

Ćećawət leləm - Helping House Community Health Updates



COVID-19 PANDEMIC INFORMATION

5 October 2020

Fall is here, and it is clear that COVID-19 will be with us for the foreseeable future. Rising infection rates in BC and the rest of Canada, and the first identified cases in Indigenous communities in Vancouver, including two imported cases at Tsleil-Waututh Nation, serve as a reminder that we cannot let our guard down. We were lucky this time, the infection was contained and did not result in community spread. We, the Tsleil-Waututh People, remembered our teachings and came together in a good way to support the individuals.

Since any one of us could get COVID-19, regardless of how careful we are, it is also important to remember how we would want to be treated if we or our loved ones were to be affected. We also need to keep in mind that the virus is the enemy -- not people with COVID-19! All people should feel safe and supported at Tsleil-Waututh, especially if they're sick.

Fortunately, every one of us has the power to help practise and promote lateral kindness and stop lateral violence, including the stigma related to COVID-19. This update will provide you with some of the ways we can stop the cycle of lateral violence and practice lateral kindness instead.

Another important component in our fight against the coronavirus, is to be the healthiest we can be, physically, spiritually, emotionally and mentally. With fall and the flu season upon us, taking care of our physical health, includes making sure that our vaccinations are up-to-date. Getting the flu vaccine this year is more important than ever. This update will provide you with information about influenza and upcoming Ćećawət leləm - Helping House influenza vaccine clinics.

#LetOurNumbersBeZero

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

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Practising Lateral Kindness

Most of us are doing our best to follow public health recommendations like physical distancing, frequent handwashing, and wearing our masks when in public indoor spaces, and that is excellent (Keep up the good work!). But did you know there are other very important things we as Indigenous people can do to help each other get through COVID-19 – and to help reduce its impact on our communities? Although perhaps not as obvious, *practising lateral kindness* is actually an essential part of nurturing and maintaining public health.

What is Lateral Kindness and Lateral Violence?

Lateral kindness is an approach to address lateral violence based on Indigenous values, which promote social harmony and healthy relationships. Lateral violence includes bullying, harassing, gossiping about or stigmatizing others, as well as other unkind behaviours. Lateral



violence shows up in very painful ways among Indigenous people because of the impacts of colonization, racism, and intergenerational trauma. Experiencing lateral violence may cause people to be angry, depressed or stressed, which may lead to violent behaviours or substance use. In the context of COVID-19, people may feel they have to hide their illness to avoid discrimination and may put off seeking health care immediately.

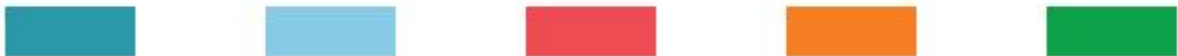
Show Kindness and Stay Connected!

Since any one of us could get COVID-19, regardless of how careful we are, it is important to remember how we would want to be treated if we or our loved ones were to be affected. We also need to keep in mind that the virus is the enemy -- not people with COVID-19! All people should feel safe and supported in our community, especially if they're sick.

Fortunately, every one of us has the power to help practise and promote lateral kindness and stop lateral violence, including stigma related to COVID-19. Here are some of the ways we can do this:

- Get your facts from reliable sources like the BC Centre for Disease Control, public health authorities like the First Nations Health Authority, or the health professionals at the Ćećawet Ieləm - Helping House (not from Dr. Google or other non-experts)! Then share accurate information about how the virus spreads with others in your community. Education is one of the most important tools to fight stigma.
- Support and show empathy for those affected! Phone, video call or text friends, neighbours and co-workers – especially those who have been sick -- to check in on them. Talk openly about the challenges we are all facing during the pandemic, as this can help others feel they are not so alone and can promote positive coping and mental well-being.
- Realize that getting COVID-19 is not a matter of who didn't wash their hands long enough, who touched their face too much, or who didn't physically distance enough. These are necessary measures to take, but we could still do everything right and become infected with COVID-19. There is no “fault” when it comes to COVID-19!
- Speak out against negative behaviours, including negative statements on social media about groups of people.
- Be cautious about the images or messages you share relating to COVID-19. Make sure they do not reinforce stereotypes.

- Thank and show support for health care workers and responders. They should be praised and not stigmatized for having been in contact with COVID-19 patients.



*"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.

Safer Celebrations

As the days get shorter, many of us look forward to fall holidays and festivities. With COVID-19 still a concern across the province, here are some things you can consider to help make celebrations safer for everyone.

Keep in mind that the more space you have and the less time you spend with others, the safer you are when getting together.

