

COMMUNITY NEWSLETTER



November 2020

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Administration

Band Office P: (250) 457-9624
Toll Free: 1 (877) 457-4944

George Petel

I have been in the role of Band Manager for six months. During this time, there have been a few changes in management and staff. While we have lost some good people, we have managed to fill the positions with some very strong candidates. I have reiterated to the Administration Team that our primary mandate is to provide services that will ultimately improve the position of the Bonaparte Indian Band and our members. Membership appoints Chief and Council, who in turn provide a governance role to the Band Administration. It is the Administration's goals to, *inter alia*:

- Provide a safe and healthy environment in the office and to members on and off the reserves.
- Deliver housing services to members in a fair and equitable manner.
- Manage the activities of all proponents, industry and government, to ensure that we protect Bonaparte's Aboriginal Title and Rights to the Reserve Lands and our Traditional Lands and maximize the economic opportunities that flow therefrom.

These activities can not be done in isolation of the members. Membership on and off reserve provide valuable perspectives that should aim to benefit membership today and into the future. Long term planning, along with financial prudence, will enable Bonaparte to find ways to increase revenue and find efficiencies in our expenditures.

From my perspective, there is, and has been, a breakdown in communication with the community. We have an election coming up in the spring and we need to ensure that we know the best ways to communicate with members. Wanda Antoine is the membership clerk and she strives to continuously update the contact

Contact the Band Office to change addresses for 2021 Chief and Council Elections

Phone Wanda in Membership (Ext. 241), or Rayne at Reception (Ext. 221).

Or email

membership@bonaparte.band

information for members but she needs our help. Reach out to your family members and update the contact information for them and contact the office directly.

We have a number of initiatives that require input from membership:

- Policy Development (Housing, Custom Election Code, Membership Code and Land Code)
- Specific Claims (Historic Land Use and Boundary discussions)
- Economic Development Initiatives (Gas Station, Construction, Cannabis etc.)

"I enjoy working in my community and meeting up with family. Please stop and visit."



Curbside Water Pickup

Monday-Friday. 2 per week, 8 per month.
Available to IRI & IR2, from Regena's house all the way down to Linda's.

Please call Kala to arrange a pick up.



Due to the brand new Morgan Water Plant installation, the involved homes on Morgan Rd. will not longer require water pickups.

Dr. Lawrie: November 18

Call Kala to book appointments.

If this day does not fit your availability, please call Kala, as she will be happy to book you a virtual (over the phone) appointment for suitable day.

Elder's Benefits Program

Kala Morgan

Are a 64+ registered band member? This info is for you:

If you have not yet filled out an enrollment form for the Elder's Benefits program, please get in touch with me at 250-457-6233, and I will mail you an enrollment form.

Be sure to ask your eye doctor, chiropractor, and pharmacist, etc., if they will accept your CINUP card for payment, instead of paying out your own pocket. Please note that you **MUST** have your CINUP card physically with you upon use. Most service providers are happy to directly bill CINUP; however, there are other services providers who may ask you to, pay out of pocket and later submit for reimbursement to CINUP on your own. If this is the case, please do not hesitate to call me at the Health Centre, I will be happy to help you.

If you have already filled out an enrollment form and have not yet received your benefits card in the mail, please call me, and I will confirm your address to have CINUP re-mail a card to you.

Flu Clinics

Flu Clinics have been a success!
On Oct 15, 2020, the nurses here gave 21 people their flu shot.
The flu Clinic for Oct 29, 2020 @ BIB Health Centre has been fully booked.

Good job community!

Injury Surveillance Program

Kala Morgan

I have resumed injury surveillance. The form is on pp. 27-28; otherwise, pick up a form from the Health Center or Band Office. If you happen to get injured, please fill out a paper. They are confidential and anonymous; this anonymous data is to be included in a report that will be submitted to the Secwepemc Health Caucus. The purpose is to gain a better understanding of what type of injuries are most common in our community and how we can come together to prevent them.

Meet the New Team Members!



Sean Bennett, Natural Resources Manager

Hello, my name is Sean Bennett. I am the new Natural Resource Manager for the Bonaparte Indian Band, I have been asked to write a few words about myself as an introduction to the community.



I live in Kamloops, I am still married to my first wife (lol) and we have 3 great kids. During non-work hours, our family loves to rodeo on the weekends, my kids rodeo with a few of the BIB families and I have to compete against all the Antoine crew at the roping's. I graduated from UBC with a Bachelor of Science in 1994 specializing in Fish and Wildlife, after school I spent the next 6 years working all over BC as a fish and wildlife biologist. I worked on projects ranging from radio collaring Mountain Sheep, Caribou and studying Sharp Tail grouse and all kinds of other small and big animals. I also worked on the Steelhead salmon fence at Deadman with Don Ignace and the Bonaparte Fishway almost 25 years ago.

When I was about 25 years old I conducted a winter range mule deer study within BIB territory with one of the elders from BIB, Eddy Antoine.

In 2000, I moved to Lillooet and began working for the Dept of Fisheries and Oceans, I spent 2 years in Lillooet and worked with all the First Nation Bands in that area on some great projects. I loved working in Lillooet but in 2002, I moved back to Kamloops for DFO and worked on Coho salmon research and river restoration projects, getting my Masters in Science in 2004.

I have been working on the Bonaparte River for the past 20 years, so when the opportunity came to work directly for the BIB, I jumped at the chance. I've only been here about 4 weeks but I love it already, the staff within the Band and the NR office have been very welcoming. Kkwstsetsemc for the opportunity to work with you, please stop by the NR office anytime to chat about BIB's natural resources.

Sean Bennett



Jason Haller, Contracts Negotiator

My name is Jason Haller; I'm the new Contracts Negotiator at the NR Office. I was born and raised in Kamloops BC. For 15 years I was in the mining and exploration industry as an operations manager for a variety of archaeological, environmental and construction projects, mainly for the Ajax project in Kamloops BC.

I've always had a soft spot in my heart for Bonaparte, since I was a young teen. This place has taught some great values when I was young, how to care for and ride a horse, how to team rope. I also had the chance to experience a true traditional sweat, the Bonaparte River is pretty chilly in the middle of December.

I want to express how blessed I am to work & be a part of such a welcoming community a place where my 3 beautiful young Nieces live and call their home. I respect and owe a lot to this place and its people and want to make great things happen for this community. I look forward to meeting everyone.

I'm a proud Secwépemc, who has been grateful to call Bonaparte my second home.



Misty Antoine, Executive Assistant



Hello, my name is Misty Antoine. My parents are Wanda Antoine and Rick Alec. I am Secwepemc and St'at'imc, have lived on the Bonaparte Reserve my whole life. I have two amazing children, Lyric (14) and Epyk (12), who are the biggest part of my life. I am currently working as the Executive Assistant at the Bonaparte

Band office, also while continuing my Education through TRU Distance Education to complete my diploma in Executive Assistant. I have worked in the office administration for over 20 years. I enjoy hunting, fishing in our traditional territory and drawing/painting while taking my kids to their extra curricular activities.





Boysie Porter, Addictions Worker

Wey'tk,

My name is Boysie Porter and I am a proud member of St'ucwtews, Bonaparte. My parents are Roger and Mary Porter. I am honored and happy to fill the role of Bonaparte's Addictions Worker. I do have a Bachelor of Social Work degree and I have worked in the child and family services field for about 7 years.

I have enjoyed my time here as the Social Development Manager. However, I look forward to continuing to support our members in a different capacity. I promise to work from a trauma informed, culturally safe practice. Please feel free to contact me at the Band Office any time.

