

ST'UXWTEWSEM C

COMMUNITY NEWSLETTER



January 2021

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See p. 3 for Youth Cooking !

MEET OUR NEW TEAM



See p. 1 to see our new team member !

Meet the New Team Member !!

Good day everyone:

My name is Angie Thorne (Porter). I am the daughter of the late Julia Porter and my father is Leslie Edmonds, granddaughter of the late Clarence Williams Sr and Edna Williams. I am a mother of three beautiful children Darrell, Andrew,

Kelsey and grandmother of Nevaeh, also I am a wife to Randy. I along with my Brother Higs aka Derek Porter, via Foster to the Late Willard Antoine and Marie Antoine, who raised me since I was 6 years old. I have numerous Sisters and Brothers- Brenda, Jeri, Frank, Kevin and Tracy along with many Nieces and Nephews and great Nieces and Nephews.

I'm happy to be a part of the Bonaparte First Nation administration in the capacity of Social Development Manager/Worker. I've been administering the Social Development Policy for 19+ years. I have vast experience in working with families, elders and children in care as a Band Representative.

I'm a firm believer of working with community members in prevention and supporting families in a positive and respectful manner.

I am looking forward to creating positive community based events in the near future. I have experience in working with other members of teams through nutrition and Cultural enrichment.

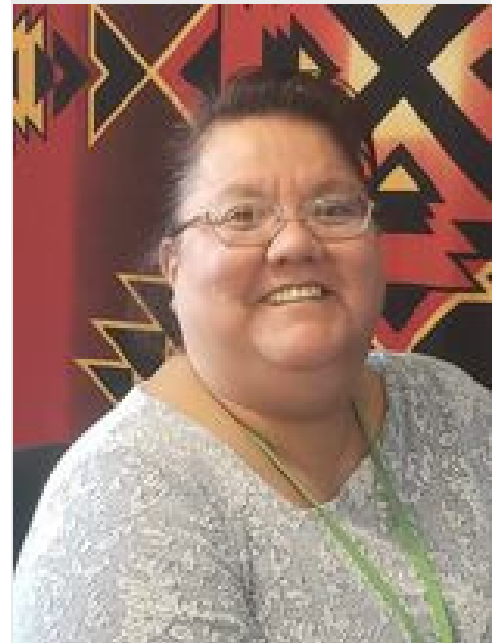
I am a firm believer that every member has place in their community through their experiences and knowledge at all capacities. Please feel free to reach out to me at anytime. I'm approachable and most of you already know me from personal interactions and lifelong relationships developed in the community as a child and am still a big part of the community through life events over the years.

I know these are trying times and you have my full support in regards to feeling Safe and I would like to ensure you we are a team here and if you ever have any questions feel free to contact our team at the Health Centre where my office is situated.

Kukstemc-thankyou,
Angie Thorne
Social Development Manager/Worker



Angie Thorne



Social Development

Health

P:250-457-6233



Dr. Lawrie: February 10th

Kala Morgan

Schedule an appointment with Dr. Lawrie for Wednesday, Feb. 13th 2021.

Please be sure to update your primary phone number upon booking your appointment. There is no need to come into the Health Centre for your appointment, as Dr. Lawrie will be contacting all her patients via telephone.

COVID Notice

Vanessa Thevarg

Due to the Extended Provincial Health Orders, Bonaparte First Nation office(s) will be closed to the public at this time until after the next update on February 5, 2021.

Absolutely **No Visitors** allowed as the doors will remain locked during this time.

Please call the receptionist and they can forward any calls to the staff you wish to speak to:

- Health Centre - 205-457-6233
- Administration - 250-457-9624
- Natural Resources - 250-457-9624 ext. 273

Staff are available via virtual, email, and telephone.

Please note, staff are unavailable during the lunch hour from 12pm-1pm, unless arrangements have been made.

Thank you for your cooperation.

A Message

Vanessa Thevarg

January 4, 2021

Hello Bonaparte community members,

This is a friendly reminder that we all need to be vigilant and continue to follow the Provincial Health COVID-19 safety guidelines, this will help to protect all who live in the community.

