cough, runny nose, or fever. It is recommended to be tested for Covid-19.

COVID-19 CALL CENTRE: 1-844-901-8442

The self-assessment tool suggests I take a Covid-19 Test, how do I do that:

- A) If I am on reserve? Call the Call Centre.
- B) If I am off reserve? Call the Call Centre.

If unable to get through, please contact an NTC nurse: Francine Gascoyne 250-735-0416 or Catherine Gislason 250-720-1763

Can I have a nurse check in with me while I'm at home self-isolating?

Yes, if you would like an NTC nurse to check in with you this can be arranged. A nurse can check in with you either by phone or make a home visit outside your home.

Where can I find information regarding exposures in schools?

This page is updated when COVID-19 exposures occur within schools in the Island Health Region: <https://www.islandhealth.ca/learn-about-health/covid-19/exposures-schools>

If your child's school has been notified of an exposure, no action is required unless you are contacted by Public Health or are otherwise directed by school officials.

Daily health check for students:

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Daily-Health-Check-English.pdf

More information for childcare and schools can be found:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/childcare-schools/schools>

Positive COVID-19 Case Frequently Asked Questions

COVID-19

BC Centre for Disease Control guidelines that are followed when there is a positive Covid-19 case:

1. When a person tests positive for COVID-19, they become a "case."
2. A public health nurse interviews the case to identify people they've spent time with. These people are "contacts."
3. Public health gets in touch with the contacts and asks them about symptoms of COVID-19.
4. Not every contact needs to be identified: only those who could have been exposed to the case's respiratory droplets from coughing, sneezing or speaking. (If you are not contacted, you are not at risk)
5. Public health maintains the case's privacy. A case can choose to tell others about their diagnosis but should not do their own contact tracing.
6. Contacts with symptoms are sent for testing.
7. If they test positive, they become a 'case' and the process repeats.
8. Contacts with no symptoms are asked to self-isolate and monitor for symptoms for 14 days after their last contact with the case.
9. Contact tracing helps people get diagnosed earlier and reduces the chance of spreading the virus.



First Nations Health Authority
Health through wellness

COVID-19: A Call for Kindness

It is essential that we all feel safe and confident getting tested for COVID-19, and that those who test positive still feel supported in their recovery and are not discriminated against.

The FNHA's Acting Chief Medical Officer, Dr. Shannon McDonald, has urged First Nations people to practise "lateral kindness" to help fight the stigma of COVID-19. Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships.

"I want to take a moment to thank and celebrate every person who experienced symptoms and got tested. You are helping to protect all of us!" says Dr. Shannon McDonald. "Remember, getting COVID-19 is not a matter of who didn't wash their hands long enough, who touched their face too much, or who didn't physically distance enough. These are necessary measures to take, but we could still do everything right and become infected with COVID-19. There is no 'fault' when it comes to this virus."

Practising lateral kindness is an essential part of nurturing and maintaining public health. Since any one of us can contract COVID-19, regardless of how careful we are, it's important to remember how we or our loved ones would want to be treated.



REMEMBER: THE VIRUS IS THE ENEMY, NOT THE PEOPLE WITH COVID-19. ALL PEOPLE SHOULD FEEL SAFE AND SUPPORTED BY THEIR COMMUNITIES, ESPECIALLY WHEN THEY'RE SICK. LET'S BE KIND TO EACH OTHER AND THANKFUL FOR ALL OF THE EFFORTS AND PROTECTIVE MEASURES THAT INDIVIDUALS AND COMMUNITIES ARE TAKING FOR THE SAFETY OF US ALL.

For more information and resources, visit:
fnha.ca/coronavirus



First Nations Health Authority
Health through wellness

Mental Health and Wellness Resources for Youth

Even though we need to keep our physical distance during the COVID-19 pandemic, we don't need to be alone on our journeys. Support is available! Here are some services, apps and practices that may provide help and healing during these uncertain times.

Box Breathing

Box breathing is a powerful practice for calming your nervous system. Breathe in for four seconds, hold your breath for four seconds, and exhale for four seconds. Try it out using the GIF below, courtesy of healthline.

<https://www.healthline.com/health/box-breathing#slowly-exhale>

Tsow-Tun Le Lum Society

Do you need guidance from an Elder? Could you use a prayer or a virtual smudging? Tsow-Tun Le Lum can help! Just call them to set up a meeting time at: 1-888-590-3123 (toll-free).

Insight Timer

Join thousands of other youth who are learning to meditate on Insight Timer. This app will help calm your mind and reduce anxiety. Insight Timer is totally free and has over 30,000 guided meditations.

<https://insighttimer.com>

Foundry BC

Foundry BC is a one-stop-shop for youth wellness. They are now offering virtual drop-in counselling for youth across BC. To book an appointment, call: 1-833-FOUNDRY (1-833-308-6379)

Child & Youth Mental Health Walk-in Intake Clinics

Are you looking for mental health support or services in your area? Call your local CYMH Office for virtual or telephone services. Visit the website [here](#).

Youth in BC Online Chat

YouthinBC.com is an on-line crisis chat service for youth who need a safe place to find support or simply someone to listen without judgement. You can chat about anything you want to: suicide, sexuality, depression, stress, relationship conflicts and much more. Online chat is available from Noon to 1 a.m. Visit: www.youthinbc.com

Youth Against Violence Line

If you are concerned about your own safety, the safety of others, or experiencing sexual abuse, text 604-836-6381 or call 1-800-680-4264. Service is available 24/7 and is completely anonymous. Visit: <http://www.youthagainstvviolenceline.com> for more information.

Kuu-Us Crisis Line

The KUU-US Crisis Line Society operates 24/7 and has a line just for youth. Call: 250-723-2040 or 1-800-588-8717 (toll-free).

Which resources are you are using to keep well during COVID-19? We want to know what you think works. Email us at: youth@fnha.ca

If you or someone you know is in crisis, call 911 now.