Kukwstsemc,
Boysie Porter

Weyt-kp xwexweytep (Hello everyone),

Please allow me to introduce myself. My name is Lee Joy, and I have joined the Bonaparte Finance Team in the role of Chief Financial Officer (CFO). I have over 15 years of finance experience in the areas of energy, telecommunications, manufacturing, education, tourism, and First Nations.

Originally from Montreal Quebec, I have spent the bulk of my life in beautiful British Columbia, where, outside of work, I enjoy camping, hiking, tllq̄wetús (ice fishing), snowmobiling and kayaking. I am proud to be First Nations, and a member of the Nation Micmac de Gespeg (Mi'kmaq).

Yerí7 skukwstsétsemc (Thank you very much).

Lee Joy, MBA
Chief Financial Officer

Lee Joy, Chief Financial Officer



Samantha Minnabarriet
Finance Manager

It has been a very busy year for the Finance Department, but not without reward. Together with the Audit Prep team from BDO Bonaparte has submitted all of the ledgers and samples required for the 2019/2020 Audit and are just awaiting the final steps for completion. Final release date for the 2019/2020 Audit will be announced as soon as possible.

Along with this accomplishment, current year to date financials for September 2020 have been submitted to the program managers and Chief and Council and are scheduled to continue to do so on a monthly basis.

The Finance team is also currently undergoing major updates within our accounting system to ensure efficient and accurate reporting going forward.

Kukwstsemc to our hardworking team.

Finance



Faculty Contacts

Social Development

Social Development Manager/Addictions Worker:
Boysie Porter
Ext. 239 E: socialdev@bonaparte.band

Youth Worker: Karen Warren
Ext. 249 E: youth@bonaparte.band

Stsmemelt Community Coordinator: Trish Porter
Ext. 242 E: scc@bonaparte.band

Head Start

Coordinator: Donna Cox
P: 250-457-9747 E: headstart@bonaparte.band

Natural Resources

Natural Resources Manager: Sean Bennett
Ext. 278 E: nrmanager@bonaparte.band

Senior Archeology Advisor: Bert William
Ext. 277 E: culturalheritage@bonaparte.band

Junior Advisor: Bryan Isnardy
E: isnardy.bryan@gmail.com

Referrals Clerk: Amanda Murrell
E: referrals@bonaparte.band

Contracts Administrator: Kelsey Thorne
Ext. 276 E: nrcm@bonaparte.band

Contracts Negotiator: Jason Haller
E: contracts@bonaparte.band

Forestry Technician: Fawn-Pierro-Zabotel
Ext. 275 E: forestry@bonaparte.band

NR Technician: Melanie Minnabarriet
Ext. 275 E: forestry@bonaparte.band

Fisheries Technician: Howard Antoine
E: fisheries@bonaparte.band

Fisheries Technician: Dario Antoine
E: fishtech@bonaparte.band

Faculty Contacts

Administration

Interim Band Manager: George Petel
Ext. 248 E: bandmanager@bonaparte.band

Membership Clerk: Wanda Antoine
Ext. 241 E: membership@bonaparte.band

Executive Assistant: Misty Antoine
Ext. 234 E: executiveasst@bonaparte.band

Administrative Receptionist: Rayne Porter
Ext. 221 E: reception@bonaparte.band

Health

Health Director: Vanessa Thevarge
Ext. 246 E: healthdir@bonaparte.band

Health Receptionist: Kala Morgan
Ext. 224 E: healthreception@bonaparte.band

Home Care Aid: Carolyn Billy
Ext. 245 E: hca@bonaparte.band

Patient Travel: Jeannie Williams
Ext. 229 E: chr2@bonaparte.band

Finance

Chief Financial Officer: Lee Joy
Ext. 252 E: cfo@bonaparte.band

Finance Manager: Samantha Minnabarriet
Ext. 235 E: financemanager@bonaparte.band

Accounts Receivables/Payroll Assistant
Ext. 225 E: payroll@bonaparte.band

Accounts Payables: Darci-Lynn Edwards
Ext. 244 E: payables@bonaparte.band

Payroll/Human Resources: Patti LeFrancois
E: payroll2@bonaparte.band

Lands/Housing/Water

Lands/Housing/Water Manager: Marilyn Porter
Ext. 249 E: landmanager@bonaparte.band

Water Operator: Julie Zabol
Ext. 226 E: jzabol@bonaparte.band

Water Supervisor: Brenda Antoine
Ext. 226 E: bantoine@bonaparte.band

Water Operator: Byron Porter
Ext. 226 E: byron@bonaparte.band

Interim Housing Coordinator: Melita Van Tine
Ext. 231 E: melita@bonaparte.band

Lands Assistant: Savannah Pierro
Ext. 238 E: landsassist@bonaparte.band

Education

Education Manager: Keith Zabol
Ext. 247 E: education@bonaparte.band

Education Assistant: Guy Williams
Ext. 222 E: eduassistant@bonaparte.band

Operations & Maintenance

Operations & Maintenance Manager: Kyle Minnabarriet
E: omsupervisor@bonaparte.band



Education

Keith Zabetel

Parent COVID 19 Packages

Upon the first COVID-19 package I had received from First Nations Education Steering Committee (FNESC) in late July 2020, I distributed them to all parents by hand delivery. I also ensured to include in these packages, the full-length official protocols for School start-up in September, 2020, for all Band Operated, Independent, and Public Schools. The information was all acquired from both, the Ministry of Health, and the Ministry of Education; outlining the steps each school and School districts had to abide by for Stage 2 Re-Start School Opening for September 2020.

On August 26th, Chief and Council approved 2020 Grad Funding. Cheque requisitions went to finance for Nickeshia Harry, Edric Antoine, Aiden Antoine, Mitra Morgan and Cole Kashino

Additional Funding

Bonaparte received a letter from ISC in regards to Post-Secondary Education (PSE) emergency support funds in the amount of \$63,500 for 2019-2020 Post-Secondary students. I received this info from FNESC and not our Finance Dept. These funds will be distributed to last fiscal year students for their hardships during COVID-19; please note that the cheque has not yet been received.

Bonaparte Education Department has applied for additional PSE funding through an additional funding proposal, and received the full amount of \$561,344 for 2020-2021 fiscal. Received email August 14th, 2020

I am currently waiting for official confirmation from ISC; all students who had applied will be funded.

Stage 2 Re-Start Plan

After receiving feedback from parents when delivering Covid-19 packages, the consensus amongst parents was that, most were keeping their children home as the common concerns related to too many unanswered questions and uncertainties from government leadership in regards to safety, protocols and community health.



Tele-conference Mtg. with Gold Trail #74 Superintendent Teresa Downs and Secretary Treasurer Lynda Minnabarriet

I reiterated what parents had to say to Teresa Downs and Lynda Minnabarriet about September 2019 start-up.

- Questions regarding District Plans, on-line schooling, technology, connectivity, tutoring, responsibility – from principal, teachers, indigenous support, bussing and more importantly families and students.
- The district has assured that technology, student supports and safety protocols will be at the forefront.
- Districts have received government funding to support these initiatives.
- Parents would receive notification of Stage 2 Re-Start Plan via email or mail.
- August 26th, 2020 public release – received.
- We know there are going to be challenges and the district assures us they will do their very best to deliver education as planned.
- Gold Trail 2020/2021 Stage 2 Re-Start Plan attached.

