

# COVID-19 PANDEMIC INFORMATION UPDATE



May 29, 2020

# COVID-19 Community Health Update

Summer is almost here. The curve has been flattened and the Province of BC has relaxed some of the COVID-19 restrictions. However, we need to continue social distancing, handwashing and being cautious. This includes respecting the TWN COVID-19 bylaw and public health recommendations. The risk to our community is still there. COVID-19 is still with us!

This issue of your TWN COVID-19 Health Updates, provides us with tips to safely navigate summer activities, news on mask wearing, important facts about our privacy, and reminds us of the importance of immunizations.

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Please email [communications@twnation.ca](mailto: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](http://www.twnation.ca).

**#LetOurNumbersBeZero**

# Summer in the Times of COVID-19



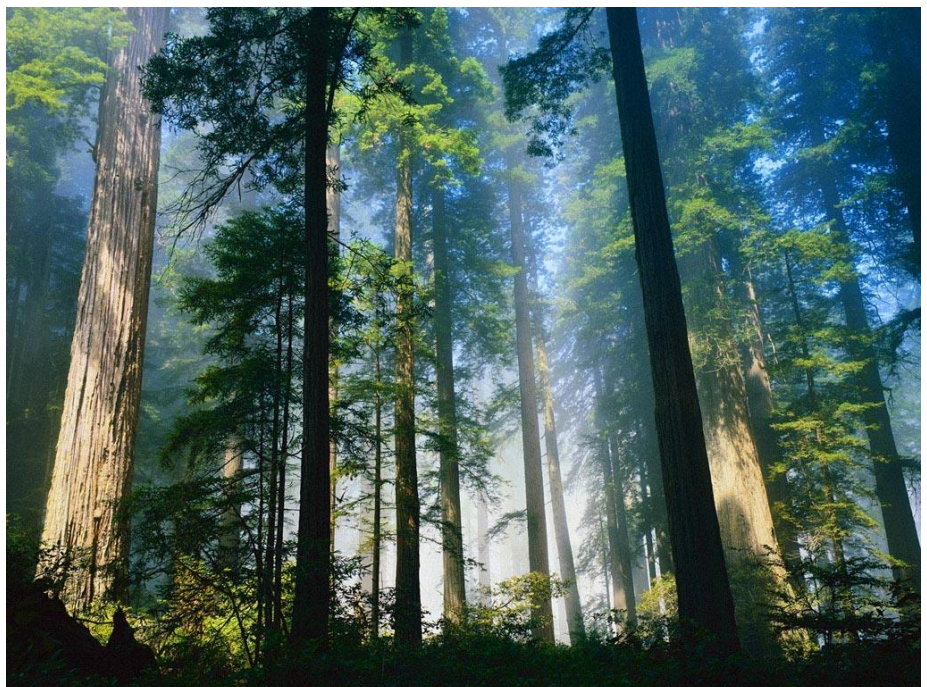
Enjoying summer sunshine is a great opportunity to get out on the land and nurture our spirits. We just have to do it in a safe way, without giving the virus a chance to spread into our community.

We hope this resource helps you to navigate summer in the times of COVID-19.

## Stay Local. Reconnect to the Land

Spending time on our traditional land and waters can be a safe way to connect with Mother Earth, learn from the wisdom of our ancestors, and nurture our physical, mental, spiritual and emotional well-being.

The risk to contract COVID-19 is much lower outside than inside. Remember to stick to the social distancing rules, stay within your household group, and always keep two meters distance between people who don't live with you.



## Outdoor Picnic or BBQ on Reserve

An outdoor get together with your neighbors is possible as long as all members of the group are permitted on reserve, the group is smaller than ten people, and you can maintain social distancing and you are following the rules of the COVID-19 Community Protection By-law.

