

COVID-19 PANDEMIC INFORMATION UPDATE



May 4, 2020

COVID-19 Community Health Update

COVID-19 continues to represent a serious health threat to our community. We all are in a holding pattern and need to continue to follow the public health guidelines to protect ourselves and our loved ones. This includes physical distancing and frequent handwashing.

During this time, it is also important to maintain our physical and mental wellness. This update provides you with resources to stay active and well, including a beginners exercise program, grounding exercises, advice about immunizations during a Pandemic, and an extensive resource on household cleaning during COVID-19.

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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

Beginners Exercise Plan

Activity	Walkabout 1	Walkabout 2	Walkabout 3
WARM-UP Do all WARM-UP Activities 5 or 10 times			
5 Minute Warm-up	●	●	●
Open and Close Fingers and Wrists	●	●	●
Arm Swings	●	●	●
Step Sideways		●	●
Shoulder Roll		●	●
Pick-Up Knees			●
Rear Kick			●
Toes and Heels			●
CARDIOVASCULAR 15 minute Brisk Walk 20 minute Brisk Walk 30 minute Brisk Walk			
Cool Down	●	●	●
STRENGTH Do all STRENGTH Activities 5 times, then REPEAT			
Shoulder Blade Squeeze	●	●	●
Squat	●	●	●
Arm Press (Tricep Press)	●	●	●
Tap Back		●	●
Forward Arm Raises		●	●
Side Leg Lifts			●
Push-Ups			●
Arm Curl (Bicep Curl)			●
Heel Toe Rock			●
STRETCH Do all STRETCH Activities 2 to 3 times, hold for 10 to 20 seconds			
Forward and Side Arm Raises	●	●	●
Chest Stretch	●	●	●
Calf Stretch	●	●	●
Hamstring Stretch	●	●	●
Hip and Thigh Stretch		●	●
Ankle Rotation			●
Neck Rotation and Stretch	●	●	●



Remember, Every Move is a Good Move!

Each Walkabout is based on a walk that includes warm-up, cardio-vascular, cooldown, strength and stretching components.

There are three Walkabouts:

- Walkabout 1 is basic, providing a full body, physical activity routine.
 - Walkabout 2 includes additional activities and complexity.
 - Walkabout 3 builds on the first two and includes more activities.
- Gradually increase the number of times you go for a Walkabout each week
- Try and do five repetitions of each activity and if you're feeling strong, repeat them again
- When you are feeling strong and ready, try the next Walkabout level.

If you are not active, or have a medical condition, consult with your doctor to confirm these activities are right for you. See your doctor regularly to monitor medical conditions and any increase in your activity level.



For more information please contact:
Health and Seniors Information Line at 1 800 465 4911 • www.actnowbc.ca • www.bccrpa.ca

W A R M - U P		<div><div><div>①</div><div>Open & Close Fingers and Circle Wrists</div></div><div><div>②</div><div></div></div></div> <div><div>Arm Swings</div><div></div></div> <div><div>Step Sideways</div><div></div></div> <div><div>Shoulder Roll</div><div></div></div> <div><div>Pick-Up Knees</div><div></div></div> <div><div>Rear Kick</div><div></div></div> <div><div>Toes and Heels</div><div></div></div>
S T R E N G T H		<div><div>Shoulder Blade Squeeze</div><div></div></div> <div><div>Squat</div><div></div></div> <div><div>Arm Press (Tricep Press)</div><div></div></div> <div><div>Tap Back</div><div></div></div> <div><div>Forward Arm Raises</div><div></div></div> <div><div>Side Leg Lifts</div><div></div></div> <div><div>Push Ups</div><div></div></div> <div><div>Arm Curl (Bicep Curl)</div><div></div></div> <div><div>Heel Toe Rock</div><div></div></div>
S T R E T C H		<div><div>Forward and Side Arm Raises</div><div></div></div> <div><div>Chest Stretch</div><div></div></div> <div><div>Calf Stretch</div><div></div></div> <div><div>Hamstring Stretch</div><div></div></div> <div><div>Hip and Thigh Stretch</div><div>or</div><div></div></div> <div><div>Ankle Rotation</div><div></div></div> <div><div>Neck Rotation and Stretch</div><div>Rotate slowly</div><div></div></div>

