

COVID-19 UPDATE



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A MESSAGE FROM THE BIB BAND MANAGER

LEONA LAMPREAU

March 26, 2020
Wey'tk
Bonaparte Members

So much of everything we see and read in the mainstream and social media outlets reporting on the Corona Virus can be overwhelming and exhausting. The statistics and specific reports from around the globe are absolutely staggering and incomprehensible. We live in a time when the advancements in science have led us to believe that these things shouldn't happen. But Mother Earth and the Creator have, once again, proven us wrong.

When I first came to Bonaparte, I was absolutely awe struck by the people's survival story in enduring the hardship caused by wildfire, flooding and landslides. What I have learned is that the Bonaparte People are resilient and know exactly what needs to be done to keep everyone safe. The Bonaparte People know what it means to work as a community to protect the Elders and those most at risk and vulnerable. These are qualities that I truly admire and respect and are exactly what Bonaparte will continue to demonstrate as COVID-19 continues to plague our world.

As we move forward in the next few weeks, a lot of information will be presented and distributed. The volunteers, staff and management team are responding as quickly as humanly possible to ensure that communication is sent as early as possible. The integrity of this information is important to us as we do not want to cause any undue stress or panic. Please be reassured that the volunteers, staff and management team are working as quickly as possible to respond based upon the information shared from the various government agencies.

All of the people who have responded are truly heroes in my eyes and deserve the utmost respect and admiration for potentially placing themselves in harm's way to ensure that the needs of the community are being met. Please treat them with the same dignity and respect as you would anyone who is choosing to help you at a time of great need.

Your patience and understanding as we work through this challenging time is greatly appreciated.

May the Creator Bless and Keep All of Our People Safe

Leona Thomas Lampreau, BBA
Band Manager



UPDATE ON BONAPARTE INDIAN BAND ADMINISTRATION, HEALTH AND NATURAL RESOURCES

The guidelines for those who are more at risk of severe outcomes from COVID 19 are:

- Aged 65 and over
- Anyone with compromised immune systems
- Anyone with underlying medical conditions

The seriousness of the situation increases every day. We need to make sure we are all doing our part to keep our community safe. Many of our employees fall under the guidelines listed above or have chosen not to further compromise our community and will be working remotely. However, essential services will continue.

BAND ADMINISTRATION

Administrator: Leona is on self isolation and is available through phone and email.

Finance will continue to run with most staff set up to work from home and one staff member coming in as needed to process cheques.

Housing will continue to respond to emergencies as needed, please have patience, some of the projects have been postponed to a later date and will commence when the time permits.

Lands is working on items that are emergency based,

The Water Treatment team will continue to run water samples on the administration/health building, the band hall and the water treatment plant. They will be responding to emergency calls but are distancing themselves and not entering homes right now for water sampling.

Education department has suspended services and is responding to emergencies as needed

HEALTH DEPARTMENT

Health Director: Vanessa is currently on self isolation and her availability is limited

Patient Travel: As of March 19, 2020 FNHA has stated that medical transportation for all routine appointments is currently unavailable. Medical transportation is only available for urgent appointments that cannot be postponed.

Youth and Headstart programming has been cancelled until further notice.



UPDATE ON BONAPARTE INDIAN BAND ADMINISTRATION, HEALTH AND NATURAL RESOURCES - CONTINUED

Home and Community Care program:

Sher will be working from home and is available at 457-7125.

Carolyn will not be providing in home care at this time as we do not have the proper equipment. She will be here to help with the CDE plan efforts.

Health Nurse: We have not been updated on the services that are scheduled for our community through FNHA.

Volunteer: Amanda Porter, a registered nurse and community member, has volunteered to help with the CDE plan that has been put into place

SOCIAL DEVELOPMENT

Social Worker, Boysie Porter, is currently in isolation and is working remotely

Social Development Assistant: Ginger Jones has been set up to work remotely and can be reached on her cell phone at 250-256-3905

Stsmelt Project has been suspended until further notice

Homemaker Services: Marylou will not be going into homes at this time, we do not have the proper equipment

NATURAL RESOURCES

All projects have been suspended until further notice and the office has been shut down.