Laptops

the band has received Technology Dollars from SD#74 Gold Trail in the amount of \$13,770.52. These funds are derived from our on-reserve student population through the K-12 ISC Nominal Roll. These funds will be used to support our on-reserve students for laptops, connectivity, etc.

Keith & Guy participated in ISC Nominal Roll Training on August 10th



WORD SEARCH

í	e	é	i	i	'	a	m	x	n
e	l	xw	h	7	í	s	ǰ	i	e
é	7	e	i	x	w	n	t	y	t
l	q	ń	y	xw	i	k	ǰ	ú	ǰ
'	k'w	é	x	e	á	m	s	y	s
7	x	k	ts	ń	x	xw	é	e	é
ú	é	s	'	c	í	w	y	m	n
y	y	t	7	é	7	w	xw	a	i
'	x	'	u	n	u	m	e	l	x
x	ǰ	l	y	'	i	w	xw	h	i

xwixwáxwya
rice

xts'7uy
late at night

xiyú'yem
bigger

xwexwyésǰt
daily

xinésǰten
calendar

xweńékst
worked fast with...

xlem
to build a log-house

xweńcén
walk fast

ximém
to honour,...

Head Start

P: 250-457-9747

After School Drop Off!!

starting Monday, November 2, Head Start will resume the After School Drop-off Program for 4-6 year old's from 3:30-5pm

Parent Participation Program

Donna will take scheduled visits at the Head Start Center from 10am to 5pm, Monday to Friday, 2 adults and 5 children maximum per visit as prescribed by the new "Head Start Covid Safety Plan."



Movember



November is
Prostate Cancer
Awareness month



Let's show our support and
wear **BLUE** on **Wednesdays**

&



Grow that moustache!

November is prostate health awareness month, and it's a cause we all need to be talking about, GUYS.... If you haven't already, make yourself a check up ASAP!

There are lots of ways to show your support.
The obvious being, to grow a stache of your own.

But for those who either can't grow facial hair
(the female folk, or even the youngsters who are still battling peach fuzz),
you can help raise awareness (wear blue on Wednesdays)!

**“Children are
great imitators.
So give them
something great
to imitate.”
— Anonymous**



Patient Travel

Reminder from Jeannie William

To be reimbursed for travel to appointments, a Confirmation of Attendance Form or letter from doctor's office **MUST BE** handed in, no later than 1pm on Mondays.

Cheque Requisitions are submitted to finance by 3:30pm on Mondays.

Cheques are then ready for pick up on **Friday afternoons**.

*****PLEASE make sure that DATE, TIME and TYPE of appointment is included on the form or in the letter*****

I do not need to know the specifics of why you are at the appointment; I just need the type of appointment (e) chiropractor, ER, physio, ultrasound, CT Scan, cardiology, nurse practitioner (NP), regular doctor (just put 'check up'), optometry, ophthalmology, etc.

All this information is needed for reporting purposes to First Nations Health Authority (FNHA).

Stay safe,

Jeannie William
Patient Travel/CHR

****The Patient Transportation Program provides SUPPLEMENTARY benefits for eligible clients. It may not cover all costs associated with a client's travel requirements****



JOIN US!

We were starting our drumming group every Wednesday night at 6-8pm. November we will be doing in on Mondays and Wednesdays from 6:30pm -8pm, everyone can come and join and help the little ones if they want. It is opened to all.

WRITE ME A LETTER

I would like the children to write a letter to me; What is it like living through a pandemic is like for you and your family? You can get help with your parents. This will be for the month of November.

Youth

Karen Warren

I am doing my absolute best to be creative, while having the pandemic on our backs by trying out different things via virtual mediums. Although, I could not have realized that it was that hard; it is.

Coming soon:
 Virtual
 secwepemc
 language

Youth Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Drumming 6:30PM - 8PM	3	4 Drumming 6:30PM - 8PM	5	6	7 CRAFT DAY 10AM - 2PM Lunch provided
8	9 Drumming 6:30PM - 8PM	10	11 Drumming 10AM REMEMBERANCE DAY	12 VIRTUAL SHUSWAP LANGUAGE 7PM - 8:30PM	13	14
15	16 DRUMMING 6:30 - 8PM	17 VIRTUAL SHUSWAP LANGUAGE 7PM - 8:30PM	18 DRUMMING 6:30 - 8PM	19	20	21 BAKING FOR XMAS 10AM - 2PM Lunch provided
22	23 DRUMMING 6:30 - 8PM	24	25 DRUMMING 6:30 - 8PM	26 VIRTUAL SHUSWAP LANGUAGE 7PM - 8:30PM	27	28 BAKING FOR XMAS 10AM - 2PM Lunch provided
29	30 DRUMMING 6:30 - 8PM					



Housing

Melita Van Tine

In October, a copy of the Draft Housing Policy, Strategic Plan as well as a questionnaire, was hand delivered to all members of BIB. Printable copies were also made available on BIB Facebook page, as well as BIB Web page for off reserve members to participate.

Thank you for returning the questionnaires. Your ideas and opinions are very important and will be presented to the NEW Housing Committee.

The Housing Policy will be presented to Chief and Council to accept, then it goes for a legal review to be passed as law.

Passing of the Housing Policy will be a starting point to begin the developmental process, to create options, revenue, and capital to expand the housing portfolio

Regarding the questionnaires previously distributed in October, please send in your completed questionnaire as soon as you can, if you need help, please do not hesitate to call the Housing Department at Ext. 231.

WINTER HOME CHECKLIST

prepare your home for the winter season

- Change furnace filters
- Check your thermostat and if possible program so the temperature is lowered when you aren't home
- Reverse ceiling fans to run clockwise
- If you have a snow-blower, it's time for a check-up
- Have your fireplace cleaned and inspected
- Wash your blankets and throw rugs
- Check for drafts around windows and doors and seal accordingly with caulk or weather stripping.
- Check smoke and carbon monoxide detectors
- Close vents in unused rooms
- Protect plants and vegetable gardens from frost
- Clean gutters from fall leaves
- Disconnect, drain, and store outdoor hoses to prevent freezing
- Remove limbs that could potentially come down in a heavy storm or under the weight of snow and damage your home or vehicles.

Arrears

In early November, scheduling will start for arrears appointments. Please bring to your appointment, any receipts or documents you may have.

Currently, there are 22 homes NOT paying arrears.

The goal is to have all 31 homes paying arrears.

Obtaining your certificate of ownership for your family is something every homeowner can obtain. If you have not contacted the Housing department to make an appointment, please do so as soon as you can.

Water Operations

Water Treatment Emergency Response Planning

Byron Porter

The water department would like to share the first draft of our Emergency Response Plan for Potable Water is nearly complete and will be distributed to the appropriate departments to await feedback!!

The Emergency Response Plan (ERP) has been developed for the use of staff in the event of an emergency affecting the water system. The mission of the Bonaparte water team is to protect the health of the members of the community by being prepared to respond immediately to a variety of events that may result in contamination of water or disruption of the water being supplied.

Some of the items included in our ERP are, Emergency notification/communication protocols. Emergency response plans for water main break, loss

of source (loss of water), reservoir contamination, and chlorine pump failure.

Goal 1: To have the ability to quickly identify an emergency and initiate an effective response action.