Grounding Techniques

After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. **Grounding techniques** help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

Categories

Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

Movies	Countries	Books	Cereals
Sports Teams	Colors	Cars	Fruits & Vegetables
Animals	Cities	TV Shows	Famous People

For a variation on this activity, try naming items in a category alphabetically. For example, for the fruits & vegetables category, say "apple, banana, carrot," and so on.

Grounding Techniques

Body Awareness

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and "draw" it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

Immunizations During COVID-19

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

- No schedule changes for immunizations for infants 0-12 months old
- Immunizations for 18 months old toddlers may be postponed until 2 years of age
- Kindergarten immunizations should be scheduled before school resumes
- Grade 6 and Grade 9 school immunizations are postponed until school resumes
- Routine adult vaccinations are postponed but can be considered depending on risk.

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**.

Cleaning and Disinfecting in Your Home



Cleaning your home with household cleaning and disinfectant products can help prevent the spread of illness including COVID19.

In Your Home

Regular cleaning and disinfecting can help prevent the spread of illness including COVID-19. Frequently touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables should be cleaned at least daily. Other less frequently touched surfaces should be cleaned regularly when visibly dirty. Make sure to clean surfaces with soap or detergent before disinfecting. The virus that causes COVID-19 can be broken down by soaps and detergents as well as appropriate disinfectants. Cleaning and disinfecting is a simple, effective, two-step process that is described below.

Step 1: Clean away dirt, crumbs etc.

Use soapy water to wipe away dirt, soils and other debris. Plain dish soap or any kind of household cleaning product will remove dirt, oils and other debris from surfaces.

Step 2: Disinfect

If possible, use store-bought disinfectants. Familiar brands such as Clorox, Lysol, Fantastik, Microban and Zep have specific products that will work against the COVID-19 virus. Please check the [Health Canada's list of approved products](#). If your product is not on the list, it has not been approved for this use.

If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) in specific ratios to disinfect areas in your home. Household bleach should be diluted. It comes in different concentrations so check your label first before you mix (see information in table below).

Rinsing and drying recommendations are important parts of the disinfection process. For high-touch or heavily soiled areas such as toilets and sinks, leave 1000 ppm bleach solutions wet for one minute before wiping down the surface with a cloth soaked in clean water. Other bleach solutions of 500 ppm should be left wet for five minutes then air drying is fine. The table below provides more details.

Diluting Bleach

The directions below use bleach that is 5.25%. For other concentrations please use the [Foodsafe bleach calculator](#).

Bleach solutions may be used in spray bottles or wiped onto surfaces and other items. Bleach and water mixtures are effective for 24 hours so only make as much as you need daily.

Table 1. Recommended bleach, water ratios, and cleaning times needed for COVID-19 disinfecting.

<i>Recommended bleach, water ratios, and cleaning times needed for COVID-19 disinfecting</i>	High touch and heavily soiled areas (appropriate for households with illness)	All other surfaces	Food contact surfaces
Example areas and surfaces	Toilets, light switches, door knobs, cell phone, TV remotes, bathroom faucets	Tables, counters, floors, chairs, cribs	Any surface or equipment that contacts food
Bleach concentration in ppm (refers to the % ratio of bleach to water) OR 1 part bleach diluted in ## parts of water	1000ppm 0.1% (1:49)	500ppm 0.05% (1:99)	100ppm 0.01% (1:499)
Time to leave wet, rinsing and drying	Allow 1 minute then rinse with clean water	Allow 5 minutes, no rinse required, let air dry	Allow to air dry, no rinse required
Frequency if everyone in household is well	Once every few days	Once per week	After each use
Frequency if someone in household has COVID-19 or symptoms of illness	Twice per day	Once per day	After each use