If you are hosting

Gatherings outside and inside

- Keep gatherings small, local, within your small social group this year, and within the TWN COVID-19 Bylaw.
- Celebrate outside when you can.
 - Bundle up for picnics or a late season BBQ.
 - Considering visiting a heated, outdoor patio.
 - Be mindful of safety around outdoor heaters and open fires, particularly if children are involved.
- If you plan for an indoor visit with people outside of your household, here are a few things you can do to make your time inside together safer.
 - Keep your gathering small, try limit your gathering to your “stick to six” social group.
 - Check-in with guests before they arrive to make sure that they are feeling well and don’t have symptoms or recent contact with a confirmed case.
 - Visit in larger rooms where there is more space for people to sit or stand farther apart.
 - Choose well-ventilated spaces (spaces where there is lots of fresh air) and open windows if you can.
 - Limit your time indoors together (the less time you spend in a confined space together, the better). For example, consider offering “just dessert” rather than a long meal.
 - Consider the impacts that alcohol and substance use can have on maintaining physical distancing.
 - If you need to pass someone in a tight space (like a hallway or on stairs) try to pass them quickly or wait until they are gone before you enter hallways or stairs.
 - Encourage non-contact greetings such as elbow bumps or waves to reduce physical contact.
 - Keep music low to reduce the need for loud talking or shouting.
 - Make sure you have a place for guests to wash their hands.

Food preparation

- If you are providing food, try to minimize crowding and sharing during meals.
 - Ask guests to wash their hands or use hand sanitizer before food is served.
 - Consider having only one-person plate meals instead of having a buffet service.
 - If serving “family style” encourage people to serve themselves with their own clean cutlery.
 - For shared snacks, hors d'oeuvres, candy, nuts or finger foods, provide guests with utensils, plates and napkins so they can have their own servings.
 - Seat guests as far apart as possible, consider assigning seats based on household or social groups.
 - Discourage people from sharing anything that has been in their mouth, such as drinks.
- There is no evidence that COVID-19 is spread from eating food prepared by others. However, you should avoid making food for others if you feel sick or are positive for COVID-19 or are self-isolating. Use good hygiene practices when cooking and remember to wash your hands:
 - Before and after preparing food,
 - After handling raw foods, and
 - After using the washrooms, touching pets, changing diapers and wiping runny noses, yours or others.

Cleaning and hand sanitizer

- Clean and disinfect high touch surfaces before and after you have visitors.
 - Don't forget to clean objects such as front door handles, faucets and light switches.
 - Use Health Canada approved cleaning and disinfecting products or use the bleach and water ratios from the [BCCDC site \(<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting>\)](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/cleaning-and-disinfecting).
- Stay safe with hand sanitizer.
 - Keep it away from candles and open flames, hand sanitizer is flammable.
 - Keep hand sanitizer away from food preparation areas, it can be poisonous if consumed.

Celebration activities

- Reconsider indoor singing and dancing since these can increase the risk of transmitting COVID-19. If these activities are an important part of your celebration consider:
 - Move singing or dancing outside, or
 - Keep dancing to those within your small social group.
- Gift giving and receiving
 - It is unlikely that gift wrap can transfer the COVID-19 virus although you should wash your hands before gift giving and receiving.

If you are attending

Here are some tips to keep in mind when attending celebrations

- Respect physical distancing efforts.
- Practice good hand hygiene, wash your hands often or bring hand sanitizer.
- Bring your own food and drink.
- Use good respiratory etiquette and wear your mask when asked.
- If you need to pass someone in a tight space (like a hallway or on stairs) try to pass them quickly or wait until they are gone before you enter hallways or stairs.
- Bundle up for picnics or a late season BBQ.
- Be mindful of safety around outdoor heaters and open fires, particularly if children are involved.

Attending seasonal activities

- When going to seasonal activities like a pumpkin patch, corn maze, light display or decorated gardens:
 - Plan ahead- check to see if you need sign up or schedule a time to visit.
 - Avoid crowded places and have a plan to leave if venues become crowded.
 - Respect physical distancing efforts.
 - Be patient in parking lots.
 - Practice good hand hygiene, wash your hands often or bring hand sanitizer.
 - Bring your own food and drink.
 - Use good respiratory etiquette and wear your mask when asked.
 - For more information on Halloween activities, please visit the [Halloween page](http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions/halloween) (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions/halloween>).

Influenza Season

Our COVID-19 Summer was a great opportunity to spent as much time as possible outside. Hopefully, we can keep our wellness routines up as the days get shorter and the temperatures cooler. What is certain, with the change in the weather, flu season will arrive.

With all our handwashing, social distancing, and mask wearing, some predict a mild flu season, however, experts urge us that the COVID-19 pandemic has made it more important than ever to get immunized against the flu.

If you start to feel unwell, it can be hard to determine if you are sick because of the flu virus or the coronavirus, because the flu and COVID-19 have some of the same symptoms. These common symptoms include fever, cough, sore throat, aching muscles and joints, headache and fatigue. The flu vaccine is safe and effective and helps us to minimize our chances of getting sick with influenza.