Goal 2: To have the ability to quickly notify appropriate personnel to assist in the response if needed

Goal 3: Protect the public health by being able to quickly determine if the water is unsafe to drink or use. As well as being able to immediately notify community members effectively of the situation and advise them of appropriate protective actions

Goal 4: Have the ability and resources to quickly respond to the emergency and repair damages to minimize system down time

Winterizing Taps

Julie Zabotel



WATER MUST BE DRAINED FROM YOUR STAND PIPES DURING WINTER MONTHS. EVEN IF THEY ARE SELF DRAINING. IF YOU NEED HELP TO SHUT OFF PLEASE CONTACT ONE OF YOUR WATER OPERATORS.

Freezing time

Please be aware of the freezing weather. All outside hoses should be disconnected from your taps. Do not leave water running to keep from freezing. Will cause damage throughout the winter months.

If you do not have a shut off inside your home or are not sure. Contact one of your operators and we will start making note to help fix. Any leaks that you know of please contact housing or water team.

BCANDS' INDIGENOUS SUPPORT FOR STUDENT LEARNING PROGRAM (SSLP)

WHO—Indigenous students of any age across Canada with limited financial resources, including those students living with disabilities. To be eligible, you must be of low-income, enrolled in Formal education (online, remote, on-site), and actively attending

WHAT—The Indigenous Support for Student Learning Program is accepting applications from eligible students to be considered to receive a laptop and related accessories

WHY—To support and assist Indigenous students in their continued educational success and participation

Resources are limited—apply today!
Applications must be received by March 15, 2021
Visit www.bcands.bc.ca for more information and to apply



British Columbia Aboriginal Network on Disability Society

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312
Email: sslp@bcands.bc.ca — www.bcands.bc.ca



Indigenous Support for Student Learning Program (SSLP)

The BC Aboriginal Network on Disability Society (BCANDS) is now offering the Indigenous Support for Student Learning Program (SSLP). The SSLP is a time-limited project for Indigenous students who have limited financial resources, including those living with disabilities. We are accepting applications for students who are enrolled in Formal education (either online, remote, or on-site learning) to receive a laptop and accessories.

Our Goal:

- Assist Indigenous students' continued participation and success in their education, and eventually, in their future employment

Am I Eligible?

- Applicants must be enrolled in Formal education at any level from kindergarten to post-secondary OR taking courses through an accredited institution, AND be actively attending
- Applicants must be of Indigenous ancestry
- Applicants must not have received/be receiving any other support for equipment from Nation, community, or other organization/program
- Applicants must be a Canadian resident
- Applicants must be low-income OR
- Applicants identify as living with a disability AND be low-income

"Persons with disabilities," for the purposes of student financial aid, is defined as "those who have long-term physical, mental, intellectual or sensory impairments which in the interaction with various barriers may hinder their full and effective participation in society on an equal basis with others" ¹

Acceptable Documentation to demonstrate financial need (for applicant or parent/legal guardian)

Please include proof of/an approval statement from any one of the following:

- Federal or provincial/territorial Student Loan
 - Any Federal or provincial/territorial Income Assistance
 - Any Federal or provincial/territorial Disability Assistance
 - Canada Child Benefit (parent or legal guardian)
 - Most recent Income Tax Notice of Assessment prepared by Canada Revenue Agency (CRA)
- ➔ If these options are not available and you meet all of the eligibility criteria, provide thoroughly describe your situation under Section 3 B (*Demonstrate Financial Need*)

All information in the applications must be fully completed for consideration (Sections 1-6). BCANDS will verify the applicant's enrolment, attendance (online, remote, or in-class), and financial need. BCANDS reserves the right to refuse any application and determine the level of support approved. BCANDS will prioritize approvals based on the information provided in the application, the demonstrated need, and the date received. Applicant's receiving support from their Nation, community, or another organization/program in relation to equipment (computers) for their ongoing participation in school may be deemed ineligible.

Applications will be accepted on an ongoing basis. Applications must be received by BCANDS no later than March 15th, 2021 for consideration. However, due to the limited financial resources available and high demand, we recommend that applicants submit their completed application as early as possible. Late applications will not be reviewed. Call for applications will be closed in event that the project's resources have been fully expended prior to the **March 15, 2021 deadline**. If you need assistance with the application or have questions, please contact us.

Please keep this page for your records.

¹ Definition from the United Nations Convention on the Rights of Persons with Disabilities



British Columbia Aboriginal Network on Disability Society

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312
Email: sslp@bcands.bc.ca — www.bcands.bc.ca

Section 1: Applicant Information

Full Name:

First Last M.I.

Parent or Guardian
Name: (if applicable)

First Last M.I.

Date of
Birth: _____
(MM/DD/YYYY)

Mailing Address
for Equipment
Distribution:

Street Address Apartment/Unit #

City/Town Province Postal Code

Phone Number: _____

Email: _____

Age: (any age is eligible) _____

Gender: _____

How do you identify:

First Nations (Status) Inuit
First Nations (Non-Status) Métis

Are you living with a disability?

YES NO

→ If yes,
please briefly
describe your
disability and
its effects:

Are you a Canadian Citizen?

YES NO

Are you employed while attending school?

YES NO

→ If yes: Full-time Part-time

Section 2: Enrolment Verification

All information provided in this section will be verified by BCANDS.

Name of School:

School Address:

Number of classes
enrolled in & attending:

Full-time/ Part-
time Program:

Program Start Date
(MM/DD/YYYY):

Student ID #
(if applicable):



Section 3: Eligibility Criteria

You must meet ALL of the following criteria to proceed and be considered for the SSLP. This information will be verified.

- A) I confirm that I am an Indigenous student with limited financial resources, including those living with a disability
- I confirm that I am an Indigenous student who is enrolled, and actively attends classes in a Formal educational institution (either online, onsite, or remotely)
- I confirm that I have not received other support or similar funding for technology equipment (laptops/tablets) from another program or my community

Why are you applying for the BCANDS Support for Student Learning Program (SSLP)? Please describe your current financial and educational situation, and how this program and provided computer will improve your ability to participate in your education: (please attach additional pages if you need more room)

B) DEMONSTRATE FINANCIAL NEED:

Please describe your limited financial means:

Do you receive (select ALL that apply):

Federal Income or Disability Assistance

YES NO →If yes, indicate benefit name(s)

Benefit Name(s):

Provincial/territorial Income or Disability Assistance

YES NO →If yes, indicate benefit name(s)

Are you a Parent/Guardian of a student receiving Income or Disability Assistance?

YES NO →If yes, indicate benefit name(s)

Other means of financial assistance:

INCLUDE DOCUMENTATION TO DEMONSTRATE FINANCIAL NEED WITH APPLICATION

See Page 1 for list of Acceptable Documentation



British Columbia Aboriginal Network on Disability Society

#6-1610 Island Highway — Victoria, BC — Canada — V9B 1H8
Tel: 250-381-7303 — Toll Free: 1-888-815-5511 — Fax: 250-381-7312
Email: sslp@bcands.bc.ca — www.bcands.bc.ca

Section 4: References

All information provided in this section will be verified by BCANDS. Contact information must be affiliated with your educational institution AND/OR community.

If possible, have your community contact provide a signed letter (included) verifying you have not received other funding.

Admissions Contact at Educational Institution

Full Name: _____ Position: _____
 Email: _____ Phone Number: _____
 Address: _____

Community Staff OR Chief and Council Contact (if possible)

Name of Indigenous Community: _____ Position: _____
 Full Name: _____ Phone Number: _____
 Email: _____
 Address: _____

Section 5: Equipment Requirements

The Support for Student Learning Program (SSLP) intends to maximize available funds and will prioritize applicants based on level of need for the available resources provided through the program.

Please provide your software requests, though we cannot guarantee that you will receive your requests.