Please remember to follow these guidelines:

- Stay home if you are feeling sick and call 811. Symptoms to watch for are: headache, muscle ache, fatigue, nausea, vomiting, and diarrhea, loss of taste and smell, fever and chills, shortness of breath, sore throat, and cough.
- It is mandatory to wear a mask covering your nose and mouth when you are out in public
- Keep physical distance - at least 6ft apart
- Frequently wash your hands and use hand sanitizer
- Frequently clean all high touched surfaces
- No visiting, no small gatherings, no events and keep to your core bubble (members who live with you)
- No non-essential travel

All Bonaparte buildings are still currently closed to the public. Staff can be available by email, phone, and virtual meetings.

Keep up the good work everyone!

By continuing to follow these guidelines we will be successful at keeping everyone safe. We are in this together and we need to do this together!

If you have any questions, please let me know.

Respectfully,


Vanessa Thevarg/Health Director

Head Start

Donna Cox

**Head Start Home
Activity Packages
will be delivered
on Fridays for the
children**

January Youth Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12 5pm Virtual Language Class	13 5pm Virtual Language Class	14	15 In office @ noon	16 10am pizza making
17	18	19 5pm Virtual Language Class	20 5pm Virtual Language Class	21	22 In office @ noon	23 10am crockpot lasagna
24	25	26 5pm Virtual Language Class	27 5pm Virtual Language Class	28	29 In office @ noon	30 10am craft day
31						

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VALENTINE'S ZOOM BINGO

Zoom ID #: 2555831220

Zoom Password: Pjy55z

\$30 PACKAGES INCLUDE:

**9up book; walk in book
early bird book; 1 each of specials
Packages will be mailed to surrounding
area**

**Guaranteed \$500 odd/even depending on
30 or more participants**

daka127@gmail.com

Special #1: \$300 choice of GC

Special #2: \$500 choice of GC

Deadline Feb 5th for packages.

FEB 13, 2021

**11:00AM -
3:30PM**

**VALENTINES
BINGO**

Alzheimers Awareness Month

Alzheimer's disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness. Her symptoms included memory loss, language problems, and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary, or tau, tangles).

These plaques and tangles in the brain are still considered some of the main features of Alzheimer's disease. Another feature is the loss of connections between nerve cells (neurons) in the brain. Neurons transmit messages between different parts of the brain, and from the brain to muscles and organs in the body. Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks.

Alzheimer's:

- is the most common cause of dementia (memory loss and other cognitive abilities).
- disease accounts for 60-80% of dementia cases.
- Is not a normal part of aging. Majority of people with Alzheimer's are 65 and older. This is not just a disease for old age, there are approximately 200,000 people under the age of 65 who have younger-onset Alzheimer's disease.
- Disease worsens over time. In the early-stage memory loss is mild then in late-stage conversation and response to the environment take place.
- There is no cure, but treatments for symptoms are available and research continues.

Help is available:

Alzheimer resource centre - Central Interior

235 1st Avenue

Suite 405

Kamloops BC V2C 3J4

Canada

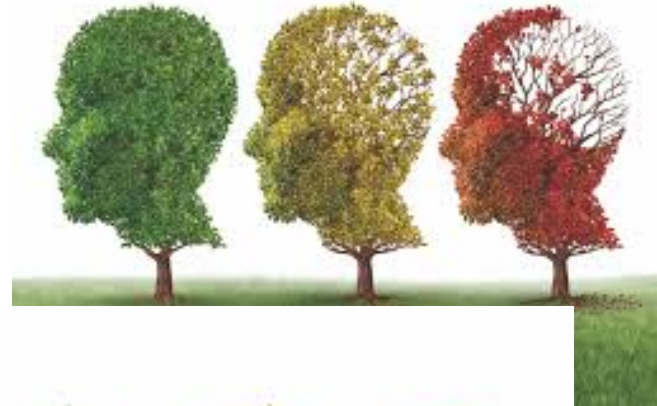
Hours of operation: virtual support only

Phone: 250-377-8200

Toll free: 1-800-866-6946

Email address: info.kamloops@alzheimerbc.org

First Link Dementia hotline at 1 800 936 6033 or visit alzheimerbc.org.