OTHER IMPORTANT UPDATES

FOOD ORDERS

Most distributors in our area are dealing with an overload of orders. The last two food orders for our community have been short. One was received March 20th and another received on March 24th. We are doing our best to make sure everything we receive is equally distributed to homes in the community.

There was some miscommunication with the March 20th order and not all members that had been prioritized were delivered to. We have now developed a more structured and organized plan for future orders. We apologize for the confusion.

We have been told that we will be contacted as soon as the short-ordered items are available. We are gathering a list of all possible companies that we can order bulk items from and will be placing another order as soon as possible.

Distribution centres are currently overloaded and our community is not alone in being short on what we receive.

SNTC was helpful in providing a limited number of items to our community which we distributed ASAP after receiving.

We will continue to explore all options in getting more food into our community ASAP.

CLEANING SUPPLIES

We have received a limited number of cleaning supplies for homes in the community. We have gathered a list of all possible companies we can be ordering supplies from and will be contacting them to request as much as they have available. We are working hard on getting the supplies needed and will get them out as soon as they become available. We are also looking into getting hand sanitizer which hard to find at the moment but will get what we can as soon as we can.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

MASKS, GLOVES, GOWNS

We have limited supplies of masks and gloves. We have no gowns at all. We completed an inventory of all PPE and medical supplies at the health centre and have been working with Mark Diffin, Consultant for BIB's Emergency Management Plan, as well as Chief and Council to compile a list of every possible source we could be accessing these supplies from. Orders will be placed as soon as possible.



COVID-19: CANADA EMERGENCY RELIEF BENEFIT

- The previously announced Emergency Care Benefit and Emergency Support Benefit are now combined into one program called the "Canada Emergency Relief Benefit" or CERB
- This benefit is for but not limited to:
 - Entrepreneurs
 - Contract Workers
 - Those workers who do not qualify 100% in the way that E.I. USED to be calculated still apply if you have any time of ROE
 - People who are looking after a family member who has COVID-19 or have the virus themselves
- Make sure to complete the application process for CERB in its entirety the first time to avoid any delays of payment to you.
- CERB will provide \$2000/month for 4 months (16 weeks)
- Canadians can apply online at Canada.ca/benefits.
- Applicants can expect money in their accounts within 10 days of applying. Keep in mind that there will be an extreme influx of applications. To date, over 1 million Canadians have applied in the last week. Normally 30,000 applicants apply per week, pre-COVID-19.



PUBLIC ANNOUNCEMENT IN REGARD TO COVID-19

March 25, 2020

Communicable Disease Emergency Preparedness Plan

To Bonaparte Indian Band Members & Community members,

Currently Bonaparte is working on a planned effort in response to the events that have been occurring and getting closer to our home community. The response structure and roles and responsibilities are going to be identified. In the meantime, Bonaparte is working on making sure that the households are secure and safe from anyone entering the homes currently. By putting up signs of no entry to homes. Territorial patrol will be monitoring our reserve and territory lands so there is no squatting or camping of tourist and outside people bringing in the virus. Detailed information will be following in a BIB COVID 2020 Newsletter as soon as we have all the information for our community members. It is important that our community feels supported at this time and not feeling the need to go out of their homes and risking the exposure of contacting the virus. Stressing self isolation, social distancing and community safety measures is an ongoing challenge and cannot be taken lightly. Bonaparte Indian Band is hoping that that people are respecting the importance of public health measures and people following these safe guidelines. We ask that the community have patience and understanding in the days to come, we are doing our best right now to stabilize food orders and cleaning supplies. Our deliveries will not just be the one we will be continuing to deliver supplies ongoing.

Respectfully,

Task Team
Amanda Porter,
Marilyn Porter



COMMUNICABLE DISEASE EMERGENCY (CDE) RESPONSE PLAN

Beginning March 20, 2020 Chief and Council began work on adopting a Communicable Disease Emergency (CDE) Response Plan. This plan helps to identify who would be the teams of people that would help with specific sections of our community's response to the COVID-19 pandemic.

As we move forward the people on the chart will play key roles in making sure we are set up to be responsive to situations that unfold. They will help make sure we are using the resources we have available to us to keep our community safe.