If you have never gotten a flu shot before, this is the year to consider getting one, to protect yourself, those around you, and your community. Remember: Elders and infants are especially vulnerable to the flu virus. By choosing to get immunized, you're protecting your community and loved ones.

Free flu shots for Indigenous People and others at risk are available starting mid-October. The TWN Helping House is planning an all day/evening walk-in (drive-through for Elders) flu clinic October 16th.

Tsleil-Waututh Nation Flu Vaccination Clinic

When: Friday, **October 16th** from **8:30am to 8:30pm.**

Where: TWN Administration Building Parking Lot

What: Outdoor clinic walk-through and drive-in tents

Booking: Due to COVID-19 precautions, we aim to avoid line-ups, maximize physical distancing, and minimize time at the clinic. Therefore, we ask that you **pre-book your appointment with Krista at the Helping House at 604 679 0782.** For the same reasons, please also fill-out the Influenza Vaccine Report form and bring it to your appointment (see attached).

Note: While we would prefer pre-booked appointments only, we want to reach as many community members as possible. Therefore, we will accommodate walk-in appointment on the day of the flu clinic. Similarly, if you need help with filling out the form, we can assist you at the time of your appointment. We like to keep this as hassle-free for you as possible.

Drive-Through. We will have a large tent available to accommodate drive-through vaccinations for Elders and those with mobility issues. **Please note, that because of space limitations and concerns around exhaust from cars, these appointments are reserved for Elders/people with mobility issues only and need to be pre-booked. You will be required to wait in your car for 15 min after your appointment.**

Remember:

- ✓ Book your flu clinic appointment time with Krista at 604 679 0782.
Chose the drive-through option if you are an Elder or have mobility issues. Chose a home visit at a later date if you are housebound.
- ✓ Read through the attached flu vaccine information (pg. 14)
- ✓ Fill-out the Flu Vaccine Record form and bring it to your appointment (pg. 17)
- ✓ Arrive in time for your appointment and follow traffic control signs/pylons. If you can, please walk to your appointment.
- ✓ Wear a mask while in the parking area and throughout your appointment.
- ✓ Sanitize your hands upon arrival and when leaving.
- ✓ Wear immunization friendly clothes, i.e. a short sleeve t-shirt under a zip jacket to easily access your upper arm. Babies 6 months to 12 months of age receive their immunization in the thigh.

Frequently asked questions about influenza vaccines

Why should I get vaccinated against influenza?

Getting vaccinated is the best way to protect against influenza, a serious and sometimes fatal infection. In Canada, thousands of people are hospitalized and may die from influenza and its complications during years with widespread or epidemic influenza activity. Influenza can lead to serious illness in seniors over 65 years and in other high-risk groups. Even healthy people can get very sick from influenza. When you get vaccinated, you help protect others as well by reducing the spread of the influenza virus.

Did you know:

- Influenza is one of the top 10 leading causes of death
- Influenza is the #1 cause of mortality from a Vaccine Preventable Disease
- Influenza is responsible for an estimated average of 12,200 hospitalizations and ~ 3,500 deaths per year

Is it more important this year to get vaccinated against influenza?

Yes! Getting an influenza (flu) vaccine is more important than ever during the 2020/21 flu season, to protect yourself and the people around you from flu, and to help reduce the strain on the healthcare system responding to the COVID-19 pandemic. The symptoms of COVID-19 and flu can be similar and make people sick enough that they have to go to the hospital. While the flu shot does not protect you against COVID-19, by getting your flu shot, you can help the health care system keep resources available for those with COVID-19.

Getting a flu shot every year is the best way to protect yourself against flu, and its serious complications. It is also important to make sure you wash your hands regularly, avoid touching your eyes, nose and mouth and being around sick people. And remember, if you don't feel well, stay home.

How do influenza vaccines work?

Influenza vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

Influenza vaccines are designed to protect against the influenza viruses that research indicates will be most common during the upcoming influenza season.

Why do I need an influenza vaccine every year?

An influenza vaccine is needed every year for two reasons:

1. Influenza viruses are constantly changing, so each year, the viruses used to make the vaccine change to protect you against the viruses circulating that year.
2. Protection from the influenza vaccine declines over time.

What viruses do the 2020/21 influenza vaccines protect against?

- A/Guangdong-Maonan/SWL1536/2019 (H1N1)pdm09-like virus;
- A/Hong Kong/2671/2019 (H3N2)-like virus;
- B/Washington/02/2019-like virus; and
- B/Phuket/3073/2013-like virus (in quadrivalent vaccines only)

Who should get vaccinated against influenza?

Canada's National Advisory Committee on Immunization recommends that **everyone 6 months of age and older get an influenza vaccine, with rare exceptions**. Some people are at high risk of serious illness from influenza, such as children 6 months to less than 5 years of age, pregnant women, seniors 65 years and older and people with certain medical conditions. Vaccination is especially important for these people.