Addictions

Boysie Porter

250-457-6233



Wellbriety Movement

Elder's meditation of the day – January 12, 2021

"The first thing that we want you to understand is that spirit has no color or race to it. It doesn't matter whether your skin is white, black, red, Hispanic, whatever. No one out there is any better than you, and you are no better than anyone else out there."

- John Peters (Slow Turtle)

We are all created to be of equal worth. We may be different sizes, different heights, different ages, different colors. We may have different beliefs and be of different shapes and colors-but we are all worthy. For example, you can have water, you can have steam, or you can have ice. Which of these is not made up of H2O?

12 Steps of Wellbriety: Step 1

Step 1 has two parts: First. Take an honest look at what alcohol and/or drugs has done to impact our lives. Second. Honestly admit how we are behaving, what we are doing, and how we are treating people. We admit it when our emotions are out of control and we admit that we don't know how to handle life without hurting others and ourselves. My actions, and how I am managing, are causing great problems that often lead me to more drinking, drugging, or dysfunctional behaviors. There is an interconnection between my problems and alcohol. When we can admit this, then we take this information to Step 2.

Boysie Porter
Addictions

Housing

Melita Van Tine



HOUSING COMMITTEE

Housing has yet to appoint the seats for the Housing Committee, we are seeking more interested band members to participate. Currently, there are four applicants; we would also hope to reserve and accommodate a committee seat(s) for an elder(s). Please send letter of interest to the Housing department as soon as possible at melita@bonaparte.band.

JOB POSTING:

Bonaparte is looking for a renovations contractor who possess trade a license, and tickets. If interested, please email a resume and letter of proposal to Human Resources at payroll2@bonaparte.band

ROLES & RESPONSIBILITIES AS A ST'UXWTEWS HOUSING COMMITTEE MEMBER

4.2 Housing Committee

The Housing Committee represents BIB in matters related to housing. The Committee acts in cooperation with the Housing Department but remains independent from the Housing Department in carrying out their roles and responsibilities. The Housing Committee is not responsible for day-to-day operations and program management. Those matters fall to the Housing Department.

4.2.1 Establishment and Selection of Housing Committee

The Housing Committee will consist 7 (seven) voting members. Members shall be appointed by Chief & Council. The one Council representative, shall serve as the chairperson. Quorum shall be 4 members of the Housing Committee.

All Committee members are bound by the Housing Policy.

In order to be eligible for appointment to the Housing Committee a person must:

- i. be at least eighteen (18) years of age;
- ii. be a registered member of the BIB or a member of the community;
- iii. not owe any money to BIB;
- iv. not have been convicted of an indictable criminal offence;
- v. have a sincere desire to help serve the members of the community in a fair, transparent manner and to act in a non-judgmental fashion; and
- vi. have a good knowledge of the housing needs of the community.

If appointed, a member of a Housing Committee must:

- i. understand and agree to enforce this Policy;
- ii. agree not to engage in nepotism or participate in decisions in which he or she is in a conflict of interest;
- iii. sign an Oath of Confidentiality (Appendix 1); and
- iv. if he or she is a tenant, must be in compliance with this Housing Policy.

A member who occupies a Rental Unit is not eligible for the Housing Committee if he or she is in rental arrears and/or does not have a record of paying rent on time.

Council shall remove a Housing Committee member for the following reasons:

- i. breaching confidentiality;
- ii. falling into rental arrears where arrears letters are issued on a regular basis;
- iii. failing to attend three (3) consecutive meetings without a valid reason (i.e. work related or medical);
- iv. if convicted of an indictable criminal offense; or
- v. at the recommendation of the Housing Manager, for making decisions that are patently unfair or not consistent with the Housing Policy.

If a member of a Housing Committee is removed or steps down, Council shall appoint a replacement. The term of committee shall be on-going as long as the member is willing and able to volunteer their time to the community.

The Housing Committee will meet as needed, with emergency meetings scheduled as required. Any matters deemed to be urgent by the Housing Manager, where approval of the Housing Committee is required, shall be dealt with by calling an emergency meeting.

