



NORTHERN REGION

First Nations Health Authority

## Update from FNHA Northern Regional Team on COVID-19

June 18, 2020

**These updates are provided on *Tuesdays and Thursdays*.**

These role ups are intended to highlight northern specific updates from FNHA North, Northern Health, Emergency Management BC and other partners. This includes sharing of best practice documents from community. Our hope is that this will minimize multiple information emails. If you prefer not to receive these, please contact [carol.whetter@fnha.ca](mailto:carol.whetter@fnha.ca).

All Previous FNHA North Daily COVID Updates and Attachments can be accessed here:

<https://fnha.sharefile.com/share/view/s5b73cdbbb8c4f51b/fo0c6f84-c2e0-4131-b577-bdefc4752d05>

*We can beat this virus by:*

- *staying 6 feet apart*
- *washing hands frequently*
- *covering our mouths with our elbows or tissues when we cough or sneeze*
- *staying home if feeling unwell*
- *disinfecting hard surfaces regularly, especially ones that are touched often*
- *staying kind and caring*

### Stats, New Orders and Notices from Government of BC

- 65 confirmed cases in Northern BC since March 2020 (as of June 17)
- 0 currently hospitalized
- **0 confirmed deaths**
- **64 recovered**

*(source: BC Centre for Disease Control)*

### Orders | Notices | Guidance

No new ones today.

### FNHA Updates

#### Traditional & Holistic Wellness

- Five Stay-at-home and on the Land Wellness Activities
  1. Tea is everywhere in the summer! Try a fresh wild mint (leaf) and purple clover (flower) tea over the camp fire while you spend time by the water this summer. Simply add a handful to a cup or a pot of hot water and let it steep. To dry some for later, spread out in a dry location and wait for nature to take its course.
  2. Check out this article, "[Learning from the land: Indigenous land-based pedagogy and decolonization](#)" by Matt Wildcat, Mande McDonald, Glen Coulthard, and Stephanie Irlbalcher-Fox
  3. Download the e-book or order a hard copy of "[Culture Camps for Language Learning: An Immersion Handbook](#)" from the First Peoples Heritage, Language, and Culture Council.

4. Watch the video "[Decolonizing the Mind: Healing through neurodecolonization and mindfulness](#)" by Indigenous Scholar and activist, Dr. Michael Yellow Bird from the Arikara and Hidatsa Nations in North Dakota.
5. Follow [@wellforculture](#) on Instagram to join Chelsey Luger and Thosh Collins on their journey to promote healthy lifestyles for Indigenous peoples. Not on Instagram? Check out their website [www.wellforculture.com](http://www.wellforculture.com).

## Addictions

- The BC Centre on Substance Use has launched a 24/7 helpline for clinicians to better assist their clients with addictions. Click [here](#) for details on this new program.

## Mental Wellness

- Congratulations to Carrier Sekani Family Services on their successful bid for a Foundry Centre in Burns Lake! Check out the press release [here!](#)
- Check out the **17 attached resources** shared from the Interior Region that includes posters, guides, and infographics on various topics of Anti-Violence. These may be utilized or adapted by communities in the North.

## National Indigenous Peoples Day Funding

This summer's Indigenous People's Day of Wellness Grants provided by the First Nations Health Authority (FNHA) will support innovative online activities. Grants are for up to \$1000. Some examples of virtual/online celebrations include:

- Elder and youth dialogues
- Crafting workshops (beading, painting, weaving, etc.)
- Storytelling, video projects or podcasts
- Educational webinars (medicines, cultural teachings, language, youth perspective)
- Online community games, challenges and contests, particularly those that engage Indigenous youth (scavenger hunt, powwow, step challenge, virtual sports)

**DEADLINE:** Friday, June 19, 2020

For more information: [active@fnha.ca](mailto:active@fnha.ca) or [click here](#)

778-984-8884

**FNHA Launches Mobile App** through the Apple App Store or Google Play Store. FNHA will continue to be the trusted source of information people have come to rely on, now with the added convenience of a Mobile App. It will provide a direct link to our services and information, and will help to keep users up to date on FNHA's COVID-19 resources, as well as other holistic health information, support and tools. At your App Store, look up "FNHA". [FAQs about the app are here](#). For more info, [click here](#).

## FNHA Teleconferences and Webinars

DATE	TIME	TOPIC	AUDIENCE	HOW TO JOIN
<b>Addictions</b>				
<b>TUES.</b> <b>June 23</b>	10:00- 11:00AM	<b>Community of Practice</b>	Addictions & Wellness Workers MST Staff	<ul style="list-style-type: none"> <li>• Teleconference <a href="tel:18773854099">1 877 385 4099</a></li> <li>• Participant Code: 7332761</li> </ul>
<b>FNHA Northern Regional Community Health Team Info Sessions</b>				
<b>TUES.</b> <b>June 23</b>	11:00- 12:00PM	<b>TBD</b>	Health Leads Health Teams Political Leadership	<ul style="list-style-type: none"> <li>• Join from your computer, tablet or smartphone: <a href="https://global.gotomeeting.com/join/820166869">https://global.gotomeeting.com/join/820166869</a></li> <li>• Canada (Toll Free): <a href="tel:18882991889">1 888 299 1889</a></li> <li>• Access Code: 820-166-869</li> </ul>
<b>FNHA Northern Regional Community Health Team Info Sessions</b>				
<b>THURS.</b>	No longer happening. These sessions will be once a week on Tuesdays now.			

