

COVID-19 PANDEMIC YOUTH RESOURCE GUIDE



15 May 2020

COVID-19 Pandemic - Youth Health Update

The COVID-19 health crisis is affecting all of us. With the closure of schools, fitness facilities, and regular youth programs, COVID-19 has interrupted your life as well. In addition, while we all adjusted deal with the “new normal”, we acknowledge that not being able to hang out with your friends is especially difficult for youth.

However, COVID-19 continues to represents a serious health threat to our community. All of us, including you - our youths - need to continue to follow the public health guidelines to protect ourselves, our loved ones and our Elders. This includes physical distancing (read more about that in the following pages) and frequent handwashing. During this time, it is also important to maintain our physical and mental wellness. This update provides you with resources geared toward your age group and we hope you will find it valuable.

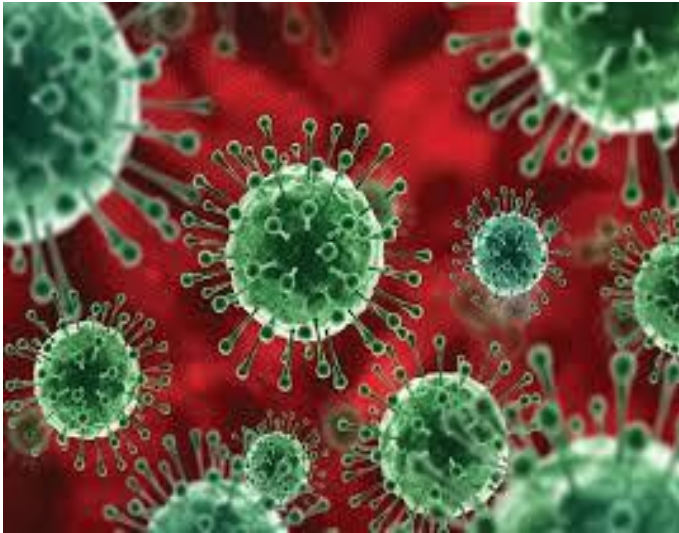
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Please email communications@twnation.ca or call the Health Centre 604-929-4133 if you have any questions about COVID-19. More resources can be found at www.twnation.ca.

#LetOurNumbersBeZero

Covid-19 Information for Youth – FAQ's



What is a coronavirus? Coronaviruses are a type of germ that are quite common. Corona means crown, and corona viruses under the microscope look like a spikey crown. They are quite pretty, actually.

Usually, they cause the common cold. But now, a newly discovered virus (novel coronavirus) is causing a disease called COVID-19. This is a lung infection. A lot of the signs that you're sick are like the cold or flu.

Where did the new novel coronavirus come from? We think this coronavirus usually lives in bats. At first, one person was infected from an animal, but now it is spreading from one person to another.

What kind of illness does the novel coronavirus cause? Most healthy people who are infected with the new, or novel, coronavirus will have a mild illness like a cold or flu. They may have a fever, cough, sore muscles or a sore throat. Some people may feel short of breath. Young people are more likely to have a mild illness. People who are much older or who already have health problems are more likely to get sicker with novel coronavirus and may need to be in the hospital. You can help protect them from the virus by not visiting if you are sick. While you may not be able to visit, it's important to stay in touch. Call, text, video chat or mail letters and pictures. Connect often as it's easy to feel lonely when you can't see the important people in your life.

Symptoms of CORONAVIRUS (COVID-19)



Fever



Shortness of breath



Cough



How does Covid-19 spread? Novel coronavirus spreads the same way as other viruses that cause colds and flus. When people cough or sneeze, tiny drops of liquid go into the air. If the person has the coronavirus, the virus can be in those droplets and make others sick. One way a person can get sick is by breathing in tiny drops that have the virus in them, that can happen while talking with or being close to someone who is sick. Another way is by someone touching something that tiny drops have landed on and

then touching their mouth, nose or eyes. Sharing dishes and forks and spoons, water bottles and drink containers could also spread the virus from someone who is sick to someone who is not.

