

HISHUK'ISH TSAWALK

TSESHAHT FIRST NATION NEWSLETTER

VOLUME 5, ISSUE 1

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SPECIAL COVID-19 UPDATE

We hope you will take a moment and review the attached information for an update on COVID-19 and our Community.

"We know that we will all have a contact with Omicron, it is no longer a matter of "if", but when." – Dr. Charmaine Enns

Supports for Tseshaht members:

- Not sure what symptoms are related to COVID/Omicron? http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms
- o When and how to seek testing

https://www.islandhealth.ca/learn-about-health/covid-19/covid-19-symptoms-testing-and-results

- o If you require a Rapid Test please call 250.724.1225 during regular business hours, we will transfer you and arrange for a delivery of tests if needed.
- o **DO NOT** come to the office for tests, we do not have them here.
- o It is important to remember, if you test positive, please ensure you report it! https://reportcovidresults.bccdc.ca/
- o Anyone testing positive MUST self-isolate!

http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation#Self-isolation

- o If your symptoms get worse, please seek medical attention!
- o Go to an emergency department or call 911 if you:
- ★ Find it hard to breathe
- ✦ Have chest pain
- ★ Can't drink anything
- **→** Feel very sick
- **→** Feel confused

If you are required to self-isolate please call 250.724.1225 during regular business hours, we will transfer you and arrange for a delivery of groceries from Quality Foods.

Supports for Tseshaht members off-reserve and/or outside of Port Alberni

OFFICE CLOSURE

Tseshaht Administration
Office will be closed at
3pm Friday February 18
& all day
Monday February 21 for
Family Day

- The following Friendship Centers have access to Rapid Tests
- o Nanaimo Tillicum Lelum Aboriginal Friendship Center 250.753.6578
- o Port Hardy Sacred Wolf Friendship Center 250.902.0552
- o Courtenay Wachiay Friendship Center 250.338.7793

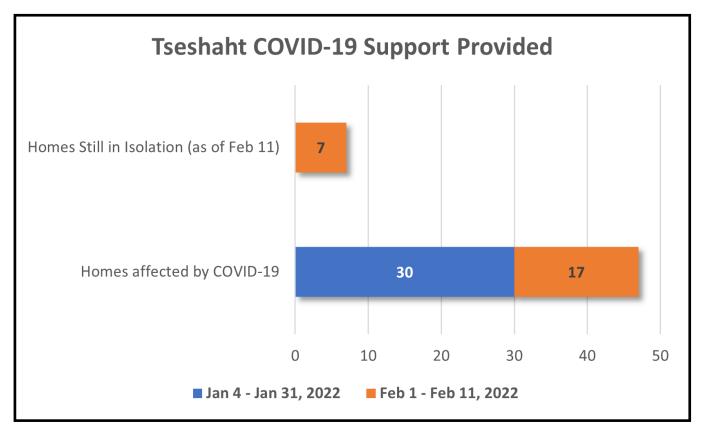
Victoria – Victoria Native Friendship Center – 250.384.3211

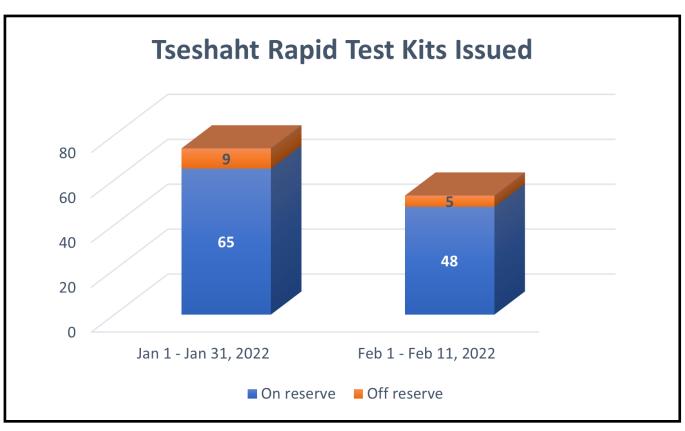
Tseshaht Administration Safe Operating Plan:

- Haa huu payak has been experiencing a rise in cases and is monitoring the attendance of both staff and students. If needed, they will implement a functional closure, but only if needed.
- Administration Office remains in Phase 1 until at least February 18, 2022
- o There is currently limited staff in the building
- o Other staff are working from home
- o Members are able to schedule meetings by appointment only
- o Fitness Center
- o We have planned to open the fitness center to ensure our Mental and Physical health is at its best
- o Strict operational guidelines are in place
- o Mental Health Counselling and Sobriety Talking Circle with Linda Pelech have move to online only https://tseshaht.zoom.us/j/89450970231?pwd=akVoN0FPeEF2SFNxczZTSWdXMExEQT09

Please remember to wear your mask and wash your hands often, check in our your loved ones and our Elders.