4.2.2 Housing Committee Roles and Responsibilities

Housing Committee shall carry out the following functions:

- i. Oversee the housing department;
- ii. review and recommend tenant selection based on scoring criteria;
- iii. review and recommend temporary transfer requests;

- iv. review and recommend new projects including renovations;
- v. review and make recommendations for changes to this Policy on an annual or as needed basis;
- vi. review and make recommendations for evictions; and
- vii. review reports as provided by the Housing Manager;

In carrying out their responsibilities, Housing Committee members must:

- i. implement the Housing Policy in a consistent and transparent manner;
- ii. ensure the effective and efficient operation of the Bonaparte Indian Band Housing Program;
- iii. prepare for meetings by reading relevant reports and letters;
- iv. keep up to date with relevant Bonaparte Indian Band Laws, policies and By-Laws; and
- v. review all Housing Applications on a timely, regular basis.

4.2.3 The Chairperson's responsibilities include, but are not limited to:

- i. calling Housing Committee meetings;
- ii. In his/her absence delegate the responsibilities of Chairperson to another Committee member;
- iii. ensuring that quorum is present before business is conducted;
- iv. developing the agenda;
- v. following up on old business;
- vi. reading the minutes of the last meeting;
- vii. amending the minutes where amendments are approved;
- viii. introducing new business;
- ix. setting a date for the next meeting;
- x. maintaining order;
- xi. acting as an impartial mediator in the workings of the Housing Committee;
- xii. ensuring that the business of the meeting proceeds smoothly and that the meeting stays on topic according to the agenda;
- xiii. calling for recommendations and ensuring that everybody has had an opportunity to debate and discuss recommendations;
- xiv. after substantive debate and discussion, calling for a vote on recommendations and ensuring that recommendations are seconded for all business decisions of the Housing Committee; and
- xv. communicating decisions of the Housing Committee with the Housing Department.

Study to become a health care assistant without having to move away from home!

LEAT is pleased to host:

Health Care Assistant

The Health Care Assistant Certificate program is designed to develop student knowledge, skills and values necessary to be employed as a caregiver in a variety of settings including residential care facilities, home support agencies and assisted living facilities. Upon graduation, students will be ready to assist patients in meeting their needs.



You are:

- An Indigenous person living in the Lil'wat area
- At least 19 years of age
- Interested in caring for others
- A high school graduate or have mature student status

You will need:

- Proof of a negative TB skin test
- Solicitor General Criminal Record Search
- Updated immunization records
- A character reference

Applications open now for Jan 2021

Offered at Tszil Learning Centre.

Blended learning format allows you to study in your own community.

Contact your CDP for an appointment: 604-894-2300



Canada 



**THOMPSON
RIVERS
UNIVERSITY**

NVIT, in partnership with Nooaitch and Coldwater Indian bands, are pleased to offer the following program in the Nicola Valley:

Automotive Service Technician Foundation



This **33-week program** (990 hours) takes students with little or no previous experience in the automotive repair trade and supplies them with the necessary skills to seek employment in this industry as an apprentice technician. This program introduces the students to many aspects of servicing and repair in the automotive repair trade with a focus on developing practical skills. **Graduates of this program will receive 450 hours towards Automotive Service Technician Year 1 (AST 1) certification and the opportunity to write the AST 1 Certificate of Qualification exam.** The AST 1 Certificate of Qualification and 1590 hours are required to proceed into AST 2.

Admission Requirements:

- B.C. secondary school graduation or equivalent, or 19 years of age and out of secondary school for at least one year as of the first day of classes.
- English 10 or a combination of 2 of the following: English or English First Peoples-Composition 10, Creative Writing 10, Literary Studies 10, New Media 10, and Spoken Language 10.
- One of: Workplace Mathematics 10, Foundations of Mathematics and Pre-calculus 10, an equivalent Adult Basic Education (MATH 041 from NVIT), or equivalent assessment.
- Minimum 16 years of age.

Start Date:

February 15, 2021

For more information please contact:

**Kathleen Jumbo – Nooaitch First Nation – 250-378-6141 or
Shannon Goss – Coldwater Indian Band – 250-378-6174**

**Applications open to Nooaitch and Coldwater band members
until January 22, 2021**



WEBSITE: nvit.ca

TOLL FREE: 1.877.682.3300



CONTINUING STUDIES



Stepping Up to Supervision - virtual delivery

Stepping Up to Supervision helps bridge gap between working as a front line employee and stepping up to lead the team. There is a gap in knowledge and experience that prevents many employees from moving to the next step in their career.