Hardware and software requests: Laptop Wireless Mouse In-ear Headphones
 Other specialty software requirements: (e.g. screen reader, speech-to-text, dictation software, etc.)

FOR DEPARTMENT USE ONLY – do not fill out

Date received: _____ Approved: YES NO
 Enrolment verified: YES NO Documentation included / Financial Need demonstrated: YES NO
 Sent Computer (and accessories): YES NO Date Deployed: _____



Section 6: Disclaimer and Signature

I authorize the release of information included in this application form to BCANDS for the purpose of eligibility verification for the student technology and resource funding.

I. I understand that:

- a) I am applying for technology equipment (computer and accessories) under the publicly-funded Support for Student Learning Program (SSLP)
- b) It is my responsibility to ensure that all of the information provided on and with this application is true and complete, and I have not made any false or misleading statements on this application.
- c) Incomplete or inaccurate information, or any attempt to access this funding by fraudulent means will result in my disqualification from the SSLP and related services.
- d) BCANDS reserves the right to refuse an application and to determine the level of support approved as determined through my provided information and described need.
- e) BCANDS may need to collect additional information about me to determine my eligibility for the SSLP or verify information provided in the application and related documentation.
- f) This program is dependent on available funding, and that BCANDS cannot ensure everyone in need receives adequate equipment and software.

II. If I am approved for the SSLP program:

- a) I understand that the provided equipment (computer and accessories) is for the intended purpose of enabling my continued and successful educational outcomes, and for eventual future employment.
- b) I will exercise due care of any and all items provided to me, and use them solely for their intended purpose. I will not install or have installed any software or hardware that could interfere with the equipment's functionality or intended purpose.
- c) I understand that BCANDS is not responsible for any additional expenses or services. All technological services provided through the SSLP will include a standard system software and are provided based on availability.
- d) I understand that any updates, repairs, additional software, subscriptions, or otherwise that are required are my sole responsibility. BCANDS will not provide ongoing costs associated with the provided equipment or software (e.g. Internet services, subscriptions, software, etc.).

I give BCANDS permission to contact myself, and the references provided in order to verify program eligibility:

Applicant Signature: X

Date: _____
(MM/DD/YYYY)

Parent/Guardian Signature: X
(if applicable)

Date: _____
(MM/DD/YYYY)

PLEASE EMAIL, MAIL, OR FAX YOUR APPLICATION TO BCANDS:

Mail: #6-1610 Island Highway
Victoria, BC
V9B 1H8

Email: sslp@bcands.bc.ca

Fax: 250-381-7312



Section 7: Optional Additional Information

The information collected in this section will **NOT** be used towards your application approval process. It will be used for BCANDS' internal research and engagement purposes only.

Any information provided in this section will be collected **anonymously**.

Answering the questions in this section are **optional**, but we appreciate any information you are willing to provide!

1. As an Indigenous student and/or Indigenous student with a disability (or parent/guardian), what are the biggest barriers to accessing and continuing your education? (i.e., access to buildings, discrimination and stereotypes, information technology, communication, outdoor spaces, transportation, etc.)

2. A) Has the COVID-19 pandemic created or enhanced any barriers that make it challenging to access or remain in school?

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

B) If you agree, how so?

Community Health

Carolyn Billy

What is Diabetes?

Diabetes occurs when the body becomes unable to properly produce or use insulin, a hormone that controls sugar in the bloodstream. If not properly treated, diabetes can result in serious complications.

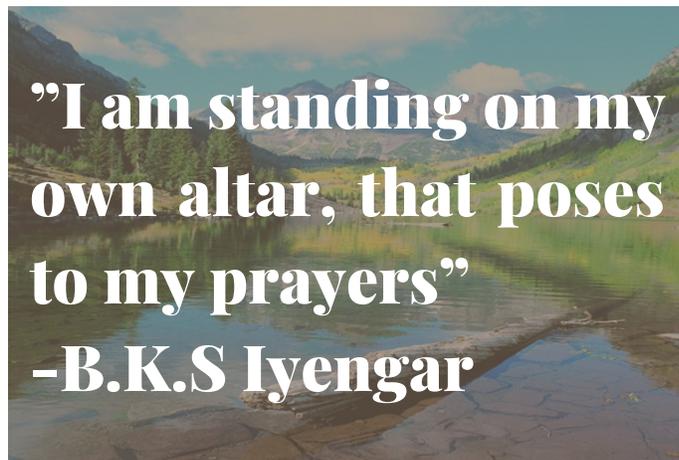
There are two types of diabetes:

1. Type 1 Diabetes is when your body can't make enough insulin (a hormone that regulates blood sugar).
2. Type 2 Diabetes is when your body doesn't use insulin well and is unable to keep blood sugar at normal levels.

Today, approximately one in 10 First Nations people in BC have been diagnosed with diabetes, according to the FNHA's latest Regional Health Survey and health system utilization data. Fortunately, diabetes can be prevented or managed by eating a healthy diet, being physically active, getting screened, taking medicines (if prescribed), maintaining a healthy weight, and keeping health care appointments can go a long way toward helping us stay on track.

Whether or not you live with diabetes or other chronic illnesses, creating and following a wellness plan will support a healthier lifestyle.

A wellness plan for anyone should include regular exercise. A goal of at least 30 minutes of physical activity daily is the recommendation for adults, with a 60-minute goal for children and youth.



Nature's Medicine: Rosehip Tea

Rosehips are high in antioxidants which help boost the immune system. The dried rose hips make a delicious and immune-system boosting tea. The rose hips are packed with vitamin C making them a great way to fight off cold and flu season.

In fact, rose hips have more Vitamin C than oranges. Rose hips are usually pretty easy to find in most locations making it an ideal source of local medicine.



Ingredients:

- 1 teaspoon Dried Seedless Rose Hips
- 2 Whole Cloves
- 1 cup of Boiling Water

Instructions:

1. Pour the boiling water over the herbs in a heatproof cup.
2. Let steep 10 minutes.
3. Strain, sweeten if desired.

Drink slowly.

Precautions: There is no need to drink more than a cup or two of this tea a day. Too much vitamin C can cause diarrhea and even headaches so keep it simple. Also, of course, avoid if allergic and always seek the advice of a trained health professional.

Community Health

Carolyn Billy

Causes of Falls:

Weak Muscles

As we age, the muscles in our body become weaker, limiting our mobility and balance. As we get weaker we become more susceptible to falling.

Poor Balance

Poor balance can be a result of weak muscle, stroke, Parkinson's disease or possible side effects of medications used.

Dizziness or Light-headedness

Dizziness should be taken care of as soon as possible. Though it may not necessarily be dire, it still needs to be taken care of to avoid potential falls. It's essential to know the reasons why your love one becomes dizzy.

Vision and Hearing Problems

Issues with your vision and hearing can make it extremely challenging to go around safely. Eye impairments can make it difficult to look out for and discover Fall hazards in your house.

What can you do to prevent falls?

- Keep your body active (staying hydrated, exercise-wear safe footwear)
- Have your doctor or pharmacist review your medications
- Make your home safer (good lighting, correct uneven levels, install handrails and grip bars)
- Have your eyes checked by an optometrist once a year

Statistics:

Falls are the leading cause for hospital admissions
Falls are the leading cause of injury-related hospitalizations among Canadian older adults. 20-30% of older adults fall each year

Falls are the leading cause for hospital admissions from injuries for children ages 0 to 9

Blackouts, Fainting or Loss of Consciousness

If you unfortunately suffer from blacking out, fainting or loss of consciousness easily, you stand a very high risk of falling.