How do I help protect my family and our Elders? The best ways to avoid getting sick and help to avoid spreading the virus are:

- Frequent handwashing with soap and water for at least 20 seconds. Soap and water are always best. But, if soap and water are not available, you can use hand sanitizer. If your hands are dirty, or you have touched a surface others also have touched, wash your hands.
- Don't touch your eyes, nose or mouth until your hands are washed.
- Cough or sneeze into your elbow or a tissue, then wash your hands.
- Clean high-touch surfaces (door knobs, counter tops) often
- Practice physical distancing (see next page).
- Self-isolate if you are sick or have returned from an international trip

Me after washing my hands for 20 seconds 57 times in one day



What can I do to help a friend or classmate who is worried about novel coronavirus? It is normal for people to worry about something new that is happening. Some of your friends and classmates may be worried about becoming sick, or they may be worried about friends or relatives. You can help your friends and classmates by listening to their worries and sharing what you know from trusted sources.

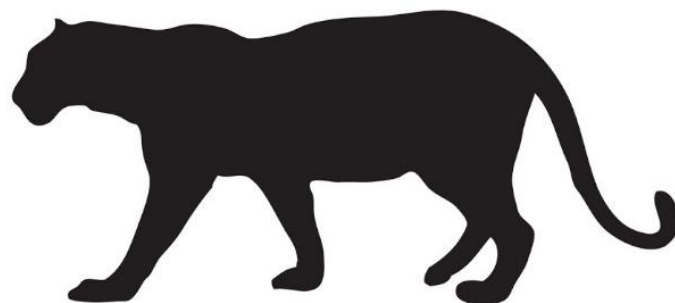


What is social and physical distancing and why should I care? Social or physical distancing puts space between people. When people who are infected with the virus stay away from others, they can't pass it to anyone else. This way, fewer people get sick at the same time. Then, doctors and hospitals are better able to keep up with treating those who need care.

Social/physical distancing means:

- Not going out unless it is necessary. Necessary reasons to go out include buying food, getting medical care, or going for a walk or a bike ride alone or with members of the household.
- If you have to go out, make sure you are at least 2 meters away from other people. Viruses can spread when someone sneezes or coughs out tiny droplets. They may even spread when people talk. These droplets don't usually travel more than 2 meters before falling to the ground.
- Not getting together in person with friends or family not living in your household
- Not sharing food with people outside your household
- Not sharing rides other than with people from your household

How far is 2 metres?



Remember: People who look healthy still can be infected and can spread the virus. That's why it's important to stay away from everyone, even if they don't seem sick.

What is self-isolation? Self-isolation is when you are asked to separate yourself from others as much as possible. The purpose of self-isolation is to prevent the spread of COVID-19 to others in your home and your community.

You **must** isolate yourself for at least 14 days if you have:

- symptoms of COVID-19, even if they are mild
- been in contact with a suspected, probable or confirmed case of COVID-19
- been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
- returned from travel outside Canada

Where can I learn more? You can find trustworthy information about novel coronavirus by visiting the <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>. Some of the information on the website may be scientific or technical, so it may be better to look at the website together with a parent or a trusted adult. CBC Kids News has some great videos about how to protect yourself from coronavirus. The Helping House nurse, Sibylle, also is available to answer your questions. You can reach her at 604-353-5314.



@SIOUXSEW ARTOTL Hespinoff.co.nz

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But I am so Bored

Physical distancing can feel lonely and isolating. You are longing to hang out with your friends, and Zoom parties just don't cut it any more. You are not alone in feeling frustrated with the limitations to our social life and our gatherings.

Look at it in a positive way, all that free and alone time can lead to a lot of creativity. Is there something you always wanted to learn or do? This list of resources may provide some new ideas for you.

Get physical. Going outside is a great way to stay physically and mentally healthy. Running is an easy way to burn off some energy – and as a positive side effect, gets our body to produce “happy hormones”. If running is not your thing, check out these online resources.

- **YMCA Fitness Videos:** <https://ymca360.org/on-demand>
- **Fit Nation**



FitNation
ANYONE | ANYTIME | ANYWHERE

**JUMP ON-LINE
AND JOIN US!**

Workout on your own schedule
with I-SPARC and FitNation

Follow our experienced leaders on YouTube as they guide you through FitNation workouts geared to your fitness level. There's a little something for everyone!

New workouts added weekly!
Subscribe to the channel today!