Council has been committed to working daily on the CDE plan as well as gathering information and resources that would help us in this unprecedented situation.

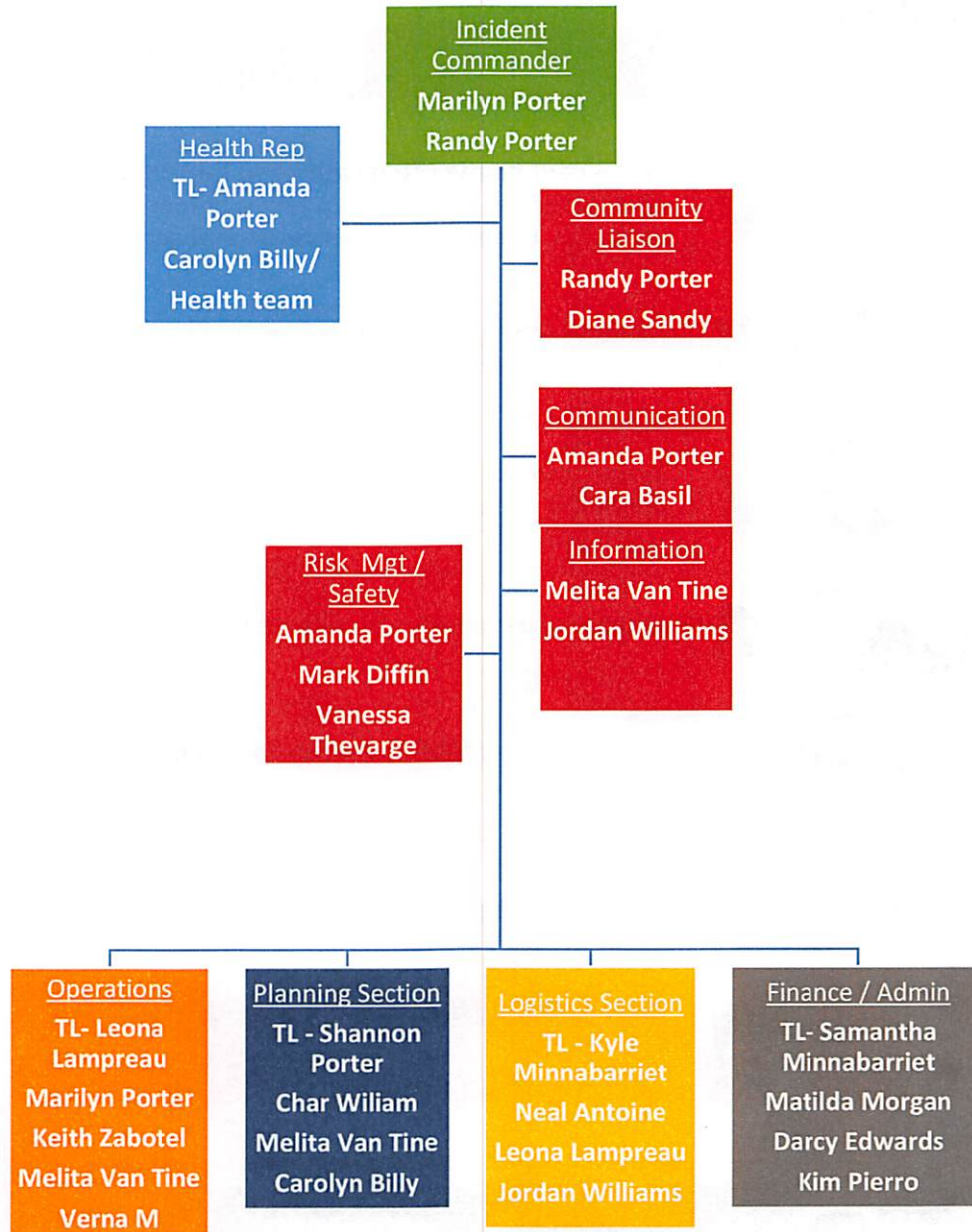
ACTIONS TAKEN SINCE MARCH 20, 2020 IN RESPONSE TO COVID 19:

1. Commitment of Chief and Council to meet daily to discuss COVID 19 and resources that become available
2. Identified the BIB Community Hall as a potential treatment/triage centre (steps have been taken to begin clearing it out)
3. Began looking into supplies we would need to set up hall for treatment/triage
4. CDE Plan shared with Dept managers and managers shared with their teams
5. Began developing plan to organize food orders and food distribution
6. Reactivated the 1- 800 number for community messaging (the same number that was used during the wildfire response) see list of emergency contacts
7. Closed Admin and Health buildings to community members
8. Organized cleaning plan for admin, health and natural resource buildings
9. Cleaning staff began cleaning and sealing off unused areas of the Admin and Health buildings
10. Natural Resources building was closed until further notice as of March 24, 2020
11. Natural Resource building cleaned and sealed off to staff and community members
12. Took inventory of medical supplies and cleaning supplies
13. Began compiling list of available distributors for medical and cleaning supplies
14. Developed documentation for food inventory and distribution
15. Gathered list of homes within the community broken down by IR 1, 2 & 3 (that will help with food and supply distribution)
16. Developed contact list of agencies that could help with getting supplies and food to our community
17. Ordered signs to be put up by highway at IR 1, 2 & 3 to let public know that we are self isolating and no visitors or solicitors allowed at this time

**Chief and Council and the CDE team continue to work on the plan every day
More updates to come...**



Communicable Disease Preparedness Team
Incident Command Structure (ICS)



Media Liaison: Randy Porter



COVID-19: INFORMATION



Coronavirus Prevention



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid close contact with people who are sick.



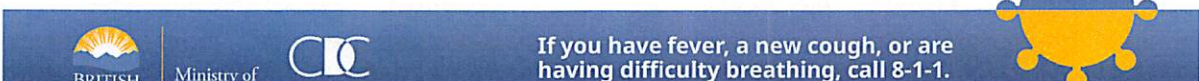
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick.



WEARING A MASK IS NOT AN EFFECTIVE MEASURE TO KEEP YOURSELF SAFE FROM VIRAL INFECTION.



COVID-19: INFORMATION



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
- ✓ Exercise at home or outside
- ✓ Get groceries and medicines at off-peak times
- ✓ Go for a walk with family or others you are living with
- ✓ Work from home
- ✓ Use food delivery services or online shopping
- ✓ Go outside for some fresh air
 - Go for a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail while maintaining safe physical distance from others
- ✓ Use public transportation at off-peak times
- ✓ Have kids play in the backyard or park

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

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.



COVID-19: INFORMATION

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Wash your hands after emptying the wastebasket.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask over your nose and mouth

- Wear a mask (surgical or procedure mask) if you must leave your house to see a health care provider.
- Wear a mask when you are with other people.



Contact your local Public Health unit

Visit immunizebc.ca/finder to locate your nearest public health unit

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Learn more at bccdc.ca/covid19

March 24, 2020
How to self-isolate: For those who have COVID-19 or respiratory symptoms



Ministry of
Health



BC Centre for Disease Control

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



COVID-19: INFORMATION



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to self-isolate

For those who have COVID-19 or respiratory symptoms

March 23, 2020

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, 8-1-1, your local public health unit, or complete the COVID-19 Symptom Self-Assessment tool by visiting covid19.thrive.health.

Stay home for at least 10 days after onset of symptoms

- Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants.
- Do not use public transportation, taxis or rideshares.
- If leaving your home for medical care, call ahead and tell the medical facility that you are coming in so they can prepare for you.
- After 10 days, if your temperature is normal and you feel better, you can return to routine activities. Coughing may persist for several weeks, so a cough alone does not mean you need to continue to self-isolate for more than 10 days.



Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but try to have them drop off deliveries outside your home.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system).