## Improve Connectivity for Teleconferences

We are unfortunately in very difficult times globally. This has severely impacted all video conference services and platforms. The internet as a whole and all ISPs have seen internet traffic hit unprecedented levels.

### Here are some tips for teleconferencing:

- Audio conference often show more than one phone numbers to access. 1-800 toll free numbers are the most likely to be busy. Try the next number even if long distance charges apply. You have a better chance of connecting.
- Schedule your meetings 5-10 minutes before or after the hour (e.g. 8:55am or 9:10am).
- Do not use video unless you absolutely have to.
- In remote FNHA locations with limited bandwidth, on important calls, let everyone know to limit or stop their use of the internet (e.g. no surfing videos, Netflix, YouTube, etc.)

## Northern Health Updates

Northern Health has issued the following information bulletins. Please feel free to share among your networks and stakeholders.

### New Lifeguard App

To help save more lives and ensure people who use drugs alone have access to the supports they need, the [Provincial Health Services Authority \(PHSA\)](#), in partnership with regional health authorities and [Lifeguard Digital Health](#), has launched a new made-in-B.C. resource called the *Lifeguard App*.

The app is another tool in the province's tool box to ensure a comprehensive response to the overdose crisis in British Columbia. The app is activated by the user before they take their dose. After 50 seconds the app will sound an alarm. If the user doesn't hit a button to stop the alarm, indicating they are fine, the alarm grows louder. After 75 seconds a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers to a potential overdose. For more information, see the [full story](#).

### Changes to COVID Call Centre Hours 1-844-645-7811

**Monday-Friday: 12:00PM (Noon) to 8:00PM**

**Saturday, Sunday and Stat Holidays: 8:00AM-4:00PM**

There are no staff, nurses or providers on duty outside of these hours, and when the clinic is closed there is an automated message outlining when to call back or to call 911 if urgent/emergency. [For more information, click here.](#)

## Other Updates

### New information on contact tracing from BCCDC

Contact tracing is an important tool to help stop the spread of COVID-19. It helps diagnose people who may have COVID-19 sooner and prevent the virus from spreading in your community. If you get sick, you can help by telling public health about the people you've spent time with, meaning your contacts. For more information on contact tracing see the [BCCDC page](#) and [infographic](#).

### Maintaining the health and well being of First Nations, Inuit, and Metis children and teens during COVID-19

The [National Collaborating Centre for Indigenous Health \(NCCIH\)](#) has developed a [brief fact sheet](#) to provide information for First Nations, Inuit, and Métis parents and caregivers to support the health and well-being of children and teens during this pandemic.

As well, the National Collaborating Centre for Indigenous Health (NCCIH) will be frequently updating their home page and social media channels to provide reliable, accurate and up-to-date information as well as information sources in relation to COVID-19 in response to the rapidly-evolving global pandemic. These updates will relate to official public health guidelines and any information specific to First Nations, Inuit and Métis peoples and communities.

## Sharing Your Good Ideas

The Good Medicine Initiative is to amplify and celebrate the resilient strength of our people, and we want to hear from you. Email [wellness@fnha.ca](mailto:wellness@fnha.ca) to **share your stories** or use the [#GoodMedicineFNHA](#) hashtag.

**Share your stay-at-home-made creations!** [Click here for more info.](#)



**Carla Joseph, Cree-Metis artist:** *Starting a project is hard during these COVID-19 times. But once I get going, then actually finish a piece, it brings happiness to me. Especially if I create something that makes others happy or even smile.*

## Tell Your Own COVID Story

Frontline workers who wish to submit a story (3000 word max), poem or graphic to The COVID Journals project can [click here for more information](#). Deadline August 30.

If your community has come up with ways to help us all with live better, combat COVID and reduce stress right now, please share them by contacting your CEC or [Lindsey.Larsen@fnha.ca](mailto:Lindsey.Larsen@fnha.ca).