5091 Tsuma-as Dr. Port Alberni, BC V9Y 8X9 P: 250.724.1225 | F: 250.724.4385 | Tseshaht.com

February 9th, 2022

Covid 19 Rapid Test Distribution program

Tseshaht First Nation has received a limited supply of COVID-19 rapid testing kits from the First Nations Health Authority (FNHA). Rapid test kits continue to be available for community members as follows:

Please note: Rapid test kits are distributed as per the current public health guidelines:

- Testing is not recommended for healthy adults and children who develop mild symptoms; they are advised to stay home and self-isolate until they feel well enough to resume regular activities.
- Testing is recommended for pregnant women and immunocompromised individuals who are experiencing Covid-19 symptoms.
- As testing guidelines are subject to change, please consult the BC Center of Disease Control website for up to date information on when to get a Covid 19 test: http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/when-to-get-a-covid-19-test

Please see attached BCCDC info sheet on who testing is recommended for; any members who meet one of the criteria listed and who are experiencing Covid-19 symptoms may request a rapid test kit by contacting:

Contact:	Tseshaht Administration Office
Phone:	250-724-1225
When:	Monday – Friday 8:00 am – 12:00 pm
	& 1:00 pm – 4:30 pm

When requesting a testing kit, please be prepared to provide the following information:

- 1. Name
- 2. Contact information
- 3. Personal Health Number
- 4. Address

To request a rapid test on Saturday's or Sunday's please contact Island Health directly at 1-844-901-8442 or visit their website at https://www.islandhealth.ca/learn-about-health/covid-19/covid-19-symptoms-testing-and-results.

If you find it hard to breath, have chest pain, can't drink anything, feel very sick, feel confused, go to an emergency department or call 911.



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February 16, 2022

Fitness Centre Re-opened: January 31, 2022

Bootcamp Re-starting: February 28th, 2022

Yoga Starting: TBA

We are pleased to announce the re-opening of the Tseshaht Fitness gym as of January 31st, 2022 & Bootcamp will be re-starting on Feb. 28th, 2022. Yoga will be added as soon as possible. Fitness Gym Safe Operating Plan guidelines:

The Fitness gym opening is as per the attached Safe Operating Plan. We ask all members accessing our facility to carefully review the guidelines.

- Maximum occupancy limit is 11 people
- Health check & sign in
- Masks are to be worn at all times, except when actively exercising; the PHO strongly encourages people wear a mask even when exercising
- Pre-bookings for drop-in individual fitness where operationally possible
- Scanning proof of vaccination QR codes for entry

Maht Mahs Gym Safe Operating Plan

Currently being updated

For additional information on the PHO orders, please visit

http://www2.gov.bc.ca/gov/content/covid-19/info/restrictions

Community members wishing to schedule a time in the fitness gym, please contact:

Contact	Gail K. Gus
Cell phone	250-731-6622
Fitness Gym Hours	Mon/Wed/Fri: 5:00 pm – 9:00 pm Tue/Thurs: 4:00 pm – 6:00 pm Sun: 6:00 pm – 8:00 pm
Private Fitness Training Sessions	Tues/Thurs: 6:00 pm Sat: 11:00 am
Bootcamp	Mon/Wed/Fri: 4:45 pm – 5:45 pm
Yoga	Tues/Thurs: 4:45 pm – 5:45 pm

Thank you for your patience and understanding while the Safe Operating Plan was updated to allow for staff to plan and implement a safe opening for everyone.