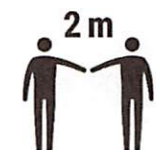
Avoid contact with others at home

- Stay and sleep in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



COVID-19: INFORMATION

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places through social distancing if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

FOOD

- ☐ dried pasta and rice
- ☐ pasta sauces
- ☐ canned soups, vegetables and beans
- ☐ pet food

HYGIENE

- ☐ toilet paper
- ☐ feminine hygiene products
- ☐ diapers
- ☐ facial tissue
- ☐ soap
- ☐ alcohol-based hand sanitizer

HEALTH CARE

- ☐ thermometer
- ☐ fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- ☐ paper towels
- ☐ plastic garbage bags
- ☐ dish soap
- ☐ laundry detergent
- ☐ household bleach
- ☐ household cleaning products



FOR MORE INFORMATION ON CORONAVIRUS:



COVID-19: INFORMATION

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1
Wet hands with warm water



2
Apply soap



3
For at least 20 seconds, make sure to wash:



4
Rinse well



5
Dry hands well with paper towel



6
Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397

@canada.ca/coronavirus

phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



COVID-19: INFORMATION



First Nations Health Authority
Health through wellness

Have COVID-19 Symptoms? Call 8-1-1



Don't call 9-1-1 unless it's an emergency.

If you think you may have symptoms of COVID-19, call 8-1-1.

8-1-1 is the provincial phone line for medical information and advice, including all COVID-19 questions. Call 8-1-1 free of charge to talk to trained nurses and get the info you need on the coronavirus and COVID-19.

Remember: 9-1-1 should only be used in an emergency! 9-1-1 operators do not have COVID-19 information. Calling 9-1-1 can put others at risk by delaying other emergency response efforts.

For non-medical questions about COVID-19, like questions about travel restrictions, call 1-888-COVID19 (1-888-268-4319). This info line is open from 7:30 AM to 8 PM. Do not call this line if you are sick. 8-1-1 is the best phone line if you think you have COVID-19.

To self-assess your symptoms, please visit the BC Centre For Disease Control's COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health



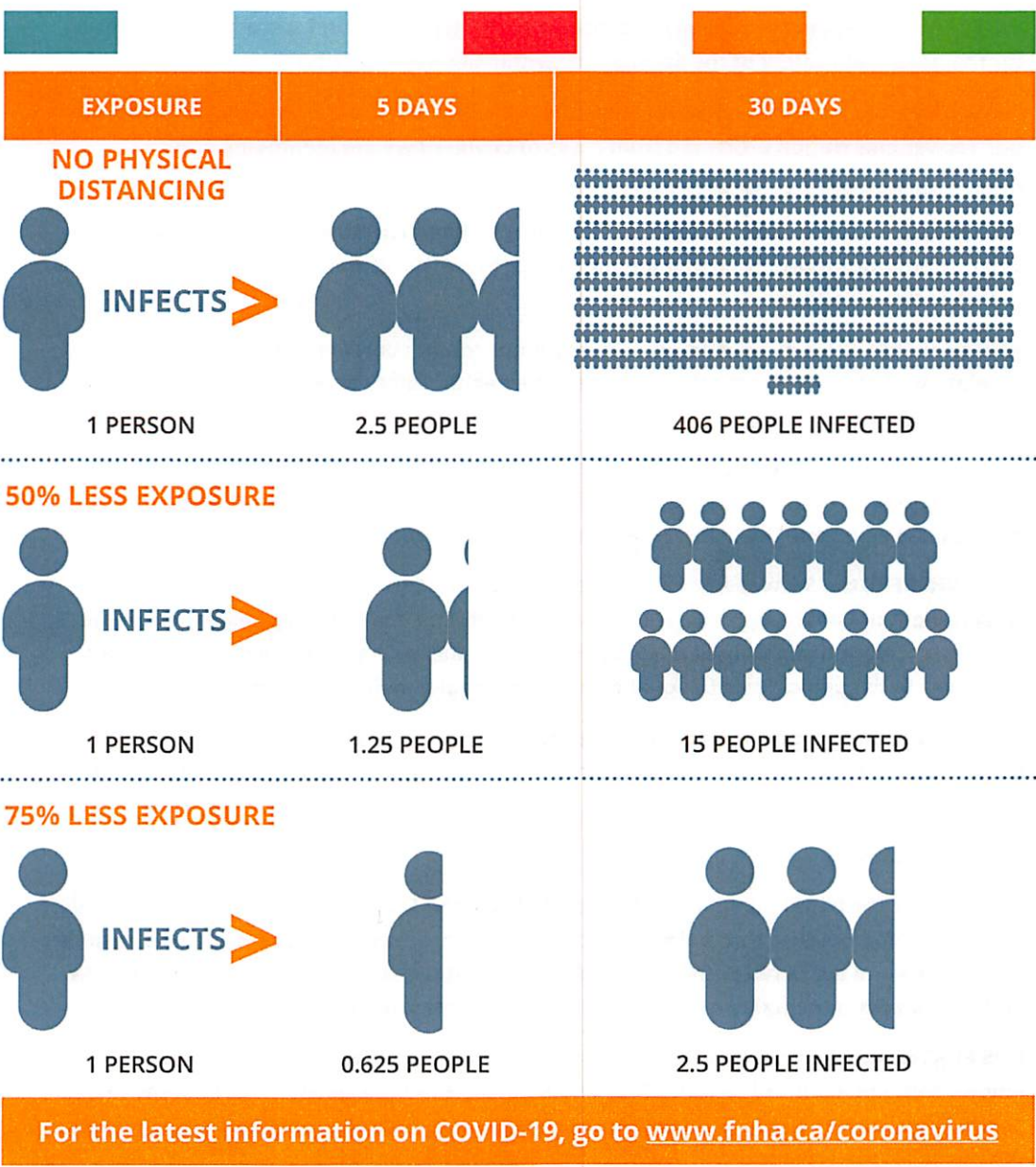
For the latest information on COVID-19, go to www.fnha.ca/coronavirus