## Picnic off Reserve

You can safely plan a picnic in a park or at the beach off reserve as long as you

- Keep your group small
- Maintain a physical distance of at least two metres from people not living in your household, including in parking lots and trail entrances.
- Comply with closures of playgrounds, nature play areas and picnic shelters.
- Wash or sanitize hands frequently during the day and upon returning home.
- Dispose of any tissues in designated garbage bins.
- If you are sick, please protect others by staying home and not visiting parks until you are well.



## Sharing Food

The good news is that there are currently no reported cases of COVID-19 being spread through food. However, to limit possible transmission through touching contaminated utensils and containers, it is recommended that you do not share food or dishes. An easy rule

to follow would be that everyone brings their own supplies, from picnic blanket or beach chair, to food and drinks.





## Playing Outdoors

A good rule of thumb – it would seem – is that if the outdoor activity is touchable or brings you closer than two meters to players who don't live with you, it is not a good idea. This would mean throwing a ball or a frisbee is out, however, you can still kick a ball around if you don't touch it with your hands (or head). Running,

cycling, nature walks, canoeing (all while maintaining physical distancing) are safe activities you can enjoy this summer.

## Enjoying Water

Good news! There is no evidence that the virus that causes COVID-19 can be spread through the water in pools, hot tubs, spas, or water play areas. Proper operation and maintenance (including disinfection with chlorine and bromine, following applicable guidelines) of these facilities should inactivate the virus in the water. Similarly, swimming in the ocean or lake is thought to be safe.

The bad news is that you still need to maintain physical distancing. So, if you have a backyard pool, and you would love to share, keep your group small to allow two meters of distance between non-household members. And of course, keep groups to under ten people to comply with the TWN COVID-19 Bylaw.



## Reflect and Learn

Each of us play a role in protecting our communities and loved ones. Keeping our Elders and knowledge keepers safe is more important now than ever.



# Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



## Physical distancing

Protect yourself, your loved ones and your community from COVID-19



March 23, 2020

Physical distancing means making changes in your everyday routines in order to minimize close contact with others.

Keeping about two metres apart when we are outside our homes is something we can all do to help stop the spread of COVID-19.



Here are some other tips to practice physical distancing while keeping up mental wellness:

- |   |   |
|---|---|
|  Greet with a wave instead of a handshake, kiss or hug    |  Use food delivery services or online shopping  |
|  Exercise at home or outside                             |  Go outside for some fresh air <ul style="list-style-type: none"><li>Go for a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail while maintaining safe physical distance from others</li></ul> |
|  Get groceries and medicines at off-peak times           |  Use public transportation at off-peak times   |
|  Go for a walk with family or others you are living with |  Have kids play in the backyard or park  |
|  Work from home  |   |

### Remember to:

- Stay at home when you're sick, even if symptoms are mild
- Avoid crowded places and non-essential gatherings
  - No play dates, group walks, basketball games or gathering on the beach
- Take care of your mental well-being through checking in with loved ones and self-care
- Cough and sneeze into your elbow or sleeve
- Wash your hands regularly



Learn more at [bccdc.ca/covid19](https://bccdc.ca/covid19)

March 23, 2020  
Physical distancing: Protect yourself, your loved ones and your community from COVID-19



Ministry of  
Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



## Updated - Advice on Wearing Masks

**Updated public health guidelines now recommend the use of masks in situations where we might not be able to maintain physical distancing, for example in the grocery store.**

Since medical masks are difficult to obtain and are reserved for health care professionals, you may wonder how to get a suitable mask.

The document on the next page reminds you how to safely wear a mask.

If you are looking for a DIY project, Pretty Handy Girl at <https://www.prettyhandygirl.com/best-fit-face-mask/> has posted a written pattern that you can download as a PDF and a step by step video tutorial.

While the instructions might look confusing at first, it will all make sense if you follow them step by step. If you know how to sew a straight line with a sewing machine, you can do it. We like this pattern as it produces a well fitting mask with no gaps...it even has an option for a nose clip and a filter pocket.