Who is eligible for a free influenza vaccine?

In B.C., the influenza vaccine is provided free to people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly, and people with certain medical conditions), Indigenous People, those able to transmit or spread influenza to those at high risk and people who provide essential community services.

Are influenza vaccines safe for pregnant women?

The inactivated influenza vaccine (flu shot) is considered safe at any stage of pregnancy. Pregnant women, or those intending to become pregnant, should receive the inactivated influenza vaccine (flu shot), which contains killed influenza viruses that cannot cause infection.

Women in the second half of pregnancy are at higher risk of influenza-related complications and at higher risk of hospitalization from these complications, especially those in the third trimester. As well, women at any stage of pregnancy who have chronic medical conditions are also at higher risk of serious influenza complications and should be immunized.

When should I get vaccinated?

The influenza season in Canada generally runs from November through April. In B.C., influenza vaccines are usually available starting in October. Although you can receive this vaccine at any time during the influenza season, for best protection, you should get immunized as early as possible.

Where can I get an influenza vaccine?

Influenza vaccines are provided at the **Tsleil-Waututh Nation Helping House Flu Clinic, October 16th**. They are also available at a wide variety of locations including public health clinics, doctors' offices, and travel clinics.

How well do influenza vaccines work?

The influenza vaccine is the best way to protect against influenza. How well the vaccine works varies from season to season. It depends on how well-matched the influenza vaccine is with the viruses circulating during the season and on the health and age status of the person being vaccinated. When the influenza vaccine is well matched with the circulating viruses, it prevents influenza in about 60% to 80% of adults and children receiving the vaccine. It is less effective in elderly adults, but studies have shown that the influenza vaccine decreases the incidence of pneumonia, hospital admissions, and death in the elderly population.

Can influenza vaccines give me influenza?

The inactivated influenza vaccine (flu shot) cannot give you influenza. This vaccine contains killed influenza viruses that cannot cause infection.

Inactivated Influenza (Flu) Vaccine

What is the inactivated influenza vaccine?

The inactivated influenza vaccine is made of killed influenza viruses. It protects against viruses that cause influenza, often called the flu. The vaccine does not protect against other viruses or bacteria that cause colds or stomach flu. Several different influenza vaccines are available in B.C., including a live attenuated influenza vaccine made from weakened influenza viruses. For more information, see [HealthLinkBC File #12e Live Attenuated Influenza \(Flu\) Vaccine](#). All of the vaccines are approved by Health Canada.

In B.C., influenza vaccines are usually available in October. For your best protection, get immunized as soon as possible. Speak with your health care provider to find out if the vaccines are available or visit ImmunizeBC <https://immunizebc.ca/clinics/flu> to locate a flu clinic.

Who should get the vaccine?

In B.C., the inactivated influenza vaccine or flu shot is provided free to the following groups of people.

People at high risk of serious illness from influenza, such as:

- Children 6 months to less than 5 years of age
- Pregnant women at any stage of pregnancy during the influenza season
- Seniors 65 years and older
- Residents of any age living in residential care, assisted living or other group facilities
- Indigenous people
- Children and teenagers required to take Aspirin® or ASA for long periods of time due to a medical condition
- Children and adults with certain medical conditions, including:
 - Heart or lung disorders that require regular medical care, such as asthma, chronic obstructive pulmonary disease or cystic fibrosis
 - Kidney disease, chronic liver disease such as hepatitis, diabetes, cancer, anemia or weakened immune system
 - Those with health conditions causing difficulty breathing, swallowing or a risk of choking on food or fluids, such as people with severe brain damage, spinal cord injury, seizures or neuromuscular disorders
- Those who are very obese

People able to transmit or spread influenza to those at high risk of serious illness from influenza including:

- Household contacts of people at high risk
- Household contacts, caregivers and daycare staff of children under 5 years of age
- Doctors, nurses and others working in health care settings, including long-term care facilities, who have contact with patients
- Visitors to health care facilities and other patient care locations
- Inmates of provincial correctional institutions
- Those who provide care or service to people at high risk in potential outbreak settings such as cruise ships

Other groups who are eligible to receive the flu shot for free include:

- People who provide essential community services such as police officers, firefighters, ambulance attendants, and corrections workers
- People who work with live poultry

To find out if you are eligible, talk to your health care provider or call HealthLink BC at 8-1-1.

If you are not eligible for a free influenza vaccine, you can buy it at most pharmacies and travel clinics. Some employers also provide free vaccine to employees.

How is the vaccine given?

The vaccine is given by injection, usually as 1 dose. Children under 9 years of age who have never had a seasonal influenza vaccine need 2 doses. The second dose of vaccine is important to raise their level of protection and should be given 4 weeks after the first dose.