Chart B- Maht Mahs Fitness Center

Levels of	Phase 1		Phase 2		Phase 3		
Protection	Januar	y 20, 2022	Februa	ry 4, 2022	April	4, 2022	
	The maximum number of people allowed in the space is based upon 7m2, in each room in the fitness center.		allowed in th upon 7m2, in	The maximum number of people allowed in the space is based upon 7m2, in each room in the fitness center.		number of people the space is based each room in the test center.	
1	Room	Max. Capacity	Room	Max. Capacity	Room	Max. Capacity	
Elimination	Main entrance	6	Main entrance -weights	6	Main entrance -weights	6	
	Room 1	2	Room 1	2	Room 1	2	
	Room 2	3	Room 2	3	Room 2	3	
		ugh designated d exit only.		ugh designated d exit only.	l .	ugh designated d exit only.	
	Provide additional hand sanitizer throughout facility.		Provide additional hand sanitizer throughout facility.		Provide additional hand sanitizer throughout facility.		
2 Engineering Controls	Provide lined waste bin to dispose of single-use sanitizing wipes		Provide lined waste bin to dispose of single-use sanitizing wipes		Provide lined waste bin to dispose of single-use sanitizing wipes		
	Floor markings in fitness facility.		Floor markings in fitness facility.		Floor markings in fitness facility.		
		ns and showers osed.	Changerooms and showers closed.		Changerooms and showers closed.		
	required upor	ck and sign in n entry including on passport.	Health check and sign in required upon entry including vaccination passport.		Health check and sign in required upon entry including vaccination passport.		
Administrative Controls	acompaymicated and signage		ed and signage communicated and si		communicat	ity limits ted and signage osted.	
			Pre-bookings for individual fitness where operationally possible.		fitness when	s for individual re operationally ssible.	
		masks must be		masks must be		masks must be	
4	I	times, except		times, except	I	times, except	
PPE	l	ely exercising.		ely exercising.	I	ely exercising.	
		y encouraged to ks even when	~ .	y encouraged to cs even when		encouraged to	
		reising.		cising.	wear masks even when exercising.		
	CACI	Cionig.	CACI	vising.	exercising.		

Changes to restrictions effective February 17



Personal gatherings return to normal



Organized gatherings at full capacity, dancing allowed



Indoor seated events at full capacity



Fitness centres, adult sports, dance at full capacity, tournaments allowed



Restaurants, bars and nightclubs at full capacity, no table limits, dancing allowed



Mask requirements are still in place



BC Vaccine Card requirements are still in place



COVID-19 Safety Plans are still in place

COVID-19 Key Messages



February 10, 2022

Thank you for your ongoing support in sharing messages with your community about COVID-19, and encouraging everyone to get vaccinated. You may attribute these messages to Island Health, or adapt them for your own use:

Key Messages - COVID-19:

- The Omicron variant of COVID-19 continues to spread more easily than past strains, impacting people in the community and our health care system.
- As of February 10, there were 104 people in Island Health hospitals with COVID-19, 13 of them in critical care. An
 additional 89 patients were in hospital after recovering from COVID-19.
- The majority of patients in critical care are unvaccinated or only partially vaccinated.
- To date in Island Health there have been 29,545 lab-diagnosed or epi-linked cases of COVID-19 and 195 deaths.
- In accordance with provincial guidance Island Health has adjusted our testing strategy. If you have mild
 symptoms of COVID-19, you do not need a test. Stay home and away from others until you feel well enough to
 return to your regular activities and you no longer have a fever.
- If you are unsure if you should be tested please follow BCCDC guidance.
- If testing is recommended, please call 1-844-901-8442 to receive instructions on how to pick up an at-home test
 kit from one of our testing sites. Details on at home testing can be found on the BCCDC's <u>'rapid antigen testing'</u>
 page.
- <u>Public health restrictions</u> remain in place, though Dr. Bonnie Henry says we can expect some to be lifted when the gatherings and events order expires on Feb. 16.