This course addresses that gap and provides the knowledge and skills necessary to lead a team effectively and competently.

XMSK 0930 - Stepping Up to Supervision-

Date: Feb 22 - 26, 2021 Monday - Friday

Time: 6:00 pm - 9:00 pm

Fee: \$ 425

CRN # 24497

A one week course (15 hours) that is integrated and structured involving high level of participation. Students are introduced to hands-on management training, taught by provincially recognized facilitators.

Course Description

A recent study showed that 58% of managers said they did not receive any management training. Stepping Up to Supervision introduces and explains key concepts and skills that enable a qualified employee to effectively move up to a position as a front-line supervisor. It discusses the mindset and skills necessary to make the move from employee to supervisor, improve engagement of employees, and develop strategies for continuing improvement.

Educational Objectives/Outcomes

This workshop will enable the learner to

- Understand the difference between the mindset of an employee and a supervisor
- Acquire knowledge of the role of a supervisor
- Determine their skill level and need for growth
- Develop supervisory skills
- Evaluate social and engagement styles
- Apply methods of engaging employees

Register: tru.ca/regional

1-250-256-4296 | kjolly@tru.ca

Cost: \$ 425



Industrial Security Officer

Training Program



Details: Will now be offered online on weekdays

Dates: Fri Jan 11—Fri Jan 18 (6 days) Test on Jan 21

-Fully Funded Program by All Peace Protection, tied to Industry employment

-Program will take place in community...open to elders

-Must have drivers license and good communication skills

-Due to COVID restrictions, course will be online during weekdays

Open to TteS and Community Members

Contact TTES Education Department - Terri Mindel at

250-819-9428 or e-mail at terri.mindel@kib.ca



➤ What is it?

The **First Nations Technology Council's Fundamentals – Introduction to Computers in Today's World** course has been developed as the introductory step in a full technology education pathway. This course is designed for Indigenous students looking to gain the essential skills required to thrive in the digital age, and equip themselves to navigate an ever-changing technological landscape. This is a great option for those looking for a ramp into our Foundations in Innovation and Technology course.

Tuition is funded through the **First Nations Technology Council**. Additional student support funding is available through application.

➤ What will you learn?

In **Fundamentals – Introduction to Computers in Today's World**, students will be introduced to spreadsheets, word processing, presentation applications, cloud-based systems, operating and maintaining a laptop, and setting up and adjusting computer software to work effectively in today's work environments.

➤ What is the timeline?

The **Fundamentals – Introduction in Today's World** course is 120 hours and offered **full time** and **part time**.

Full time:

Dates - January 18th 2021 – February 12th 2021

Program Length - 4 weeks

Class hours - 9am-4pm Monday-Friday

Part time:

Dates - February 1st 2021 – March 26th 2021

Program Length - 8 weeks

Class hours - 9am-12pm Monday-Friday

➤ Registration Process:

Ready to apply?

Start by completing this form:

<https://www.tfaforms.com/4688111>.

Please select the best cohort start date on the second page.

➤ Questions?

Contact **Jon Bolton**, Admissions and Registrations Coordinator:

jon@technologycouncil.ca

604-921-9939



Fundamentals

Introduction to Computers in Today's World

We are currently recruiting for our Fundamentals: Introduction to Computer's in Today's World course!

This is a virtual program that can be completed from anywhere with an internet connection, and we have designed the course so that after completing it, **students will be able to:**

- Operate a laptop and perform essential maintenance tasks to keep a computer healthy
- Adjust settings on system and application software to work safely, securely, and effectively on a computer
- Work effectively in cloud-based systems
- Navigate within word processing, spreadsheets, PowerPoint presentations, and workplace software applications
- Describe the purpose of common workplace software programs and platforms

This course would be a great fit for:

- Students preparing to take our Foundations program
- Those who are now working virtually due to Covid-19 and requiring new computer skills
- Entrepreneurs having to navigate the virtual marketplace
- Parents who are homeschooling
- Adult learners who are curious about tech careers and are not sure where to start
- Elders seeking computer training

The course details are as follows:

Start-End Date: Mon. Feb.1 - Fri. Mar.26

Days & Times: Mon-Fri 1-4pm (guided instruction for 3 hours a day) *no attendance policy & students have ability to work through at own pace if they need to miss classes.