And the US CDC has some simpler and no-sew patterns here (search CDC masks): <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

# Homemade Face Masks

## Should you be wearing a mask when you leave home?



Non-medical (homemade) masks are one tool that can be used by First Nations community members and the general public during the COVID-19 pandemic. Homemade masks are recommended for use in situations where you cannot physically distance yourself from others, like at the grocery store.

Physical distancing, hand washing and staying home when you are sick are all more effective and more important than wearing a mask. But face masks can play an important role when physical distancing is difficult to maintain.

### What You Need to Know

- Homemade masks can provide some protection to others around you when physical distancing is difficult to maintain, like when you're inside grocery stores or on public transit.
- Some people with COVID-19 can spread the virus before they develop symptoms. Therefore, wearing a mask helps to keep those around you safe, even if you have no symptoms or only mild symptoms.
- Homemade masks have not been proven to protect the person wearing the mask.
- Everyone needs to follow good mask etiquette to benefit from wearing a mask. This includes:
  - Washing hands before putting on and taking off the mask,
  - Never touching or adjusting the mask without immediately cleaning your hands after,
  - Not re-using a mask once you have put it on and not sharing your mask,
  - Not touching your face mask while using it,
  - Ensuring your mask fits well, and
  - Storing used masks safely until they can be properly washed.

**NOTE:** non-medical masks alone will not prevent the spread of COVID-19. Everyone must adhere to good hygiene and public health measures, including frequent hand washing and physical distancing.



# Privacy in the Times of COVID-19

The FNHA has released a document that outlines your right to privacy in the event you test positive for COVID-19. In case of a positive test in the community, public health officials will notify the **Chief and the Director of Health and Wellness** to inform them of the positive case.

- No names or personal information will be provided.

The **circle of care (regulated health care professionals)** and **circle of support (community leaders, health directors)** have information only on a need-to-know basis, and will not disclose personal information of a positive case.

- **Privacy and confidentiality of personal health information will be upheld within the circle of care.**

You can read the full document on the next page.

# COVID-19 – Notice and Follow-up Process for a Confirmed Case in a First Nations Community

## FNHA GUIDELINE

### **Pathway for disclosure In the event of a positive laboratory COVID-19 case In a First Nations community.**

- The Medical Health Officer (MHO) of the Regional Health Authority (RHA) is informed of the positive test result directly by the provincial lab. The RHA MHO has the legal authority and responsibility for receiving Communicable Disease (CD) lab reports, making case determinations, and directing the appropriate CD management.
- Concurrently, the MHO from the RHA will notify the FNHA's Chief Medical Officer (CMO) of the positive test result, or the positive case would be identified through the FNHA's First Nations COVID-19 surveillance data linkage.
- The client is informed of the positive test results by the CD nurse from the RHA, primary health care provider, CHN, or health care provider who ordered the COVID-19 test.
- The RHA CD team will work directly with the First Nations community's nursing staff to support and provide CD follow-up for community member, in collaboration with the RHA and in accordance with staffing levels and capacity.
- The FNHA CMO notifies the FNHA's Communicable Disease Control (CDC) team of the positive case. The FNHA CDC team may be engaged by the RHA CDC team. The FNHA CDC team collaborate and liaise within the FNHA and with RHA colleagues to support CD follow-up within communities as requested.
- The FNHA CMO will notify the Regional Executive Director (RED) and the RED will notify the Chief and the community health director to inform them of a positive case in their community, emphasizing that no names or personal information will be provided.
- The circle of care (regulated health care professionals) and circle of support (community leaders, health directors) have information only on a need-to-know basis, and should not disclose personal information of a positive case. Privacy and confidentiality of personal health information will be upheld within the circle of care.

*Personal information will not be disclosed by any employees or leaders without the express consent of the individual, unless the disclosure is permitted by law.*

# When to Seek Medical Care for Your Child?

It can be hard to know if you should take your child into a hospital or clinic at this time. Here is some information we hope will help you make your decision:

**Non-emergency care and clinics:** Primary care clinics and services are still open for business. If your local clinic is not available, or if you are without a home clinic, the First Nations Virtual Doctor of the Day program enables you to connect with a doctor (Tel: 1-855-344-3800).