Loss of consciousness can be as a result of things like increased heart rate, body imbalance like bradycardia (slow heart rate), tachycardia (rapid heart rate) and atrial fibrillation (irregular heart rate.)

Blackouts, Fainting or Loss of Consciousness

If you unfortunately suffer from blacking out, fainting or loss of consciousness easily, you stand a very high risk of falling.

Loss of consciousness can be as a result of things like increased heart rate, body imbalance like bradycardia (slow heart rate), tachycardia (rapid heart rate) and atrial fibrillation (irregular heart rate.)

Memory Loss, Confusion or Difficulties with Thinking

In our old age, we tend to develop issues relating to loss of memory, confusion, thinking problem and reduced problem-solving skills.

This can have a significant effect on your ability to ascertain risky situations, take cautions when going around your house and realizing harms, leading to a greater tendency to fall.



INJURY SURVEILLANCE FORM
(all information is confidential)

Give completed form to: _____

Ph: _____

BACKGROUND INFORMATION FOR INJURED PERSON

Age: _____ Date of Injury (Year/Month/Day) (/ /) **GENDER:**
 Date of Birth (Year/Month/Day) (/ /) Male Female Other

COMMUNITY INFORMATION

COMMUNITY OF INJURY On-Reserve Off-Reserve Community: _____
 COMMUNITY OF RESIDENCE On-Reserve Off-Reserve Community: _____

TIME OF INJURY EVENT INFORMATION

12 AM-4 AM 4 AM-8 AM 8 AM-12 PM 12 PM-4 PM 4 PM-8 PM 8 PM-12 AM UNKNOWN

Was the injury RELATED to:

Work Related Vehicle Related Sports Related

Was the injury REPORTED to:

WCB ICBC Other:

Were OTHER PEOPLE INJURED in this incident?

YES NO Unknown

If YES – How many were injured?

(please indicate if number is unknown)

PLACE OF INJURY

- | | |
|---|--|
| <input type="checkbox"/> Home (inside a home or on home property) | <input type="checkbox"/> Outdoor Recreational Area (e.g. rodeo ground) |
| <input type="checkbox"/> Playground | <input type="checkbox"/> Indoor Recreational Area (e.g. indoor hockey arena) |
| <input type="checkbox"/> Daycare | <input type="checkbox"/> Public Place (e.g. shopping mall, church) |
| <input type="checkbox"/> School | <input type="checkbox"/> Wilderness/Bush/River/Lake |
| <input type="checkbox"/> Roadway | <input type="checkbox"/> OTHER (please specify) |

If known-specify place of injury location (e.g. name of playground, school, public place)

NATURE OF INJURY *(body region codes)*

- | | |
|---|--|
| 1) Teeth | Use body region code #s
opposite type of injury |
| 2) Eyes | |
| 3) Head | |
| 4) Face | |
| 5) Neck | |
| 6) Chest/Abdomen | |
| 7) Back | |
| 8) Shoulder/Arm/Hand | |
| 9) Hip/Leg/Foot | |
| 10) Spinal cord | |
| 11) Internal organs | |
| 12) Multiple sites (specify) | |
| 13) In your opinion, what was the most
SERIOUS injury? | |

Code #s Check MOST SERIOUS (✓) TYPE OF INJURY

- Amputation
- Bruising/Scrape
- Burn
- Choking, unable to breath
- Concussion
- Head injury
- Crushing injury
- Cut/Laceration
- Dental injury
- Dislocation
- Fracture (broken bone)
- General or multi-system trauma
- Hemorrhage or damage to blood vessels
- Inflammation, swelling, pain
- Penetrating wound/Puncture
- Poisoning
- Sprain/Strain

Where was the form completed?

- Ambulance
- Band/Council Office
- Cariboo Memorial Hospital
- 100 Mile House Hospital
- Daycare
- Fire Station
- Health Centre
- School (specify)
- _____
- OTHER (specify)





Virtual Wellbriety Support Group

Open Daily Zoom Meetings

EVERYONE IS WELCOME TO ATTEND

Every Day, Monday to Friday

1:00 pm to 3:00 pm Pacific Daylight Time

Join by clicking this link or copy and paste the link into a web browser <https://us02web.zoom.us/j/84428458473>

Dial in option: 1-778-907-2071

Meeting ID: 844 2845 8473

For more information contact:

Dave Manuel, TteS Wellness Counsellor
250-372-5030 dave.manuel@kib.ca

Me7 knucwentwécw-kp (help one another)

**Me7 yegwyúgw-t-k ell me7 yegwyúgw-t ke7 púsmen
(Keep healthy and strong in body and mind)**

Winter weather. Mother Nature's road test.



Be prepared. Learn how to drive in winter conditions.

Winter weather challenges our driving skills.

Make sure you're up to the test. The following winter driving tips could save your life when out on the road:

- 1. Maintain a safe following distance.** It takes longer to stop on a slippery road. Look ahead and keep plenty of distance between you and other cars (at least four seconds).
- 2. Drop your speed to match road conditions.** The posted speed is the maximum speed under ideal conditions. In winter, it is safer to drive below the posted speed. No matter how much experience you have, the way your car will move on snow or ice always has an element of unpredictability.
- 3. Watch for black ice.** Slow down when approaching icy areas such as shaded areas, bridges and overpasses as these sections of road freeze sooner than others in cold weather. Watch for "black ice", areas of the road with a thin, almost invisible coating of ice, as it can cause your vehicle to suddenly lose traction, braking and cornering control.
- 4. Accelerate and brake slowly.** When starting from a stop on slick roads, start slowly and accelerate gradually to maintain traction and avoid spinning your wheels. When stopping, plan well in advance, apply the brakes gently and slowly add pressure rather than braking suddenly.
- 5. Avoid sudden moves.** Slow down and steer smoothly and gradually to avoid skidding. Accelerate gently, turn slowly, and brake carefully and early. Avoid unexpected quick movements that could put you in a spin. Anticipate turns, stops, and lane changes well before they occur.
- 6. Know how to handle a skid.** A skid happens when your wheels slide out of control on a slippery surface and is a result of driving too fast for road conditions. If you start to skid, ease off the brake or accelerator, look and steer smoothly in the direction you want to go. Be careful not to oversteer. If you are on ice and skidding in a straight line, step on the clutch or shift to neutral.
- 7. See and be seen.** It is critical for drivers to see and be seen in low light conditions, and when blowing snow impairs visibility. Always drive with your headlights on.
- 8. Be extremely cautious when approaching highway maintenance vehicles such as snow plows and salt or sand trucks.** Maintain a safe following distance. These vehicles throw up snow and spray, making it difficult to see.

Know before you go.

ShiftIntoWinter.ca | DriveBC.ca



Need to See a Doctor?

Call the First Nations Virtual Doctor of the Day
service at 1.855.344.3800

With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2	
 <p>Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.</p>	 <p>Computer or Laptop</p> <p>When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>	 <p>Smart Phone or Tablet</p> <p>Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>

<p>Helpful Zoom tips</p>	 <p>If the doctor can't hear you, unmute your microphone in the Zoom app.</p>	 <p>Use a headset or earpods to remove echoes and protect your privacy.</p>
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Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.</p>	 <p>The doctor will call you when it is time for your appointment</p>

Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.

COVID-19 MESSAGE FROM ISC BC REGION

UPDATE #64 / November 3, 2020

Good afternoon,

This week's update coincides with the launch of the request for applications to an application-based envelope of funding through the Indigenous Community Support Fund (ICSF).