Equipment & Financial Supports: Please reach out to find out more about financial and equipment supports.

To Apply: Please fill out our online form at <https://www.tfaforms.com/4688111>



For more Information

Jon Bolton

Admissions & Recruitment Coordinator

Website

fundamentals.technologycouncil.ca

Email

Jon@technologycouncil.ca

Phone

236 - 838 - 9517

INTERIOR REGION FNHA COVID -19 AVAILABLE SUPPORTS



First Nations Health Authority
Health through wellness

Name	Services	Available Dates	Contact
Mary Louie Traditional Healer	Traditional Healer support via telephone.	January 13-15, 2021 9am-4pm Daily Jan 18 -22, 2021 9am-4pm Daily Jan 25 th 9-4pm	Home: 250-499-0293
Katherine Haller Traditional Healer	Traditional Healer support via telephone.	Jan 18-22, 2021 9am -3pm Jan 25-29, 2021 9am- 3pm	Home: 250-394-4216
Rod Tomma Traditional Healer	Traditional Healer support via telephone.	Jan 11-15, 2021 9am-6pm Daily Jan 18-22, 2021 9am-6pm Daily	Phone: 250-299-5881
Barb Marchand	Cultural Support via telephone or zoom if requested.	Jan 13-15, 2021 9am-5pm Daily Jan 18-22, 2021 9am -5pm Daily Jan 25 & 26, 2021 9am-5pm Daily	Home: 250-256-4841
Darrell Bob	Cultural Support via telephone or zoom if requested.	Jan 13-15, 2021 4pm-11pm Daily Jan 18-22, 2021 4pm-11pm Daily Jan 25 & 26, 2021 4pm-11pm Daily	Phone: 250-256-0045
Fred Johnson	Cultural Support via telephone	Jan 11-15, 2021 6-9pm Jan 18-22, 2021 6-9pm Jan 25-29, 2021 6-9pm Weekends Included: January 16,17,23,24,30,31 9-3pm Daily	Phone: 250-440-5889
Rhona Bowe	Cultural Support via telephone.	Jan 11-15, 2021 Daily 9am-6pm Jan 18-22, 2021 Daily 9am-6pm	Phone: 778-220-2457
Dylan Smeaton Body Talk Practitioner	The Body Talk System is a complimentary healthcare modality that supports the internal processes necessary to retain clarity of perception and emotional management during uncertain and/or stressful environments	January 15-24 th Daily 9am-3:30pm Including Weekends.	Call Jennifer at 250-486-7687 to schedule an appointment with Dylan.
Darlene McIntosh	Long Distance healing touch, energy work, clearing stress and meditation.	Jan 13-15, 2021 Daily 9am-4pm Jan 18-22, 2021 Daily 9am-4pm Jan 25 & 26, 2021 Daily 9am-4pm	Cell: 250-981-7884

ADDITIONAL MENTAL HEALTH SUPPORTS AVAILABLE:

FNHA Virtual Doctor: If you do not have a doctor of your own, or have lost access due to the COVID-19 pandemic, call 1-855-344-3800 to book an appointment. Medical Office Assistants are available to help you seven days per week from 8:30 a.m. to 4:30 p.m.

Indian Residential School Survivors Society: 604-985-4465 (Toll-free: 1-800-721-0066)

Hope for Wellness Help Line: Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat. Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed.

Call 310-Mental Health at 310-6789 (no area code needed) if you need emotional support to deal with a concern or feeling, or are looking for information on mental health resources or services.