Tips for Using Disinfectants and Bleach Safely

- Open a window and wear gloves when disinfecting.
- Take care to rinse the equipment that you use to make your bleach solution and keep bleach tightly-sealed and stored away from children and pets.
- More concentrated solutions are not better and may cause irritation to the eyes and throat. Use the table above to make the right solution for your needs.
- Do not mix bleach with vinegar or other acids like lemon juice, ammonia-containing products (such as Windex), or rubbing alcohol. This can create toxic gases.
- When using bleach on surfaces, allow the surface to air dry completely before using again.
- Dispose of any leftover bleach mixtures so people won't mistake them for something else or mix them with other products by mistake. If you pour your extra bleach solutions down the drain, run a lot of water down the drain at the same time.

Food and Kitchen

- Never use bleach or other disinfectants on food. Rinse fresh vegetables and fruits with clean potable water.
- Utensils, pots and pans, and other dishwasher-safe food preparation items can be cleaned and sanitized in the dishwasher with a hot rinse cycle or washed with hot soapy water.

Toys

- Clean toys in hot soapy water with a brush for hard-to-reach areas prior to disinfecting; rinse thoroughly.
- To disinfect toys:
 - Use a store-bought disinfectant that is safe for children; or
 - Use 5.25% household bleach to make a weaker disinfectant by mixing 1 part of bleach to 499 parts water or 2mL (3/8 teaspoon) bleach to 998mL
 - Dishwasher-safe, hard plastic toys can be cleaned and disinfected in a dishwasher with a hot rinse cycle

Mobile phones and other electronics

Mobile phones and other frequently touched electronics like tablets, remotes, keyboards, mice and gaming consoles can carry germs. These electronics should be cleaned and disinfected regularly.

- First, remove visible dirt, grease, etc.
- Check the manufacturer's instructions for cleaning and disinfecting.
- If no manufacturer guidance is available, use disinfectant wipes or sprays with at least 70% alcohol.
- Dry surfaces thoroughly to avoid pooling of liquids.
- Do not immerse devices in liquids and do not use hydrogen peroxide or vinegar as they do not work and may damage screens.
- Consider using plastic covers or screen protectors to make cleaning and disinfection easier.

Laundry

If you are **living with someone who is ill**, take these precautions when doing laundry:

- Laundry should be placed in a laundry basket with a plastic liner.
- Don't shake dirty items
- Wear gloves and a mask when handling.
- Wash with regular laundry soap and hot water (60-90°C)
- Clean your hands with soap and water immediately after removing your gloves.

Waste

If you are sick or living with someone who is sick, be careful when touching waste

- All waste can go into regular garbage bins.
- Line the wastebasket with a plastic bag. This makes waste easier and safer to dispose.
- When emptying wastebaskets, take care to not touch used tissues with your hands.
- Clean your hands with soap and water after emptying the wastebasket.

Accidental exposure to cleaning or disinfectant products

If you or someone you know has been exposed to a disinfectant or sanitizer, do the following first aid measures and call your local [Poison Control Centre](https://www150.ca.gov/poison-control/): 1.800-567-8911.

- Inhalation: ventilate the area and seek fresh air
- Eye exposure: flush eyes with water for 5-10 minutes
- Skin exposure: flush skin with water for 5 minutes
- Ingestion: drink ½ cup to 1 cup of water.

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

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 nsrc.bc.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
- **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 old)

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

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

Tracey Charlebois: 250-996-1475

Nakazdlielders@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

Gitsxan Health Society

Ardythe Wilson: 250-842-8251

irsmanager@gitxsanhealth.com

Pam Torres: 778-202-1355

irmsupport3@gitxsanhealth.com

Gary Patsey: 778-202-1703

irmsupport1@gitxsanhealth.com

Nuu Chah Nulth Tribal Council

Vina Robinson: 1-250-724-3939

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

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

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.
- **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:** Phone 604-687-1867 / Toll-Free 1-855-687-1868.