Recognizing that First Nations, Inuit, Métis communities, as well as self-governing Nations and Indigenous organizations, require additional investments to prevent and control the spread of COVID-19, and to safely restart community programs and services, on August 12, Minister Miller announced \$305 million in additional funding for the **Indigenous Community Support Fund**.

These investments are an enhancement to the existing ICSF and provide First Nations and Indigenous organizations with resources to implement their own solutions, informed by public health guidance, related to the COVID-19 pandemic. The distinctions-based ICSF aims to provide Indigenous leadership with the flexibility needed to design and implement community-based solutions.

First Nations were recently provided a second allocation under ICSF and should additional needs-based COVID-19 funding be required, your community/tribal council/organization is invited to submit **an application** through an application-based stream of the ICSF. A single and simplified application form has been developed for Indigenous communities and organizations to submit proposals. Indigenous Services Canada will analyze all proposals as they are received and allocate funds based on the proposals for as long as identified ICSF resources remain.

Further details on how to apply, including selection criteria and examples of activities funded, are **available online**.

APPLICATION DEADLINE

The deadline to submit an application is **November 30**, as funding must be disbursed by the department by December 31, 2020. Applications can cover activities through to March 31, 2021.

If you have any questions, or wish to submit an application, please contact your FSO or the ISC BC Regional office at aadnc.iscbccovid19.aandc@canada.ca.

Additionally, two technical webinars hosted by the First Nations Public Service Secretariat are planned for November 6 and 10, 2020. Please choose the date which works best for you. Members of ISC BC Region's Executive Leadership Team and their staff will provide an update on the application-based Indigenous Community Support Fund, and welcome the opportunity to answer any questions you may have.

Please note, Funding Services Officers will also be reaching out to your communities regarding the ICSF.

ICSF APPLICATION ASSESSMENT CRITERIA AND ELIGIBILITY

Proposals for application-based funding will be assessed for eligibility and prioritized on a case-by-case basis. The number of proposals approved will depend on a number of factors, including the number of proposals submitted and total available funding. Assessment considerations include:

- **Readiness**
 - » are there any barriers to starting your project?
 - » are staff and resources available?
 - » does your community or organization have experience providing similar services and could it begin providing expanded or enhanced services to address COVID-19 issues immediately?

• Human impact

- » does the project directly address the impacts of COVID-19 on Indigenous populations (such as isolation, transportation, food security, safe places, health and safety) while preventing, protecting, mitigating, responding to, or recovering from the pandemic?
- » what is the reach of the proposed activities and who are the participants for each activity (for example, on or off-reserve community members, women, youth, elders, homeless individuals)?
- » how will the needs of the most vulnerable be prioritized and addressed?

• COVID-19 risk

- » is there a risk of COVID-19 in the community or population that needs to be addressed (for example, an outbreak has been declared in the community, or there is a high rate of transmission in your organization or community's urban area)?
- » how will the proposed activities address urgent, immediate community needs to respond to the COVID-19 outbreak?

• Prior funding

- » has your community or organization already received federal government funding for the identified COVID-19 need?
- » have you fully expended/do you have plans to fully expend any other federal government COVID-19 funding that your community has received?

QUESTIONS AND ANSWERS

• Are perimeter security costs eligible for funding?

Proposals on perimeter security go through the same application process, but are reviewed separately by ISC nationally. If you apply through the regional office we will forward your proposal to the national review team.

This process has been put in place to provide the flexibility to ensure communities and organizations receive funds quickly, while ensuring that larger proposals are reviewed in consideration of the national context.

ICSF TECHNICAL WEBINARS

Two technical webinars hosted by the First Nations Public Service Secretariat are planned for November 6 and 10, 2020. Please choose the date which works best for you. Members of ISC BC Region's Executive Leadership Team and their staff will provide an update on the application-based Indigenous Community Support Fund, and welcome the opportunity to answer any questions you may have.

CHOOSE ONE

Friday
November 6
1:00 - 2:00 p.m. (PST)

or

Tuesday
November 10
1:00 - 2:00 p.m.(PST)

Registration Details: To register for the webinar, please the link of your choice. Once you have registered, you will receive a confirmation e-mail from FNPSS with a link to join the webinar.

NEW FEDERAL COVID-19 SUPPORTS – CANADA RESPONSE BENEFITS AND CHANGES TO EMPLOYMENT INSURANCE

On **Wednesday, November 4, 2020** at 11:00 a.m. **join representatives from Service Canada and the Canada Revenue Agency (CRA)** who will explain the new COVID-19 supports and answer questions like:

How much can I expect to receive?

What happens now that CERB and CESB have ended?

As an Elder, am I receiving all the pension benefits I am entitled too, including the Guaranteed Income Supplement?

How can I apply and am I eligible?

Are these supports available on and off reserve?

● **Can ICSF be used to support First Nations students access the technology and connectivity required to continue their education during COVID-19?**

Yes. Funding can be used for educational and other support for children.

● **What's the difference between ICSF and other needs-based COVID-19 funding?**

The ICSF was built to be a flexible, general support to help Indigenous communities and organizations prevent, prepare and respond to COVID-19. As such, some activities that are eligible for funding through the ICSF, such as education and public health needs, are also eligible for funding under other specific COVID-19 related supports.

ISC is committed to providing Indigenous communities and organizations with a single-window approach, where possible. When a proposal for COVID-19 related funding is submitted to the ICSF, ISC officials will ensure the application is reviewed and considered under the appropriate support. Communities and organizations will not be asked to select a preferred support program or reroute the request.

● **How is ISC working with FNHA and EMBC with regards to ICSF and funding proposals?**

In BC Region, ISC will work closely with the First Nations Health Authority (FNHA) with regards to the review of health-related proposals.

ISC BC Region also continues to work closely with Emergency Management BC (EMBC) with respect to coordination of non-health aspects of COVID-19 response.

Both Catherine Lappe (Regional Director General, BC Region ISC) and Bill Guerin (Associate Regional Director General, BC Region ISC) are in the process of reaching out to connect with Leadership to better understand the situation in your communities. Should you want to schedule a time to talk to either Catherine or Bill, please contact the office at 604-666-5201 to schedule a time.

New supports for Indigenous peoples and communities

On Friday, October 30, 2020, the Government of Canada announced **over \$200 million in new funding** to help Indigenous people and communities cope with the ongoing impact of the COVID-19 pandemic. This funding includes:

- \$120.7 million to help Indigenous early learning and child care facilities safely operate during the pandemic. The investment is expected to support over 35,000 First Nations, Inuit, and Métis Nation children who access culturally relevant Indigenous early learning and child care programs. It will assist Indigenous communities in addressing their most critical needs, including implementing enhanced cleaning protocols, hiring additional staff, and offering training.
- \$59 million for First Nations to adapt their on reserve community infrastructure. First Nations can use the funds to implement public health and safety measures in community buildings by adding hand washing stations, buying hand sanitizers, personal protective equipment for staff, and cleaning supplies, installing signage and barriers to promote physical distancing, and doing safety checks and upgrades to existing ventilation systems.
- \$25.9 million to provide immediate support to Indigenous post-secondary institutions in 2020-21. The investment will help these institutions address increased costs and financial uncertainty resulting from the pandemic, including putting in place supports to retain staff, automating services to process student applications and registrations, adapting courses for online learning, and implementing public health and safety measures for in-person services. For First Nations, \$24 million will be made available through the Post-Secondary Partnerships Program (PSPP).