Key Messages - GET VACCINATED:

- Vaccines continue to provide the best protection against serious illness resulting from COVID-19 infection.
- Immunity can decrease over time. A booster dose helps you maintain and lengthen your protection.
- Invitations for booster doses are sent to people aged 12 or over, six months after the second dose.
- Thanks to expansion of Island Health clinics and the participation of approximately 180 pharmacies across Vancouver Island, appointments are available at many convenient locations.
- There is lots of capacity available and we strongly encourage those who have been invited to book their vaccine
 as soon as possible.
- All participating pharmacies and clinics are on the Get Vaccinated booking system making it very easy to choose
 where you would like to be vaccinated.
- Immunizations for children aged 5 to 11 is continuing. In our health region approximately 61% of children have received at least one dose.
- We strongly encourage parents to get their children vaccinated as soon as possible to keep them safe in school and able to participate in normal activities.
- Parents can make second-dose appointments for their children when they receive an invitation, which will be sent 8 weeks after their first dose.
- Island Health immunizers visited rural and remote regions in January to hold 'whole community' clinics for all
 eligible children, youth and adults who need first, second and booster doses. Smaller 'maintenance' clinics will
 continue to be held in those communities on a regular basis.

Please watch for and share content from Island Health's social media channels:

Twitter, Facebook and Instagram

COVID-19 Key Messages



VACCINATION COVERAGE BY LOCAL HEALTH AREA (AS OF FEBRUARY 8, 2022)

		Ages 5-11		
Local Health Area	One Dose	Fully Vaccinated	Third/Booster	First Dose
VI North	000/		Dose	4007
VI North	88%	85%	52%	49%
VI West	85%	82%	51%	28%
Alberni Clayoquot	90%	86%	50%	44%

Source: BCCDC COVID-19 Surveillance Dashboard

C兼VID-19

Who is testing recommended for?

Testing is recommended for people who meet one of the following criteria AND have symptoms associated with COVID-19 infection:

CRITERIA

1) People at greater risk of developing severe disease and currently eligble for treatment:

- Have had an organ transplant and are taking anti-rejection medications
- Are receiving treatment for cancer
- Have had a bone marrow or stem cell transplant
- Have been diagnosed with a primary immunodeficiency disorder

- Have advanced HIV or are not currently taking medication for it
- Are on dialysis and/or have severe kidney disease
- Are on active treatment with immunosuppressive therapies

2) People 18 years of age and older who are unvaccinated or partially vaccinated:

- Have not received at least 2 doses of a 2-dose series (e.g. Pfizer, Moderna, AstraZeneca)
- Have not received at least a single dose of a 1-dose series (e.g. Janssen) or it has been less than 14 days since your single dose vaccine.

3) Individuals who live or work in high-risk settings:

- Healthcare workers in hospitals, long-term care facilities, assisted living facilities or in a clinic in the community
- First responders (i.e. police officer, emergency medical technician /paramedic, or firefighter)
- Staff and residents in congregate settings, such as long-term care facilities, shelters, correctional facilities and group homes
- Communities that are far from testing centres and hospitals, such as rural, remote, or Indigenous communities, or work-camps

Symptoms of COVID-19

Fever or chills • Cough • Loss of sense of smell or taste • Difficulty breathing • Sore throat • Loss of appetite Runny nose • Sneezing • Extreme fatigue or tiredness • Headache • Body aches • Nausea or vomiting • Diarrhea





C*****VID-19 What to do if testing is not recommended?

If you have mild symptoms and testing is not recommended

- Stay home until your fever is gone and you feel well enough to return to your regular activities.
- Avoid non-essential high-risk settings such as longterm care facilities for 10 days after the start of your symptoms. You don't need a test to go to work or school as long as you don't have a fever and are well enough to be there.
- Continue to follow public health measures such as getting vaccinated with all recommended doses, wearing a mask and cleaning your hands often.

Managing your symptoms

Most people can safely manage their symptoms with home treatment, such as drinking plenty of fluids, rest, and using a humidifier if you have one or hot shower to ease a cough or sore throat.

For a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

If your symptoms worsen, or if you do not improve after five or six days, call your family doctor, 8-1-1 or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call 911 if you:

Find it hard to breathe • Have chest pain • Can't drink anything • Feel very sick • Feel confused

For more information on COVID-19, go to www.bccdc.ca



C*****VID-19 What to do after testing positive



You need to:

- Report your test result
- Self-isolate
- 3 Manage your symptoms
- Notify your close contacts

Report your test result

It is important for public health to know your health history, where you may have been during your infectious period, such as where you work or live. The information you provide will help public health prioritize people who may benefit from public health follow up, and/or treatment for COVID-19.