Interior Region Mental Health & Wellness Manager: Duanna Johnston-Virgo 250-319-9657 Duanna.Johnston-Virgo@fnha.ca

Interior Region Addictions Specialist: Debra Robbins 778-694-4548 Debra.Robbins@fnha.ca

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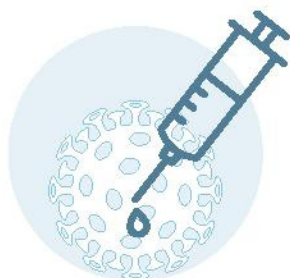
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First Nations Health Authority
Health through wellness

The facts about COVID-19 Vaccines



What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

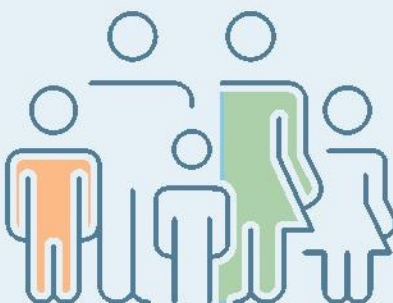
WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING FIRST NATIONS PEOPLE IS A PRIORITY

December



COVID-19 vaccines began rolling out to First Nations in BC at the end of December, 2020, and will be made more widely available over the next few months. The FNHA's Medical Officers strongly recommend that First Nations people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.

**STAY STRONG,
STAY THE COURSE.**

For more information, visit
www.fnha.ca

TRANSPORTATION OPTIONS

FOR _____ FIRST NATIONS MEMBERS
WHO ARE COVID-19 PRESUMPTIVE OR POSITIVE

IF YOU ARE EXPERIENCING THESE SYMPTOMS, follow the arrows:

MILD & STABLE SYMPTOMS

You may have a fever, cough, sore throat and/or diarrhea.

Your breathing is fine.

You are alert and oriented; you know who you are and who others are.

Call 811 to get advice on symptoms and testing. Call your local health centre:

ph _____

to ask about the following options and decide which one would be best for you:



OPTION 1: Self-isolate at home for 14 days.

OPTION 2: Self-isolate at a community self-isolation facility for 14 days: such as a nearby motel, hotel, resort, cabin or trailer.

OPTION 3: Self-isolate at a hotel or a motel in the city.

OPTION 4: Self-isolate at an IH Community Cohort Centre (CCC) for 14 days (see next section).

MODERATE SYMPTOMS

You are starting to feel worse, your symptoms are not going away and your breathing may be uncomfortable. **Do not wait until symptoms get severe.**

Call 811 to get advice on symptoms and testing. Call your local health centre:

ph _____



The nurse or Interior Health will assist you and a companion to access the IH Community Cohort Centre (CCC) in:

- Williams Lake
- Kamloops
- Vernon
- Penticton
- Trail
- Cranbrook

IH will arrange for you and your companion to return home.

SEVERE SYMPTOMS

If you are feeling like you can't get enough air into your lungs:

If you are struggling hard to breathe or if you become unconscious someone should:

CALL 911

If you are at a rural health centre, nurses station or hospital THEY will arrange for one of the following transports based on your symptoms:



BC Ambulance Ground or Air Basic Life Support Crew with local medical escort (Registered Nurse, Nurse Practitioner, Doctor)

Contracted helicopters with local BC Ambulance crew with local medical escort (RN, NP or Doctor) (Thompson Cariboo)

BC Ground Ambulance with Advanced Care Paramedic (not in Thompson Cariboo)

BC Ground Ambulance with High Acuity Response Team (HART) (hospital to hospital)

You will be transported to an Intensive Care Hospital:



First Nations Health Authority
Health through wellness



Revised Dec. 17, 2020

Please contact:

Sue Wilson Cheechoo: 250.819.1688 or sue.wilson@fnha.ca

ICU HOSPITAL

Williams Lake	250-302-3266 or 250-267-1677
Cariboo Memorial	days and hours vary
Kamloops Royal Inland	250-319-5420 or 250-318-0697 7 days per week
Vernon Jubilee	250-558-1200 Ext 4130 or 250-309-9436 M-F (not stats)
Kelowna General	250-862-4021 or 250-801-0466 7 days per week
Penticton Regional	250-488-1230 M-F (not stats)
Kootenay Boundary Regional, Trail	250-304-5621 T W TH
East Kootenay Regional	250-464-1053 W TH F
Cranbrook	
Prince George UHNBC	250-565-2364 (Northern Health Authority)

Aboriginal Patient Navigator Contact

**IH will make arrangements for your return home.
Please inform the APN.**