**Emergencies not related to COVID:** An emergency is an emergency, even in the middle of a pandemic. You are still encouraged to attend your local Emergency Department or to call 911 if necessary. It is understandable if you are worried about your risk of infection, or are concerned about putting extra stress on health care staff at this time. But be assured that hospitals have taken steps to keep you and your family safe and the BC health care system has capacity to support you.

Kids will still be kids – they may break bones, get cuts, or have allergic reactions during a pandemic, so please seek emergency care if needed.

**Worried that your child has COVID-19?** Children's symptoms can be a little different from adults' symptoms. You should seek urgent care (call 911 or go to the ER) if your child:

- Is having difficulty breathing, e.g., wheezing, flaring nostrils, rib/chest expanding and contracting excessively.
- Has blue lips or skin, or appears very pale.
- Is coughing excessively, particularly with a fever.
- Is vomiting excessively, especially if there is blood in the vomit.
- Has diarrhea & vomiting, has no tears, & has not peed for several hours.
- Has a high fever, appears very sleepy, & has not improved with acetaminophen (Tylenol) or ibuprofen (Advil).
- Is under three months of age & has a fever of greater than 38 C (100.4 F).

While many sicknesses can be managed well at home, if you are at all concerned, please do not hesitate to reach out or seek care if there are any health concerns with your child.

Keeping children healthy and safe is a top priority—because our children are loved, and because they are our future!

# Updated - Immunizations at the Helping House

To avoid outbreaks of vaccine preventable diseases, **immunizations are an essential service during the COVID-19 pandemic**. Here is what you need to know:

- The Helping House is now open for routine vaccination appointments for all children 0-18 months old.
- Kindergarten immunizations can be scheduled before school resumes
- Those that are late for any routine vaccinations are encouraged to call Sibylle for an appointment.
- Adult vaccinations can be considered depending on risk (i.e. Shingrix).

## What to Expect During Immunization Appointments

- All immunization appointments require a pre-screening phone call during which the nurse will explain the appointment procedure, infection control measures, and answer any questions.
- Helping House staff follows all public health guidelines to limit the spread of COVID-19 during immunization appointments
- Sibylle, the public health nurse at the Helping House, is calling parents of infants and toddlers who have received immunizations at the Helping House in the past and are due for their next vaccines to arrange a safe appointment.
- If your child has received immunizations elsewhere, but you would prefer to continue vaccinations at the Helping House, or if you have any question regarding your child's vaccinations or development, **please call Sibylle at 604-353-5314.**



# North Shore CMHA Online Drop Programs

## FREE ONLINE DROP-IN GROUPS



Canadian Mental  
Health Association  
*Mental health for all*

A reminder that the amazing staff and volunteers of the North and West Vancouver CMHA branch are here for you by offering social groups online through Zoom! For an always up-to-date listing, view the event calendar online at <https://northwestvancouver.cmha.bc.ca/events/>.

Participants can join a group at its stated time by using the group's Zoom link listed beside group name. You will have to download the Zoom software first.

### Monday

11:00 am - 12:00 pm: Yoga with Jenn

Zoom link: <https://zoom.us/j/94574062506>

4:15 - 6:00 pm: Kitchen Music Party

Zoom link: <https://zoom.us/j/98852857499>

### Tuesday

1:30 - 2:45 pm: Chronic Pain Support Group | *meets biweekly*

Email [elaina.moss@cmha.bc.ca](mailto:elaina.moss@cmha.bc.ca) to register and receive Zoom link

2:00 - 3:00 pm: Time to Relax | *mindfulness meditation*

Zoom link: <https://zoom.us/j/478134346>

### Wednesday

11:45 am - 1:45 pm: Watercolour Painting

Email [brich1@telus.net](mailto:brich1@telus.net) to register and receive Zoom link