Report your results at: reportcovidresults.bccdc.ca

Self-isolate

Self-isolation means keeping away from others to help stop the spread of COVID-19. To learn more, visit: bccdc.ca/covid19selfisolation

People younger than 18 years and fully vaccinated people 18 years and older

5 days

- V
- You have isolated for at least 5 days
- V
- Your fever is gone without medication
- V
- Your symptoms have improved

People 18 years and older who are not fully vaccinated



- V
 - You have isolated for at least 10 days
- V
- Your fever is gone without medication
- V
- Your symptoms have improved

Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) or it has been more than 14 days since you received a single dose of a 1-dose series (e.g. Janssen).

Continue to isolate for longer if you have a fever or are not feeling better. When you end isolation, you are unlikely to pass on COVID-19. However, it can take longer to recover from the illness. Most people feel better within two weeks. Some people with more severe symptoms can take 12 weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

If you have returned from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. For more information, visit travel.gc.ca/travel-covid.

C*VID-19 What to do after testing positive



Manage your symptoms

Most people can safely manage their symptoms at home by drinking plenty of fluids, resting, and using a humidifier (if you have access to one) or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID-19.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call 8-1-1, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call 9-1-1 if you:

- · Find it hard to breathe
- Have chest pain
- Can't drink anything



Notify your close contacts

If you test positive for COVID-19, you may let your close contacts know so they can monitor for symptoms. Generally, you should notify:

You should notify:

- People you live with
- People you had intimate contact with

Everyone in the household should monitor symptoms consistent with COVID-19 and stay home if they develop symptoms. You can provide your close contacts with the handout, Instructions for close contacts.

Vaccination after COVID-19

If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation.

Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection.

Learn more about vaccination: bccdc.ca/covid19vaccine



C*****VID-19 Planning for your vaccine





You're pregnant, breastfeeding or thinking about getting pregnant. Should you get a COVID-19 vaccine?

COVID-19 vaccination is recommended for all people 12 years of age and older, including people who are pregnant, breastfeeding or who may become pregnant.

Pregnant people are at increased risk of serious illness and complications from COVID-19 infection. Vaccines can drastically reduce this risk and can be given safely at any time while trying to conceive, during pregnancy or while breastfeeding.

Evidence from around the world continues to grow and has not found any safety concerns for pregnant or breastfeeding people who were vaccinated or for their babies. Studies have shown that pregnant people who get a COVID-19 vaccine receive the same levels of protection that non-pregnant people do, and that this protection can be passed on to your baby.



COVID-19 vaccination during pregnancy or breastfeeding

It is important to know that:

- There are currently no known serious risks (such as an increased risk of miscarriage or possible birth defects) when getting a COVID-19 vaccine while pregnant or breastfeeding* (or providing expressed human milk) to either the person being vaccinated or the child.
- There is no need to change your breastfeeding routine or plan if you get a COVID-19 vaccine.
- * Not everyone uses the term breastfeeding to describe their feeding experience and may prefer to use other terms such as nursing or chestfeeding. You can use whichever terms you're most comfortable with, and you can ask that your friends, family and health-care providers use them, too.

Benefits of getting a COVID-19 vaccine while you are pregnant or breastfeeding

Currently available COVID-19 vaccines are very effective in preventing people from getting sick with COVID-19.

- Being vaccinated can help protect you from getting sick with COVID-19 and reduces the risk of spreading it to others.
- The vaccine helps your body produce antibodies that will protect you from getting sick if you are exposed to COVID-19.
 These protective antibodies pass into your milk and may also protect your baby from infection.
- The COVID-19 vaccines are safe, have no live virus and cannot cause COVID-19.
- Other vaccines are safely given in pregnancy or during breastfeeding, including tetanus-diphtheria-pertussis and influenza vaccines.

- If you are unvaccinated and infected with COVID-19 during your pregnancy, you are three times more likely to end up in the intensive care unit (ICU) than those infected with COVID-19 who are not pregnant.
- If you are pregnant and you have diabetes, asthma, high blood pressure, kidney, liver, lung or heart disease, are very overweight or are a smoker, you are even more likely to develop serious illness from COVID-19.
- Preterm birth and admission of baby to neonatal intensive care units have been shown to be more common when born to pregnant people who are infected with COVID-19.

C*****VID-19 Planning for your vaccine





You're pregnant, breastfeeding or thinking about getting pregnant. Should you get a COVID-19 vaccine?