COVID-19: INFORMATION



The Math Behind Physical Distancing



For the latest information on COVID-19, go to www.fnha.ca/coronavirus

Credit: Robert A.J. Singer Ph.D.



SECWEPENCULECW



Secwepemc Declaration of State of Emergency within Secwepmcul'ecw

ORDER

WHEREAS Secwepemc Kukukwpi7 exercise our collective rights and sacred responsibilities for the health and safety of the Secwepemc within Secwepmcul'ecw .

WHEREAS there is a Covid-19 pandemic within the jurisdiction of Secwepmcul'ecw; To keep our Secwepemc Nation protected from cases of Covid-19 we are identifying drastic measures to ensure continued safety.

AND WHEREAS the coronavirus poses an existing or imminent threat to our vulnerable Elders, immunocompromised and members with pre-existing and chronic health conditions within Secwepmcul'ecw;

AND WHEREAS this Covid-19 emergency requires prompt coordination of action or special regulation of persons or property to protect the health, safety or welfare of people or to limit damage to property;

AND WHEREAS the Secwepemc call on the Province of BC and Canada for a response that is proportionate to the level of vulnerability of specific populations, namely Indigenous populations who have the highest rates of poverty and chronic illness across the board.

AND WHEREAS the Secwepemc call on the Province of BC to comply with UNDRIP and the Government of Canada uphold the Crowns constitutional and fiduciary obligations to the Secwepemc Nation and uphold the Section 15 of Canadian Charter of Rights & Freedoms that gives Secwepemc rights to equal protection; equal benefits; without discrimination.

The Secwepemc were devastated and negatively impacted by the lack of an adequate response by the Province of BC and Government of Canada during the 2017 and 2018 BC Wildfires;

NOW THEREFORE:

IT IS HEREBY ORDERED pursuant to [Section 12 (1) of the Emergency Program Act (RS, 1996, Chap 111) / Secwepemc that a state of local emergency exists in Secwepmcul'ecw due to the coronavirus and the Secwepemc members are at greater risk due to isolation, remoteness and lack of access to quality care equivalent to the general public;

IT IS FURTHER ORDERED THAT Secwepemc , its employees, servants and agents are empowered pursuant to [Section 13 (1) of the Emergency Program Act/ Secwepemc to do all acts and implement all procedures that are considered necessary to prevent or to alleviate the effects of the emergency.

ORDERED by the Secwepemc Kukukwpi7 this date, March 23, 2020, to remain in force for thirty days until April 20, 2020 at midnight unless cancelled by Secwepemc Kukukwpi7.