May 1	May 8	May 15	May 22
Justin Kelly SHKX'OWHAMEL FIRST NATION	Buzz Manuel UPPER NICOLA INDIAN BAND	Damien Ketlo NADLEH WHUT'EN FIRST NATION	Janice Johnson TSESHAHT FIRST NATION
Introductory Workout	Intermediate Workout	Advanced Workout	Chair Modifications Workout

[youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q](https://www.youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q) 

 ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

 Canada

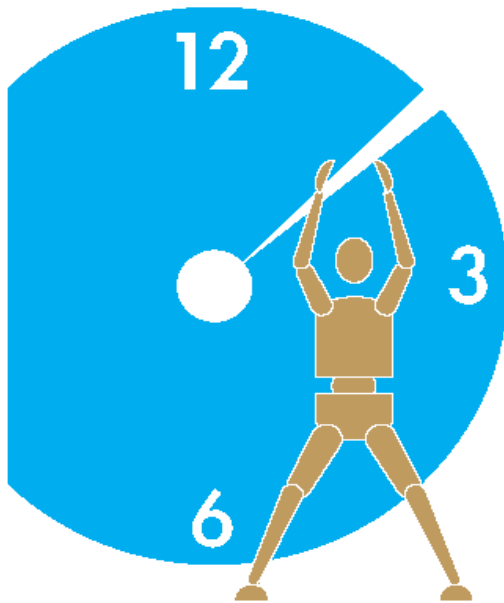
 BRITISH
COLUMBIA

 First Nations Health Authority
Health Strategy Unit

 METS NATION
MULTI-ETHNICITY
CONFIDENCE

 METROPOLITAN
HEALTH SERVICES

- High Intensity Fitness Circuit



Time Saver: High Intensity Fitness Circuit in Minutes

What is it?

This workout involves completion of 12 key aerobic and strengthening exercises of all the major muscle groups in rapid succession with 10 seconds of rest between exercises.

What does it feel like?

Each exercise takes 30 seconds and is performed at a high intensity. Your effort level during the seven minutes should be at an 8 out of 10 points, where 0=rest and 10=highest level of effort you can perform. You will be breathing hard and your heart rate will increase.

Special considerations and safety:

- The execution and form of each exercise is a priority for safety and optimal fitness gains
- Avoid holding your breath during any exercise
- ACSM recommends doing an appropriate warm up and cool down before and after any exercise session.

What kind of exercises are included?

Workouts may vary slightly, but typically include aerobic exercise (jumping jacks, high knees), strengthening exercise (wall sits, squats, lunges, step ups onto a chair, triceps dip on a chair, push-ups, push-ups on a rotation), and core stability (planks, side planks, abdominal crunches). The order of the exercises is important to follow to allow one muscle group to rest while another is exercising.

Why participate in this kind of workout?

- Time: Vigorous exercise can be done in short time (this circuit is approximately 7 minutes and can be repeated 2 to 3 times).
- Space: With only your own body weight, a chair and a wall, a short invigorating exercise bout can be accomplished in a space like a small office.
- Health and Fitness Benefits: High intensity exercise can increase muscle activity and heart rate and contribute to healthy weight management. Short bouts of challenging exercise may also provide meaningful benefits such as helping to reduce insulin resistance, strengthen your joints and improve your posture.
- Cost: Free!
- Feels refreshing.

How to access the program:

Online, mobile phone or watch apps
["Seven", 7 Minute Workout®]

<p>Start</p> <p>1. Jumping jacks (total body)</p>	<p>2. Wall sit (lower body)</p>	<p>3. Push up (upper body)</p>	<p>4. Abdominal crunch (core)</p>
<p>5. Step-up onto chair (total body)</p>	<p>6. Squat (lower body)</p>	<p>7. Triceps dip (upper body)</p>	<p>8. Plank (core)</p>
<p>9. High knees (total body)</p>	<p>10. Lunge (lower body)</p>	<p>11. Push-up and rotation (upper body)</p>	<p>Finish</p> <p>12. Side plank (core)</p>

Aerobic Exercise

Strengthening Exercise

Core Stability

Brochure content by Heather K. Vincent

Source: ACSM's Health & Fitness Journal®. Kikka and Jordan, High-intensity circuit training using body weight: maximum results with minimal investment. 2013; 17(3):8-13.

Get brainy.