Risks of getting a COVID-19 vaccine while pregnant or breastfeeding

The US Center for Disease Control shared evidence from studies on the safety of receiving an mRNA COVID-19 vaccine during pregnancy. They did not find any safety concerns for pregnant people who were vaccinated or their babies. Another report looked at pregnant people enrolled in a study who were vaccinated before 20 weeks of pregnancy. There was no increased risk for miscarriage among people who received an mRNA COVID-19 vaccine during pregnancy.

Mild to moderate side effects are common after receiving a COVID-19 vaccine and include:

- · Pain, redness or swelling at the injection site
- Fatigue
- Headache
- Fever, which in pregnancy or when breastfeeding can be managed safely by taking acetaminophen (e.g., Tylenol®)

For people who get vaccinated while pregnant or breastfeeding or for those who become pregnant shortly after vaccination, you may wish to participate in a study on COVID-19 vaccination of pregnant and lactating women with the University of British Columbia: https://ridprogram.med.ubc.ca/vaccine-surveillance

What do experts currently recommend?

The BC Centre for Disease Control recommends vaccination for pregnant people because it reduces the chance of getting COVID-19 during pregnancy. Vaccination protects you, your baby and those around you.

The Society of Obstetricians and Gynecologists of Canada (SOGC) recommends that pregnant or breastfeeding people should be offered the COVID-19 vaccine at any time if they have no symptoms or medical conditions preventing them from getting immunized.

The SOGC also says that a vaccination decision should be based on an individual's personal values and their understanding of the risks and benefits of getting or not getting the vaccine while pregnant or breastfeeding.

Canada's National Advisory Committee on Immunization (NACI) recommends that a complete series of COVID-19 vaccine be offered to pregnant and breastfeeding people.

When can I get the COVID-19 vaccine?

You can get a COVID-19 vaccine at any time. The BCCDC has more information on COVID-19 vaccines that can help: www.healthlinkbc.ca/healthlinkbc-files/covid-19-vaccines

How can I best protect myself and my baby during pregnancy, pregnancy planning or breastfeeding?

- Get the COVID-19 vaccine as soon as you can through a public health clinic, pharmacy or other medical clinic offering the vaccine, as available.
- Continue to practice the public health measures that are recommended (handwashing, masking, avoiding crowded indoor spaces).

If you get the COVID-19 vaccine, continue to follow Public Health Guidelines:

Maintain physical distance, clean your hands regularly, wear a mask, and follow public health advice.

C*VID-19 Vaccination for children





5-11 years old

What are the benefits to getting children vaccinated against COVID-19?

While most children who get COVID-19 have a minor illness, a small number get very sick. Some children may continue to have health issues for long periods of time after the initial illness. Children are also able to pass on COVID-19 to other people in their families and communities.

Vaccinating children helps keep them safe as well as others around them – especially older adults, younger children and infants, and those with illnesses.

COVID-19 vaccine approval process for children

There is a very strict process to test and approve vaccines in Canada. These vaccines work and are safe for children aged 5-11.

Who is eligible for the COVID-19 vaccine for children?

This vaccine is for any child between 5 and 11 years. If your child is 4 years old, you will not be able to get them vaccinated until after their 5th birthday. The vaccines are free and your children do not need BC Care Cards to receive them.



How can I explain how the COVID-19 vaccination works to my children?

Explain that the vaccine helps make sure they don't get sick by quickly fighting off the virus that causes COVID-19. The vaccine is so powerful that it even helps to protect the people around them, including their family and friends. Kids Boost Immunity has videos that explain more.

Who can provide consent for children to be vaccinated?



Parents/guardians, (including foster parents and prospective adoptive parents) and other custodial caregivers (for example, a grandparent who is raising the child).

Only one parent or legal guardian is required to give consent. The process for collecting consent may be different depending on the immunization clinic you attend.

Can children get the COVID-19 vaccine at the same time as other vaccinations?

Yes. The COVID-19 vaccine can be given at the same time as other childhood vaccinations, including the flu shot.

These support techniques apply to other childhood vaccinations. Check if your child is up-to-date with their vaccines at children's immunizations schedules. Arrange with your healthcare provider to have any missed vaccinations given as soon as possible.