Secwepemc Kukukwpi7,

Jeff Anous



Randy Pira



John Pira



Don Pira



Judy Vibon



Xat'sull | 'Cmetem' |
SOQA CREEK FIRST NATIONS

Kukpi7



WSE



Pell'tiq't



For questions please contact:

Eastern Representative: Kukpi7 Patrick Harry 250-440-5645
Western Representative: Kukpi7 Wayne Christian 250-503-7072



SECWEPENCÚLECW



March 23rd, 2020

Attention Nation members,

Today marks a significant action day, as our Nation came together to plan for the protection, wellness and safety of Secwepemc people amid the Covid-19 pandemic and State of Emergency we are facing in Secwepemcúl'ecw and BC.

Leadership, Health Staff, and other vital staff from Secwepemc communities gathered virtually to share the essential services that each community is undertaking to prevent the spread of Covid-19 in Secwepemcúl'ecw. It is the Nation's priority to work together to prepare for this pandemic, but most importantly be proactive.

The measures the Secwepemc Nation will undertake are:

- Effective messaging of the Covid-19 pre-cautions to ALL members and respective communities, to members especially our youth

DO THE FIVE: HELP STOP THE VIRUS

- **HANDS** Wash them Often
- **ELBOW** Cough into it
- **FACE** Don't touch it
- **FEET** Stay more than 3ft apart
- **FEEL** sick? Stay home
- Adequate & timely funding to support all Nation members
- Sharing resources between communities, so none are left out
- Advocating and securing access to all essential materials, protective measures, and healthcare
- Implementing consistent and coordinated communication to actively resolve concerns as they arise
- Ensuring food security for communities

The Kukukwipi7 request that our Nation members support one another during this very difficult time. It is important that we all take steps to prevent the spread of Covid-19 in our communities. Secwepemc Nation members stand to have considerable impacts on our most vulnerable Elders, immunocompromised and members with pre-existing and chronic health conditions. It is the duty of each of us to care for one another.

It is not a time to panic, rather it is a time to act rationally for the strongest defense.

The Secwepemc Kukukwipi7 ask that all of our members; stay safe, stay healthy, and stay connected.

Kukwstsep-kucw—we thank you,



Joely Wilson



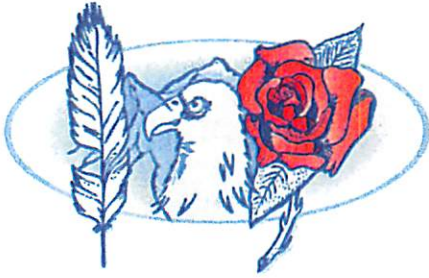
Xat'sull 'Cmetem' MOSS CREEK FIRST NATION



For questions please contact:

Eastern Representative: Kukpi7 Patrick Harry 250-440-5645
Western Representative: Kukpi7 Wayne Christian 250-503-7072





Bonaparte Indian Band

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0

Tel: (250) 457-9624 Fax: (250) 457-9550

Good Day Stuctwesemc Members

We would like to let you know we are working to keep our community safe. To date we have enacted the Pandemic Team with Marilyn Porter and Amanda Porter as the Leads. Our staff have been assigned or re-assigned to other duties and are working remotely. We would like to say a big THANK YOU to all the staff who continue to work with us through this time. The volunteers, Public Services Department, Cleaners, and other who we would not name because we don't want to forget anyone.

We are working to set up a Triage center at the Band hall and looking for support from hospitals and others to do this. We want our community members to be safe and taken care of in our community as best as possible. Please note there are items being shared on social media regarding other communities acquiring financial support. Most of those communities are in urban areas and have the ability to have choices, our community does not have that luxury, therefore, we are bulk ordering and distributing as best as we can. Those who are in need or have immediate issues please contact Marilyn or Amanda. Please be patient with us as we work through this process. STAY HOME, BE SAFE, and connect with us if needed.

Thank you for your continued support and understanding through this time of Crisis. We are strong and resilient and we will persevere.

Your Leadership: Chief Randy Porter, Councilors: Shannon Porter, Neal Antione, Charlene William and Verna Billy-Minnabarriet

Please note:

There is a fire ban in effect for all IR's, please no burning at this time. In case of a fire getting away on us, please and thank you.

Also, there will be no irrigating on IR #3, we have our families home now and don't want to risk any failures regarding our water source.