What are the benefits of getting the vaccine?

The vaccine is the best way to protect against influenza, a serious and sometimes fatal infection. When you get immunized, you help protect others as well by reducing the spread of the influenza virus.

What are the possible reactions after the vaccine?

Common reactions to the vaccine include soreness, redness and swelling where the vaccine was given. Other symptoms can include fever, headache, aching muscles and fatigue that may last 1 to 2 days. Fewer than 1 in 20 people may have oculo-respiratory syndrome (ORS).



Tsleil-Waututh Nation

People of the Inlet

2020-2021 Annual Influenza Immunization Record



□ 2nd dose required → Date to return to clinic for dose #2:

Date (YYY/MM/DD):		Tsleil-Waututh Nation:	
<input type="checkbox"/> No cold, flu or COVID-19-like symptoms, even mild ones, no exposure to known COVID-19 case, no international travel within last 14 days.			
<i>Client Please Complete This Section</i>			
Full Name:		Do you identify as an Indigenous Person of Canada? (check all that apply)	
Address		<input type="checkbox"/> Yes <input type="checkbox"/> Prefer not to say <input type="checkbox"/> First Nations <input type="checkbox"/> Inuit <input type="checkbox"/> Métis <input type="checkbox"/> Status <input type="checkbox"/> Non-Status	
Street:		Do you reside in a First Nations Community?	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
City:		Health Card Number:	
Phone Number		General Clinic (899/910/110)	
Phone #:		Age:	
Please indicate if you have (or have ever had) any of the below conditions: <i>We ask for this information to help your Nurse to determine if you are eligible for other vaccines or medical services.</i>			
<input type="checkbox"/> Arthritis <input type="checkbox"/> Depression <input type="checkbox"/> Asthma <input type="checkbox"/> Acid Reflux <input type="checkbox"/> Cancer <input type="checkbox"/> Hepatitis B or C <input type="checkbox"/> Heart Disease <input type="checkbox"/> HIV <input type="checkbox"/> COPD (Chronic obstructive pulmonary disease) <input type="checkbox"/> High blood pressure (hypertension) <input type="checkbox"/> Congestive Heart Failure (CHF) <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Dementia <input type="checkbox"/> Currently pregnant <input type="checkbox"/> Diabetes <input type="checkbox"/> Stroke /TIA (transient ischemic attack) <input type="checkbox"/> Allergies: <input type="checkbox"/> Blood clots <input type="checkbox"/> Heart attack <input type="checkbox"/> Other chronic condition:			
<i>Nurse To Complete Below Section</i>			
Immunizing Agent:	Lot #:	<input type="checkbox"/> Consent Obtained Consent Obtained From: Relationship:	
<input type="checkbox"/> Fluzone Quadrivalent <input type="checkbox"/> Flumist Quadrivalent <input type="checkbox"/> Agriflu <input type="checkbox"/> Fluviral <input type="checkbox"/> Flud <input type="checkbox"/> Fluzone High-Dose	Dose: <input type="checkbox"/> 0.5mL <input type="checkbox"/> 2 nd dose required?		
	Route: <input type="checkbox"/> IM <input type="checkbox"/> IN Site: <input type="checkbox"/> Left Arm <input type="checkbox"/> Left Leg <input type="checkbox"/> Right Arm <input type="checkbox"/> Right Leg		
Immunizing Agent:	Lot #:		
<input type="checkbox"/> Pneumo-P-23 <input type="checkbox"/> Chart or records reviewed, client is eligible for Pneumo-P-23	Dose: <input type="checkbox"/> 0.5mL Route: <input type="checkbox"/> IM (preferred) <input type="checkbox"/> SubC. Site: <input type="checkbox"/> Left Arm <input type="checkbox"/> Right Arm		

Coping With COVID-19

Coping is helping ourselves. Coping skills include:

Exercise: It's the No. 1 best thing we can do for coping. Any exercise – even a simple walk – helps. It releases endorphins, gets some of the adrenaline out when the frustration builds up. Just getting out and moving can be really helpful.

Talking: This really helps. Just saying it out loud is important. Find the right places and times, but do it. Ignoring feelings doesn't make them go away. It's like trying to hold a beachball underwater – eventually you lose control and it pops out. You can't control where it goes or who it hits."

Constructive thinking: We may think it is the situation that causes our feelings, but actually, our feelings come from our thoughts about the situation. We can't change the situation, but we can adjust our thinking. Be compassionate with yourself and others. Remind yourself, 'I'm doing the best I can.'

Mindfulness and gratitude: The more you do this, the easier it gets. Try being in the moment. You're right here, in this chair, breathing and looking around. We put ourselves through a lot of unnecessary misery projecting into the future or ruminating about the past. For now, just take life day by day.