Before the appointment

- Children should be told about the injection close to the actual day of the vaccine. For school-age children, one day before may be appropriate.
- Encourage your child to ask questions.
 It's important they understand what
 will happen at the appointment
 and feel comfortable. HealthLink
 BC has more information on
 preparing children for vaccines:
 https://www.healthlinkbc.
 ca/healthlinkbc-files/
 immunization-experience-child



- Try the CARD system to help your child find their preferred way to prepare for the vaccine:
 - Comfort
 - Ask
 - Relax
 - Distract
- There are simple breathing techniques that young children can learn to keep calm. Children can practise breathing exercises by pretending they are blowing bubbles. A team from BC Children's Hospital has developed a game to help children practise belly breathing which is proven to manage anxiety. Access it at respiire.com/COVID-19.html

C*VID-19 Vaccination for children 5-11 years old





On the day of the appointment

- Some people find numbing creams or patches help.
 You can buy these without a prescription at most pharmacies. Apply them an hour before the appointment.
- Do not focus your child's attention on the needle with comments like "It'll be over soon, and you'll be okay," as this can increase stress. Instead, try distracting them with puzzles or chatting, and breathing techniques.
- Healthcare providers at immunization clinics are trained to work with children and can help you to support your child.



For more information on COVID-19 vaccination for children, including how to register your child, visit http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-children

After the appointment

- There are some common side effects such as pain, redness and itchiness at the injection site. These will pass quickly. Serious side effects are very rare, but if you notice any health changes contact 811 or your healthcare provider.
- One very rare side effect is myocarditis, or inflammation
 of the heart muscle. Most cases are mild and treated
 with rest and improve quickly. COVID-19 disease can also
 cause myocarditis and the risk of it from the disease is
 much higher than the risk from vaccination.
 - · Symptoms to look out for:
 - · Chest pain
 - · Shortness of breath
 - · Feeling of a rapid or abnormal heart rhythm

If your child experiences these symptoms, seek medical help right away. Inform the healthcare provider that your child received a COVID-19 vaccine recently.

COVID-19 vaccination has no impact on future fertility.
 There is no biological way for this to occur.



C*****VID-19 Vaccine boosters & 3rd doses





While booster doses and 3rd doses for COVID-19 may seem similar, they actually have very different purposes.

Booster dose

A booster dose is given as immunity may decrease over time.

A booster dose helps you maintain and lengthen your protection against COVID-19.



For people who received the Janssen vaccine, only 1 dose is needed to be fully immunized.

Who is a booster dose for?

Everyone 18 years of age
and older will be invited to get
a booster dose of the COVID-19
vaccine, 6 months after their
2nd dose.



Which vaccine is recommended for a booster dose?

- You will be given an mRNA vaccine, either Moderna or Pfizer.
- There is no need for your booster to be the same brand as your previous vaccines.
- Getting an mRNA vaccine booster is highly effective and safe, even if you received AstraZeneca or Janssen vaccine for a previous dose.

3rd dose

Some people, like people with compromised immune systems, need 3 doses to achieve the level of protection that most people get with 2 doses.



For people with compromised immune systems who received the Janssen vaccine, 2 doses are needed to be fully immunized.

Who is a 3rd dose for?

A 3rd dose is recommended for people with moderate to severely compromised immune systems such as those receiving dialysis or active cancer treatment.

See the full list on the BCCDC website or speak to a medical care provider.



Which vaccine is recommended for a 3rd dose?

- The Moderna vaccine is recommended for a 3rd dose as it helps develop a slightly stronger immune response in people with compromised immune systems.
- If Moderna is not available, the Pfizer vaccine also provides an effective increase in immunity.
- There is no need for your 3rd dose to be the same brand as your previous vaccines.

What you need to know

You will be notified when you are eligible for your booster or 3rd dose. Make sure you are registered in the Get Vaccinated system online or by calling 1-833-838-2323.

Your invitation to get vaccinated will say whether you are getting a booster or 3rd dose.

- It is important to get all the recommended doses, including booster doses, to have the best protection against COVID-19, especially severe disease.
- At this time, there is no requirement to get a booster or 3rd dose to be considered fully vaccinated for the B.C. Vaccine Card.

To learn more, visit: gov.bc.ca/gov/content/covid-19/ vaccine/booster

bccdc.ca/health-info/diseasesconditions/covid-19/covid-19-vaccine

Or call 8-1-1.