2:00 - 4:00 pm: Art Therapy for Wellness

Zoom link: <https://zoom.us/j/226696603>

### Thursday

10:00 - 11:00 am: Pet Therapy with Samba

Zoom link: <https://zoom.us/j/656877886>

# Resource Links and Numbers

## TWN Helping House

- Reception: 604-929-4133
- Sibylle Tinsel (Community Health Nurse): 604-353-5314
- Heather Gagnon (Home Care Nurse): 604-355-3507
- Laura Avery (Mental Health Team): 604-787-5468
- Calvin Hunt (Elders Groceries & Meal Program): 778-228-8471
- Cassandra Smith (Student Lunch Program; ages 5-18):  
[casssmith\\_youth@twnation.ca](mailto:casssmith_youth@twnation.ca)

## 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)

## Accessing Health Care

- **North Shore Urgent Primary Care Centre:** 604-973-1600
- **First Nations Virtual Doctor of the Day:** 1-855-344-3800
- **BC Nurses Health Line:** 811

## North Shore Resources.

- **North Shore Resource Directory** <https://nsem.info/resources>
- **Older Adult Mental Health Team - North Shore:** 604-982-5600
- **Seniors' One Stop:** 604-983-3303 and [nsrbc.ca](http://nsrbc.ca)

## Mental Health Resources

- **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service:** 1-855-242-3310 and [www.hopeforwellness.ca](http://www.hopeforwellness.ca)
- **Kuu-Us Crisis Line:** 1-800-588-8717, <https://www.kuu-uscrisisline.ca/>
- **Kids Help Phone:** 1-800-668-6868 and <https://kidshelpphone.ca/>
- **Indian Residential School Survivor Society:** 604 985 4465 or Toll-free: 1 800 721 0066 and <http://www.irsss.ca/faqs/how-do-i-reach-the-24-hour-crisis-line>
- **The Foundry – North Shore:** 604 984 5060 and <https://foundrybc.ca/northshore> (for youth – ages 12 – 24 years)

## Substance Use Services

- **Canadian Addictions Certification Federation** <https://caccf.ca/see-a-councilor-now/> (Offering free 1 - 1 counselling sessions)
- **NA/AA Support**
  - Online support groups:  
<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYlVqSoKiN6Gsm38bKMU/mobilebasic>
  - By phone through 604-434-3933 or <http://www.vancouveraa.ca>
- **Alcohol & Drug Information Referral Service:** 604 660 9382



First Nations Health Authority  
Health through wellness

# Mental Health & Cultural Supports

AVAILABLE DURING THE COVID-19 PANDEMIC



## TELEPHONE AND ONLINE SUPPORT

### First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line:

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### Kids Help Phone

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

### KUU-US Crisis Services

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC. For more information visit: <http://www.kuu-uscrisisline.ca/>

Toll Free: 1-800-KUU-US17 (1-800-588-8717)

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

### National Indian Residential School Crisis Line

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

### Provincial Alcohol and Drug Information Referral Service

This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

## FNHA MENTAL WELLNESS & COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides clients with access to Mental Wellness and Counselling services from a qualified mental health provider. All services require prior approval. A list of providers registered with Health Benefits, including those available to provide support over the phone or internet, can be found by visiting the FNHA First Nations Health Benefits Mental Health [Provider List](#) or by contacting 1-855-550-5454.



## **INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)**

The IRS RHSP offers emotional and cultural support through approved partners across the province. You can contact IRS RHSP partners directly through the contact information listed below or you can call First Nations Health Benefits at **1-855-550-5454**. If you contact an IRS RHSP provider directly, the provider will be required to submit an approval form to Health Benefits.