## Resources and Templates for Community

If you have **questions or would like to access FNHA materials**, please email: [COVID19@fnha.ca](mailto:COVID19@fnha.ca)

These **FNHA resources** are available for your use:

- Article: [Taking care of sexual health during the pandemic](#)

Other resources:

- Free skill building program for youth 15+: [BounceBack](#)
- BCCDC Infographic: [Contact Tracing](#)

## Trusted Sources

Currently the best sources of information can be found at:

- First Nations Health Authority Coronavirus: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>
- First Nations Health Authority Communicable Disease Control: <https://www.fnha.ca/what-we-do/communicable-disease-control/>
- BC Centre for Disease Control: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- BC Centre for Disease Control **self-assessment app and website** self-assessment tools: <https://bc.thrive.health/>
- Ministry of Health: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/pandemic-influenza>
- HealthLinkBC: <https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>
- World Health Organization (WHO) Frequently Asked Questions: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- Diabetes Canada: [www.diabetes.ca/coronavirus](http://www.diabetes.ca/coronavirus)
- Government of Canada COVID-19: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Government of Canada **benefit-finder tool** to navigate financial supports during COVID. [CLICK HERE](#).
- WorkSafe BC: COVID-19 information and resources: <https://www.worksafebc.com/en/about-us/covid-19-updates>
- Emergency Preparedness Response: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- Government of BC **resources for urban First Nations**: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- **Interactive Map of BC Collecting Sites for COVID-19 Testing**: <https://experience.arcgis.com/experience/3862560c5a41418e9d78f4f81688e9d0>
- **Previous** FNHA North Daily COVID Updates and Attachments: <https://fnha.sharefile.com/share/view/s5b73cdbbb8c4f51b/fo0c6f84-c2e0-4131-b577-bdefc4752d05>

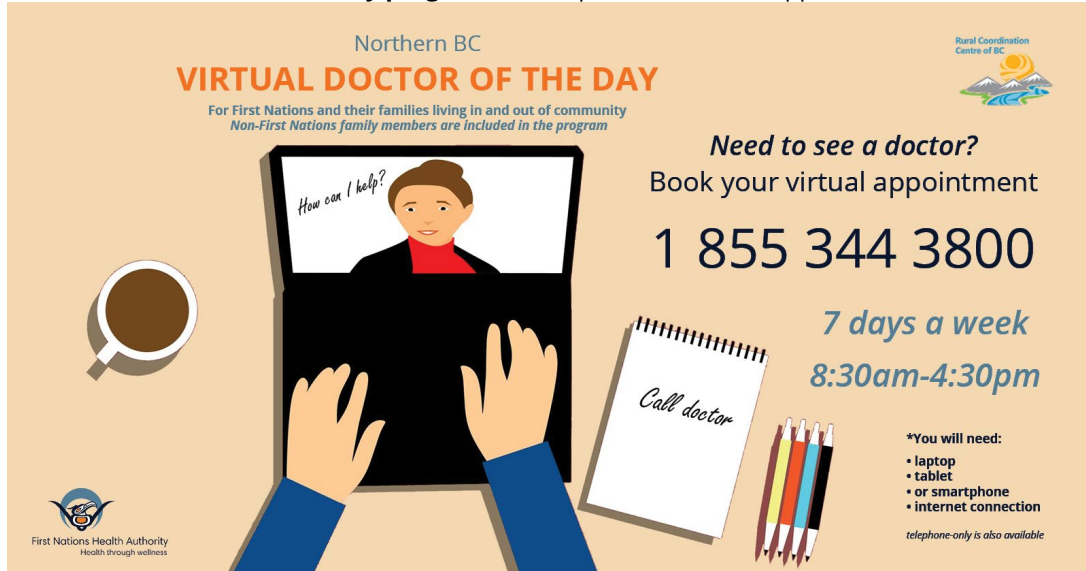
## Contacts

For Health Care providers who have specific questions contact [cdmgt@fnha.ca](mailto:cdmgt@fnha.ca) to connect with the communicable disease management team in Vancouver.

COVID-19 Northern Health Online Clinic & Info Line 1-844-645-7811

Non-Medical COVID-19 Questions: 1-888-268-4319 or text 604-630-0300 7:30AM-8PM (PST)

FNHA Virtual Doctor of the Day program to set up virtual doctor's appointments: 1-855-344-3800



Northern BC

## VIRTUAL DOCTOR OF THE DAY

For First Nations and their families living in and out of community  
Non-First Nations family members are included in the program

Need to see a doctor?  
Book your virtual appointment  
**1 855 344 3800**  
7 days a week  
8:30am-4:30pm

\*You will need:

- laptop
- tablet
- or smartphone
- internet connection

telephone-only is also available

How can I help?

Call doctor

First Nations Health Authority  
Health through wellness

Rural Coordination  
Centre of BC

The graphic features a central illustration of a person's hands typing on a laptop. The laptop screen shows a female doctor with a speech bubble asking "How can I help?". To the left is a coffee cup, and to the right is a notepad with "Call doctor" written on it and a set of colored pens. Logos for the First Nations Health Authority and Rural Coordination Centre of BC are present.

Community enquiries, please contact your CECs who will direct your questions to the appropriate resources.