The facts about COVID-19 Vaccines



What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become sick, it prevents more severe illness.

WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK

COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 - preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people who are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING INDIGENOUS PEOPLE IS A PRIORITY



Indigenous people are disproportionately affected by COVID-19. The FNHA's Medical Officers strongly recommend that Indigenous people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures for now until more people are immunized.

STAY STRONG, STAY THE COURSE.

For more information, visit www.fnha.ca



COVID-19 Vaccines and Your Baby

Is it safe to get a COVID-19 vaccination if I am pregnant?

Yes.

All available COVID-19 vaccines approved in Canada can be used during pregnancy and breastfeeding.*



Why should I get a COVID-19 vaccination?

Pregnant people are more likely to have severe COVID-19 symptoms than non-pregnant people.

Risk is higher if you are 35 years of age or older, or have a health condition such as asthma, diabetes, obesity or high blood pressure.

COVID-19 can increase your risk of premature birth.

Is it safe to breastfeed after I get a COVID-19 vaccination?

Yes.

Babies under one year of age may be at higher risk of severe illness if they catch COVID-19.

Breastfeeding protects babies when they are sick and when others around them are sick.**



Can I get COVID-19 from the vaccine?

No.

None of the available COVID-19 vaccines contain the virus. They carry instructions to your cells on how to fight the virus if it enters your body.





I'm still not sure. Can I get more information?

Getting vaccinated is always your choice. If you have questions about vaccines, ask your community health nurse or call **HealthLinkBC** at 811 or the **First Nations Virtual Doctor of the Day at 1-855-344-3800.**



People in BC who are pregnant are eligible to receive COVID-19 vaccines as a priority population.

STEP 1: register for your vaccination at gov.bc.ca/getvaccinated
STEP 2: phone 1-833-838-2323 and let them know you are pregnant

*Society of Obstetricians and Gynecologists of Canada (SOGC) Statement on COVID-19 Vaccination in Canada, May 25, 2021
**BC Centre for Disease Control, Breastfeeding and COVID-19 Updated August 6, 2021

www.fnha.ca

Tseshaht Garbage Pick-up



	Regular Pick-up								
	JANUARY								
S	М	Т	W	Т	F	2			
						1			
2	3	4	5	6	7	8			
9	10	11	12	13	14	15			
16	17	18	19	20	21	22			
23/30	24/31	25	26	27	28	29			

FEBRUARY								
S	М	T	w	Т	F	\$		
	31	1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28							

MARCH							
S	М	T	w	T	F	\$	
	28	1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

	APRIL								
S	М	Т	W	Т	F	S			
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3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			

	MAY							
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22	23	24	25	26	27	28		
29	30	31						

	JUNE								
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12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29	30					

			JULY			
S	М	T	W	Т	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

			AUGUST			
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28	29	30	31	·		

		5	EPTEMBE	R		
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

			OCTOBER			
S	М	Т	W	Т	F	\$
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

		ı	NOVEMBE	R		
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	·		

DECEMBER						
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				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May 2021 to April 2022 Tseshaht FN

Note: Your Recycling Pickup Day is shown shaded in BLUE

MAY	JUNE	JULY
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2 3
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
30 31		
AUGUST	SEPTEMBER	OCTOBER
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
29 30 31	26 27 28 29 30	24 25 26 27 28 29 30
29 30 31	20 27 28 29 30	31
		31
NOVEMBER	DECEMBER	JANUARY
NOVEMBER S M T W T F S	DECEMBER S M T W T F S	JANUARY S M T W T F S
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S M T W T F S 1 2 3 4 5 6	S M T W T F S 1 2 3 4	S M T W T F S
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11	S M T W T F S 1 2 3 4 5 6 7 8
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18	S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15
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For more information on what can be put in your curbside recycling bins visit www.recyclinginbc.ca

PLEASE ENSURE THAT YOUR RECYCLABLES ARE <u>CLEAN</u> WHEN PUT OUT FOR RECYCLING

For service inquiries contact Waste Management @ 1-800-774-9748

Recycling Pick-Up Day

RECYCLING BLUE BOX IS TO BE PLACED AT THE CURB BEFORE 7:00 am ON COLLECTION DAY

Statutory Holidays

If a Statutory Holiday falls on a Monday, pick-up will happen the follwing day regular pick-up day