### **Adah Dene Cultural Healing Camp Society**

Margo Sagalon: 250-996-3813

[Admin.elders@telus.net](mailto:Admin.elders@telus.net)

Tracey Charlebois: 250-996-1475

[Nakazdliieelders@telus.net](mailto:Nakazdliieelders@telus.net)

### **Carrier Sekani Family Services**

**For Vanderhoof:** Catherine Lessard:

250-567-2900 (office) or 250-996-8090 (cell)

**For Prince George:** Rhonda Hourie or

Cheryl Thomas: 778-675-0419

### **Gitanyow Human Services**

Wanda Good: 250-849-5651

[Wanda.e.good@gmail.com](mailto:Wanda.e.good@gmail.com)

### **Gitsxan Health Society**

Ardythe Wilson: 250-842-8251

[irsmanager@gitsxanhealth.com](mailto:irsmanager@gitsxanhealth.com)

Pam Torres: 778-202-1355

[irmsupport3@gitsxanhealth.com](mailto:irmsupport3@gitsxanhealth.com)

Gary Patsey: 778-202-1703

[irmsupport1@gitsxanhealth.com](mailto:irmsupport1@gitsxanhealth.com)

### **Nuu Chah Nulth Tribal Council**

Vina Robinson: 1-250-724-3939

[vina.robinson@nuuchahnulth.org](mailto:vina.robinson@nuuchahnulth.org)

Daily Elliott: 250-720-1736

### **Indian Residential School Survivors Society**

Stu Mitchell: 604-985-4464 or

Toll-free: 1-800-721-0066

### **Okanagan Nation Alliance**

Rachel Marchan: 1-250-470-7048

[earlyyears@syilx.org](mailto:earlyyears@syilx.org)

### **Tsow-Tun-Le-Lum Society**

Rebecca Visschere: 1-250-268-2463

Toll-free: 1-888-590-3123

## **FNHA TREATMENT AND HEALING CENTRES**

FNHA supports ten residential treatment and healing centres across BC. During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements.

The balance of FNHA's treatment centres have moved to providing virtual support to individuals and families who have attended their programs previously and/or are responding to new requests for emotional and cultural support from First Nations people. You are welcome to reach out directly to the centres below.

### **Carrier Sekani Family Services**

Call: 250-567-2900 and ask for an ARP Team member

Email: [rjohn@csfs.org](mailto:rjohn@csfs.org)

### **Kackaamin Family Development Centre**

Call: 250-723-7789 or

Toll-free: 1-833-205-6946

### **Namgis Treatment Centre**

Call: 250-974-8015

### **Nenqayni Wellness Centre**

Call: 250-989-0301

### **North Wind Wellness Centre**

Call: 250-843-6977 or

Toll-free: 1-888-698-4333

### **Telmexw Awtexw (Sts'ailes First Nations)**

Call: 604-796-9829

### **Tsow Tun Le Lum**

Call: 250-268-2463 or

Toll-free: 1-888-590-3123

### **Wilp Si'Satxw Healing Centre**

Call: 778-202-0162 or 778-202-1349

*All information in this document is accurate as of April 3, 2020.*

## Women's Support Services

- **BC Battered Women's Support Services:** 604 687 1867, toll free at 1-855-687-1868, or text 604 652 1867 or email [intake@bwss.org](mailto:intake@bwss.org).
- **Atira Help Line:** 604-800-8881
- **Rape crisis line (24 hours):** Phone 604-872-8212.
- **Women against Violence against Women:** Phone 604-255-6344 / Toll-Free 1-877-392-7583.
- **VictimLink BC:** Phone 1-800-563-0808.
- **Women's Crisis Lines:** 604-687-1867 / Toll-Free 1-855-687-1868.

## Be Kind, Be Calm, Be Safe



*"As Indigenous people, we are strong. We are resilient.  
We will get through this no matter how long it takes."*  
- Dr. Evan Adams, Tla'amin Nation

**This is a time for kindness and understanding.  
Please take care of yourselves and each other.  
Let's have calm in our hearts  
and trust in each other.**

**We respect each other by honouring privacy  
for everyone in our community.**



**We will get through COVID-19 together.**