Thank you for understanding at this time of crisis.



First Nations Health Authority
Health through wellness

Physical Distancing

THE DO'S & DON'TS

Physical distancing is the practice of reducing close contact between people to slow the spread of infections and viruses. For COVID-19, the following physical distancing actions are recommended: stay two metres (six feet) away from other people, avoid groups of people, and cancel social gatherings. Physical distancing also means we cannot use our usual social greetings, such as handshakes, hugs and kisses.



Group Gatherings
Sleep-overs
Playdates
Concerts
Theatre Outings
Athletic Events
Crowded Retail Stores
Malls
Workouts in Gyms
Visitors in Your Home
Non-essential Workers
in Your Home
Mass Transit Systems

Visiting a Grocery Store
Getting Take-out
Picking up Medications

Take a Walk
Go for a Hike
Yard Work
Play in the Yard
Clean out a Closet
Read a Good Book
Listen to Music
Cook a Meal
Family Game Night
Go for a Drive
Group Video Chat
Stream a Favourite Show
Phone a Friend
Phone an Elderly Neighbour

Coronavirus (COVID-19)

Your Pharmacist Can Help (English)



British Columbia's community pharmacists are committed to remaining available to patients in need during this COVID-19 outbreak, as we have been for other public health crisis in the past.

HERE ARE SOME WAYS YOUR PHARMACY CAN HELP:

Getting medication safely to you.

- Many pharmacies can deliver your medications to you.
- If you have symptoms of respiratory illness (like cough or fever) or have been in contact with someone who does, call your pharmacy ahead of time to inquire about delivery services.
- If you are sending someone else to pick up your prescription, let your pharmacist know ahead of time.

Getting a new prescription from the prescriber.

- If you are seeing a doctor or nurse practitioner for a prescription ask if they can fax, or phone it into your pharmacy rather than you having to go into the pharmacy.
- Let your pharmacist know. Your pharmacist will work with your doctor to get this new prescription.

Refilling your medications.

- If you have refills left on your prescription and are running out of supply, call your pharmacy ahead to avoid having to wait in the pharmacy.
- Some pharmacies may have an automated phone system to order prescription refills.
- If you still have medication at home, call your pharmacy to determine if a refill can be provided at this time.

Renewing your prescription.

- If you have run out of your medication and have no refills, call your regular pharmacy. In certain situations, your regular pharmacy may be able to provide you with an extended amount of medication and will let your doctor know, so that you do not need to visit the doctor. Note that the pharmacy must have filled your prescription originally for this medication and at this time this service cannot be provided for narcotics, controlled or targeted drugs and psychiatric medications (unless working in a multidisciplinary environment).

Emergency supplies.

- If you have completely run out of your medication and do not have a prescription, call the pharmacy. Your pharmacy will ask you some questions to assess whether an emergency supply is appropriate and can issue you a supply of medications until you can see your doctor next. During the COVID-19 outbreak when there is strain on access to prescribers, the amount of medication that can be provided for this service may be greater than under normal circumstances. For example a 30 day supply might be provided if appropriate during the outbreak vs. a 7 day supply under regular circumstances.

Preventing drug shortages

- Like you, many British Columbians want to ensure they have the medication they need during this challenging time. Pharmacists are working hard to ensure all British Columbians have the medications they need and want to ensure that there is fair access to everyone and so there may be limits to how much medication they can provide at this time.

Over-the-counter medications

- If you do not have any symptoms, you do not need any over-the-counter medication. If you have symptoms, your pharmacist can help you find the right cold/flu product to help you manage your symptoms.
- Consult a pharmacist or call 8-1-1 before taking any drugs.

If you need to contact your pharmacy for refills, prescription renewals or emergency supplies:

Pharmacy

Phone Number



BEFORE VISITING YOUR PHARMACY, CALL AHEAD OF TIME IN THE FOLLOWING SITUATIONS:

- You are feeling ill;
- You exhibit symptoms of COVID-19 (coughing, fever, and/or shortness of breath);
- You are sending someone to pick up a prescription;
- You need a prescription renewal, a refill or an early fill of your medication; or
- You need a prescription delivered.