- **UBC** has a great list of online resources (a lot of them are absolutely free) for the geeks among you. <https://geeringup.apsc.ubc.ca/online-resources-for-kids-during-covid-19/>
- **Wild Earth Safari:** https://www.youtube.com/channel/UCV6HJBZD_hZcIX9JVJ3dCXQ/videos
- **Virtual tours of museums, theme parks, and zoos:** <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Get involved. The response to the COVID-19 health crisis is not just affecting our community, Vancouver, BC, or Canada. It is a global pandemic, meaning that it has spread throughout the world. Find out what is happening in Indigenous communities around the globe and how you can get involved:

- **UN Youth Envoy – Five Things Young People Can Do Against Coronavirus:** <https://www.un.org/youthenvoy/2020/03/5-things-young-people-can-do-against-coronavirus/>
- **Cultural Survival Advocacy:** <https://www.culturalsurvival.org/covid-19>

Get eating. Eating well supports your physical and mental health. Perhaps you always wanted to learn more about the plants in your neighborhood and how our ancestors used them to prepare local food. Connect with an Elder in your life (virtual if they are not living with you) and be amazed how many of our plants are edible (and yummy).

- **FNHA Healthy Eating Resources:** <https://www.fnha.ca/wellness/wellness-and-the-first-nations-health-authority/wellness-streams/eating-healthy>
- **Coastal BC Native Food Guide:** <http://www.wabano.com/wp-content/uploads/2015/03/Coastal-BC-Native-Food-Guide.pdf>

Get mellow. Taking care of your mental health is as important as your physical health. At the end of this resource, you will find phone numbers if you need to reach out to someone. The list below is meant to give you some ideas how to feel well emotionally.

- **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>
- **Start Journaling:** Check out the tips here: <https://headspace.org.au/blog/how-to-start-a-journal/>
- **Yoga with Adriene:** <https://www.youtube.com/user/yogawithadriene>



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

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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-F0UNDRY (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.youthagainstviolenceline.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 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.

Important Resources

TWN Helping House

- Reception: 604-929-4133
- Laura Avery (Mental Health Team): 604-787-5468
- TWN Student Lunch Program (ages 5-18), contact Cassandra Smith for any questions @ casssmith_youth@twnation.ca
- Sibylle Tinsel (Community Health Nurse): 604-353-5314

Mental Health Resources

- **Kuu-Us Child/Youth Crisis Line:** 250-723-2040, <https://www.kuu-uscrisisline.ca/>
- **Kids Help Phone:** 1-800-668-6868 and <https://kidshelpphone.ca/>
- **The Foundry – North Shore:** <http://foundrybc.ca/northshore> For young people aged 12-24.
 - **Drop-In Support:** The drop-in care team is available to support by phone (**604-984-5060**), Monday – Thursday, 1 – 5 p.m. Your call will be forwarded to a drop-in care team member. If they're experiencing a large number of calls, you will be given an approximate time when a care provider will call you back.
 - **Primary Care Drop-In Clinic:** Primary care and medical services are available by phone (604-984-5060), Monday – Thursday, 2:30 – 5 p.m.
 - **Peer Support:** If you need to speak with a peer support worker, call 604-984-5060 Monday – Thursday, 1 – 5 p.m. The peer support worker will call you back.
 - **Parent Navigation:** If you need to speak with a parent navigator, call 604-984-5060 Monday – Thursday, 1 – 5 p.m. The parent navigator will call you back.
- **UNYA – Urban Native Youth Association:** Connect virtually by calling 604 254 7732
- **Bounce Back** (Free virtual program to deal with anxiety for adults and youth 15-18): <https://bouncebackbc.ca/>
- **Youth in BC Online Chat:** Youth in BC 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. <http://www.youthagainstviolenceline.com>

North Shore Resources for Youth

- **District of West Vancouver Youth Outreach:** Free, anonymous, confidential support services for youth available 24/7 by phone and online (including live chat).
Phone: 604-925-7244; agelz@westvancouver.ca; <https://westvancouver.ca/parks-recreation/youth-centres/resources?>
- **Parkgate Community Service Society | Youth:** <https://www.myparkgate.com/youth/parkgate-youth-connect/>
- **The Foundry – North Shore:** <http://foundrybc.ca/northshore> (see above for more information)

COVID-19 FAQ's and Updates:

- <https://twnation.ca/about/twn-faqcovid19/>
- **BC Centre for Disease Control:** <http://www.bccdc.ca/healthinfo/diseases-conditions/covid-19>
- **FNHA:** <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>
- **COVID-19 Information Line:** 1-888-COVID19 (1-888-268-4319)