Coping can start by just being aware, and by being easy on yourself. We tend to get down on ourselves. But be aware, if you're someone who never cries and suddenly you're in tears, or if small things make you super angry – those are signs you need to reach out and talk to somebody.

Caring for Your Oral Health During COVID-19



Caring for Your Oral Health During the COVID-19 Pandemic

The COVID-19 pandemic has created enormous stress and disrupted many of our daily habits and routines for health and wellness.

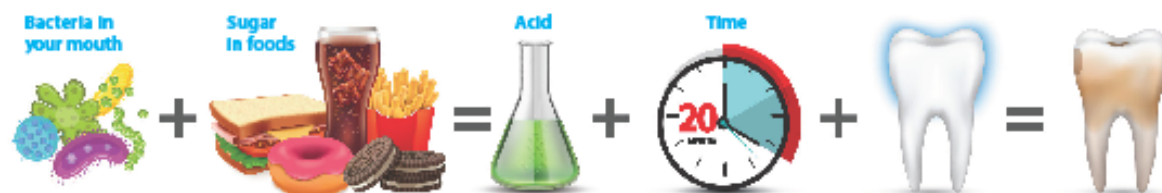
Are you eating more frequently? Drinking more sugary beverages? Craving unhealthy foods? Eating more carbs?

These changes to your diet can have a huge impact on your oral health. Did you know that carbohydrates, when combined with the bacteria in your mouth, produce acid? This acid attacks your teeth for at least 20 minutes each time you eat or drink, increasing your risk for cavities. You can defend against these attacks in two important ways.

First, avoid grazing on carbohydrates and include proteins like nuts, meat, and cheese in your meals and snacks to help neutralize the acidity of your saliva. Second, maintain a good daily home oral hygiene routine. Because regular visits to your dental hygienist are not possible right now, keeping your teeth and gums healthy at home is key.

7 Ways to Reduce Acid Attacks

1. Don't linger over your food and drinks
2. Eat no more than 3 meals and 2 snacks daily
3. Make water your beverage of choice
4. Include protein or fats each time you eat
5. Choose healthy snacks like apples, crunchy vegetables, nuts, and plain yogurt
6. Limit unhealthy snacks like granola bars, chips, and crackers
7. Eat sweets *only* with meals



Your oral health is important. When you take care of your oral health, you take care of your overall health. Your dental hygienist looks forward to seeing you at your next appointment.



Find more information at www.dentalhygienecanada.ca

Resource Links and Numbers

TWN Helping House

- Lisa Rousell (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)

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/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/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

Nakazdlieelders@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@gitsxanhealth.com

Pam Torres: 778-202-1355

irmsupport3@gitsxanhealth.com

Gary Patsey: 778-202-1703

irmsupport1@gitsxanhealth.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 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.

FNHA Community Resources

This community resource compilation has been put together for Chiefs, Health Directors, Health Leads and First Nations community members to ensure access to timely and helpful information. This has been updated (the first was sent out in April) and contains new information.





Public Health Notices and Articles:

- [Immunizations Keep Adults Healthy Too!](https://www.fnha.ca/about/news-and-events/news/immunizations-keep-adults-healthy-too)
(<https://www.fnha.ca/about/news-and-events/news/immunizations-keep-adults-healthy-too>) A message from Dr. Helena Swinkels, Office of the Chief Medical Officer and Marion Guenther, Clinical Nurse Specialist for Immunizations, CDPPH office of the Chief Nursing Officer (Sept. 17)
- [FNHA/FNHC/FNHDA Public Health Notice](https://www.fnha.ca/about/news-and-events/news/the-fnha-fnhc-fnhda-urge-nations-to-protect-each-other-by-cancelling-or-postponing-gatherings-and-ceremonies)
(<https://www.fnha.ca/about/news-and-events/news/the-fnha-fnhc-fnhda-urge-nations-to-protect-each-other-by-cancelling-or-postponing-gatherings-and-ceremonies>): Nations Urged to Protect Each Other by Cancelling or Postponing Gatherings and Ceremonies (Sept. 11)
- [My Heart Breaks](https://www.fnha.ca/about/news-and-events/news/my-heart-breaks) (<https://www.fnha.ca/about/news-and-events/news/my-heart-breaks>): A personal reflection for International Overdose Awareness Day by Riley David, Regional Addictions Specialist for VC region, FNHA (Aug. 28)



Grocery Resources

Where to Access Free and Low-cost Groceries and Prepared Meals on the North Shore

This list is dated September 9, 2020. Please send updates to this list to Helen.Yeung@vch.ca. Additional resources: Food asset map on www.tablematters.ca & <http://www.vch.ca/public-health/nutrition/food-asset-map>

Legend:  Available to everyone  Available to seniors  Free  There is a cost

Groceries - Assistance

	North Shore Community Resources - Better At Home Volunteer grocery shopping and prescription pick up (client pays the cost) and free delivery service for seniors. Free delivery of prepared meals with advance notice.	Sign up at http://www.bc211.ca or phone 211 Better at Home - 604-982-3313 (Monday to Friday 9:00-4:30pm)
	Harvest Project Coaching, Food support provided through Client Care program by appointment. See website: https://www.harvestproject.org/	Now accepting new intakes to Client Care program. Phone enquiries at: 604-983-9488. Email: ccm@harvestproject.org






















Groceries - Bags / Hampers for Pick Up
































	Food Bank, depot at North Shore Neighbourhood House Bags of groceries for pick-up at 225 East 2 nd Street, North Vancouver, 4-6pm on Wednesdays.	https://foodbank.bc.ca/
	Salvation Army Food hampers for pick-up 105 West 12 th Street, North Vancouver.	Must phone to request and make appointment to pick up. https://northshoresalvationarmy.com or phone 604-988-6040
	North Shore Women's Centre Urgent need for food and toiletries for women.	604-984-6009 info@northshorewomen.ca to discuss your situation and arrange pick-up
	Quest Food Program Low cost groceries market. 167 E 1st St. (enter from Lolo lane). Mon & Sat, 9am-4:15pm, Tues- Fri 9am- 6:15pm.	By referral. referral@questoutreach.org Market information 604-566-0110 http://www.questoutreach.org/contact/locations/

Prepared Meals for Seniors – Contact and Info to Order Meals

Organization	Contact Info to Order	Pick Up and Delivery Info
Silver Harbour Seniors' Activity Centre	604-980-2474 http://www.silverharbourcentre.com/ \$10 per meal	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 nd Street, North Van.
West Van Seniors' Activity Centre	604-925-7280 www.westvancouver.ca/seniors \$6 per meal. Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 st Street, West Van, 10am-2pm. Free delivery available
Meals on Wheels	604-922-3414 New clients e-mail northshoremow@telus.net \$8.50 per meal	Delivery on Mondays, Wednesdays, and Fridays, 8:30am to 1:00pm

The North Shore Population Health Team is working with the North Shore Emergency Operations Centre Food Security Section to update this listing of grocery resources available during the Covid19 response. See the information online at: <https://nsem.info/resources> or see the details in a google map at <http://www.tabletmatters.ca/>. Email Margaret.Broughton@vch.ca with updates or additions.

Name	Delivery and Pick Up Options	Services Available <i>Note: some stores charge a processing/delivery fee ranging from \$3.99 - \$15.99. See store website for more details</i>				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
BCLocalRoot.ca	Shop online for BC ONLY brands and products. Free grocery pickup (\$50 minimum) or delivery (\$75 minimum) available.				-	BCLocalRoot.ca	-	Weekly order cut-off is Wednesday at midnight.	105 – 828 Harbourside Drive
producttoyourdoor or.ca	Grocery delivery. No minimum order. No delivery fee.			-	-	https://producttoyourdoor.ca/	-	Order cut off is 5pm for next day delivery (Mon-Fri)	producttoyourdoor@gmail.com
SPUD.CA	Grocery delivery			-	-	https://www.spud.ca	(604) 215-7783	Monday - Friday: 8am-8 pm Weekends: 10am-7pm	1660 E Hastings St, Vancouver
Choices Market	Order online for curb-side pickup. Seniors can shop by phone 604-770-2868.		-			https://shop.choicesmarkets.com/	(604) 770-2868	Monday - Sunday 8am-10pm Seniors hours daily 8am-9am	500-801 Marine Dr, North Vancouver
Safeway	Delivery may be available after purchase made in store	-		-	-	http://safeway.ca	(604) 926-2550 (604) 988-6645 (604) 924-1302 (604) 980-3316	Monday - Saturday: 7am-9pm Sunday: 7am-7pm Seniors hours daily 7-8am Store hours vary slightly by location	5385 Headland Drive, West Vancouver 780-2601 Westview Drive, North Vancouver 1175 Mount Seymour Road, North Vancouver 1170 27 Street E, North Vancouver
Nesters Market	Curb-side pickup available. Email orders to bill_love@nestersmarket.com	-	-		-	http://nestersmarket.com	(604) 929-0241	Monday - Sunday: 8am-9pm Seniors hours daily 8am-9am	415 Dollarton Hwy N, North Vancouver
Whole Foods Market	Online order at https://www.wholefoodsmarket.com/shop/PRV for curbside pickup (limited items). Order by phone at 604-678-0500 for seniors not able to leave their homes.		-			http://wholefoodsmarket.com	(604) 678-0500	Monday - Sunday: 8am-9pm Seniors hours Weds & Fri 7-8am	925 Main Street, West Vancouver
Whole Foods Market	Grocery pickup and delivery are not offered at this location.	-	-	-	-	http://wholefoodsmarket.com	(604) 973-1014	Monday - Sunday: 8am-9pm Seniors hours daily 8-9am	120 E 13th Street, North Vancouver
Osaka Supermarket	Shop online. In store pickup or delivery of non-perishable food items. See website for more details.				-	https://www.tntsupermarket.com/	(778) 279-8000	Monday-Sunday 10am-9pm (opens at 9:30am on Saturdays) Seniors hours daily 10-11am	2200 Park Royal Mall S, West Vancouver
IGA Market	Shop online. Grocery pickup only. Seniors can shop by phone - 604-498-2813.		-			https://www.iga.net/en/online_grocery	(604) 913-3056	Monday - Sunday: 8am-7pm Seniors hours daily 8-9am	2491 Marine Drive, West Vancouver

Name	Delivery and Pick Up Options	Services Available <small>Note: some stores charge a processing/delivery fee ranging from \$3.99 - \$15.99. See store website for more details</small>				Website	Phone Number	Store Hours/Seniors Hours	Address
		Online shopping	Home Delivery	Pick-Up Order	Seniors Shop-by-Phone				
IGA Market	Shop online. Pickup only. Seniors unable to leave home can shop by phone at 604-985-4431 (Tuesdays only, call before 10am) with delivery on Wednesday.					https://www.iga.net/en/online_grocery	(604) 985-4431	Monday - Sunday: 8am-9pm Seniors hours daily 7-8am	130-150 Esplanade W, North Vancouver
Fresh St. Market	Shop online. Order pickup or delivery available.				-	http://freshstmarket.com	(604) 913-7757	Monday - Saturday 7am-9pm Sunday 7am-7pm Seniors hours Wed & Thurs 7am-8am	1650 Marine Drive, West Vancouver
Loblaws City Market	Shop online. Grocery pickup or delivery available.				-	http://loblaws.ca	(604) 984-2226	Monday - Sunday: 7am-10pm Seniors hours daily 7-8am	1650 Lonsdale Avenue, North Vancouver
Loblaws City Market	Shop online. Grocery pickup or delivery available.				-	http://loblaws.ca	(604) 922-1902	Monday - Sunday: 7am-9pm Seniors hours daily 7-8am	861-845 Park Royal N, West Vancouver
Save On Foods	Shop online. Grocery pickup or delivery available.				-	http://saveonfoods.com	(604) 980-4857 (604) 983-3033 (604) 985-3069 (604) 983-2227	Monday - Sunday: 8am-10pm Seniors hours daily 7-8am	221-1199 Lynn Valley Road, North Vancouver 600-333 Brooksbank Avenue, North Vancouver 1250 Marine Drive, North Vancouver 140-879 Marine Drive, North Vancouver
Strong's Market	Shop online or by phone 604-973-0700 (choose Express Delivery option). Pickup and delivery options available.					https://express.stongs.com/	(604) 973-0700	Monday - Sunday: 7am-9pm	2150 Dollarton Highway, North Vancouver
Superstore	Shop online. Grocery pickup or delivery available.				-	http://realcanadiansuperstore.ca	(604) 904-5537	Monday - Sunday: 7am-11pm Seniors hours daily 7-8am	333 Seymour Boulevard, North Vancouver
Wal-Mart	Shop online. Grocery pickup or delivery available.				-	http://walmart.ca	(604) 984-6830	Monday - Sunday: 7am-11pm	925 Marine Drive, North Vancouver
Queensdale Market	Order by phone 604-987-6644 Tues/Weds between 8am-12pm. Delivery and pickup options available.	-				http://queensdalemarket.ca	(604) 987-6644	Monday - Friday: 8am-8pm Saturday - Sunday: 8am-7pm Seniors hours daily 7-8am	3030 Lonsdale Avenue, North Vancouver
Thrifty Foods	Shop online. Grocery pickup only.		-		-	http://thriftyfoods.com	(604) 929-2299	Monday - Sunday: 8am-9pm Seniors hours daily 7-8am	845 Marine Drive, North Vancouver
Loulet Farm Market	In-person.	-	-	-	-	www.ediblegardenproject.com	604 987 8138 ex 231	Saturdays from 10am-2pm, Wednesdays from 2pm-4pm	1400 Rufus Ave, North Vancouver
Ambleside Artisan Farmer's Market	In-person.	-	-	-	-	https://www.artisanmarkets.ca/our-markets/ambleside-market/	-	Sundays from 10am-3pm	1000 Argyle Ave, West Vancouver
Lonsdale Farmer's Market	In-person.	-	-	-	-	https://www.artisanmarkets.ca/our-markets/lonsdale-quay-farmers-market/	-	Saturdays from 10am-2pm	123 Carrie Cates Ct, North Vancouver