We will provide you with more information about the roll out of this funding as soon as it is available.

USEFUL LINKS

- **Coronavirus (COVID-19) and Indigenous communities** – developed by ISC, this page provides health and financial support information for Indigenous communities.
- Find information on how to apply for financial or economic support from the Government of Canada at: Canada.ca/coronavirus.
- With the help of BCFC, the First Nations Public Service Secretariat has developed **a series of one-pagers on COVID-19 support and resources**.
- **Taking care of your mental health during the COVID-19 pandemic**
- **Coronavirus disease (COVID-19): Prevention and risks**
- **Coronavirus disease (COVID-19): Measures to reduce COVID-19 in your community**
- First Nations Health Authority – **Information for community leaders**
- **COVID-19 BC Support App and Self-Assessment Tool**
The app will let you receive the latest updates, trusted resources, and alerts. The Self-Assessment Tool is built in.
- **Transport Canada – COVID-19 measures, updates, and guidance issued by Transport Canada**

REGIONAL CONTACTS

We would also like to take this opportunity to share the contact information for our Executive Leadership Team should you or your team need to reach out regarding specific programs or services within their respective areas:

- Catherine Lappe | 604-340-7703
Regional Director General
- Bill Guerin | 604-803-9476
Associate Regional Director General
- Paula Santos | 604-790-8451
Director, Community Infrastructure
- Wendy Rogers | 604-363-8117
Director, Programs and Partnerships
- David Russell | 604-817-2644
Director, Lands and Economic Development
- Jody Kaden | 236-334-4742
Director, Funding Services
- Chiara Taylor | 778-668-9067
Director, Child and Family Services
- James Moxon | 604-367-8241
Director, Community Development
- Harold Powell | 604-219-1737
Director, Corporate Services

THE FLU SHOT:

Protect yourself, protect your community



Don't forget your flu shot this year! The flu shot is the most effective way to protect yourself against anticipated flu strains, and so you are encouraged to get immunized for your own health, and encourage your family and friends to do so as well. For more information, visit the [seasonal flu and the flu shot](#).



THE REGISTRATION AND STATUS CARD SERVICE COUNTER IN VANCOUVER IS OPEN BY APPOINTMENT

Please call **236-330-9961** to make an appointment before arriving. For application requirements, please visit Canada.ca/indian-status or call 1-800-567-9604.

Community

August Fire on IR2

On the night of August 27th, a fire had broken out on IR2. With holding our community values at heart, the community had come together with helping hands until the fire crews were able to take over. We would like to thank all of the helpers who acted quick, and are grateful no one was badly injured or worse.

Dean Morgan would like to give special thanks to some of the helpers; Mary Lou Morgan, Jarrett Morgan, Lyle Morgan, Joey Morgan Leo Porter, Pete Zabolte, and Frank Louis.



Knucwentw'ecw -
Help one another
Y'ucwementwecw
- Take care of one
another

In the photo: Tyler Zabolte, BJ Isnardy, Peter Zabolte, Councillor Shannon Porter, JR William



Remembrance Day

On this Day, we remember and honour our St'ucwtews veterans.

- Joe Basil
- Moses Casper
- Percy Casper (living)
- Jim Francis Etienne
- Raphael Barnaby Etienne
- Buster Gaspard
- James Gaspard
- Jessie Gaspard (Female)
- Louis Henry Gott
- John Jules
- Lesley John McKenna
- Andy Pinchbeck
- Garry Retasket





Remembrance

Day

Nov 11, 2020 @ 10:30am

@ HEALTH CENTRE

- Burning of Sage
- Poem/Story
- Moment of Silence
- Drumming

Hot Dogs, coffee, and hot chocolate available.

Bring your own blanket

Covid Safety Precautions in effect:

Sanitize Hands and Please bring a mask!

If you are sick, please stay home!

Maintain safe social distance!

For more information please contact Karen or Boysie @ 457-6233

JOB POSTINGS

Needed: 200 Excavator.

Machine needs to pass Inspection for Safety & Environmental standards before accepted. Business Insurance & WCB coverage needed.

All resumes, cover letters, and inquiries may be directed to Bonaparte's Contracts Negotiator at contracts@bonaparte.band.

Chainsaw Operator/Bucker

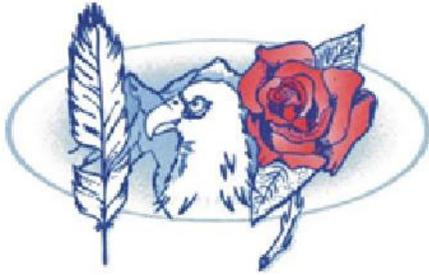
Natural Resources is looking for experienced chainsaw operators and buckers.

All resumes, cover letters, and inquiries may be directed to Bonaparte's Contracts Negotiator at contracts@bonaparte.band.

2 Danger Tree Fallers

Natural Resources is looking for experienced danger tree fallers.

All resumes, cover letters, and inquiries may be directed to Bonaparte's Contracts Negotiator at contracts@bonaparte.band.



Bonaparte Indian Band

2689A Sage Hill Rd.
Box 669, Cache Creek, BC V0K 1H0
Tel: (250) 457-9624 Fax (250) 457-9550

CAREER OPPORTUNITY SOCIAL DEVELOPMENT MANAGER/WORKER

Position:	Social Development Manager/Worker
Reports to:	Band Manager
Term:	Permanent Full-time
Start date:	As soon as a suitable candidate is found
Remuneration:	Salary will commensurate with Qualifications and Experience

Reporting to the Band Manager, the Social Development Manager/Worker (SDMW) manages and administers the Bonaparte Indian Band Social Assistance program. The SDMW is responsible for the day to day management and operations of the Social Development programs and services for Bonaparte Indian Band. The management responsibilities include preparing and managing the Social Development department program budgets; preparing program and individual workplans; preparing funding proposals; preparing funding partner reports; preparing funding partner claims and invoices; preparing department reports for Chief and Council and senior management; supervision of subordinate staff. The SDMW forms part of the management team of Bonaparte Indian Band and participates in Management Team meetings. The SDMW assists clients with applications, performs income tests and social assistance calculations and ensures the Social Assistance program is applied consistently and fairly in the community. The SDMW must work well with people providing supports to individuals by assisting in determining the resources and services they need and providing direction and advocacy for obtaining access to the resources they need. A client-centered approach is utilized by the SDMW for each individual seeking support. The SDMW manages related programs withing the Income Assistance Policy; provides representation for Bonaparte Indian Band to outside social service agencies and related social development projects as directed and approved by the leadership of Bonaparte Indian Band.

Responsibilities

- Provide leadership, direction and professional expertise in the development of the community health program to improve the well-being of all community members.
- Processes Income Assistance Applications according to the Social Development Policy and Procedures Manual, according to Indigenous Services Canada (ISC) requirements.
- The Social Development Manager/Worker processes and determines eligibility and prepares budgets and decision forms as required.
- Informs clients of their rights and responsibilities and the right to appeal, should the client disagree with the decision provided by the Band Social Development Manager/Worker regarding eligibility for benefits.
- Interpret Social Development Policy and Procedures to provide clients with a better understanding of the purposes, services and requirements of the Social Development

program and to make appropriate referrals for counselling for addictions, family violence, mental health, and/or other services as and when required.

- Provides regular reporting to ISC as required to ensure Bonaparte Indian Band funding is kept current without lapse in funding.
- Maintain up to date filing and case management systems.
- Provide monthly, quarterly, annual and intermittent department reports to Chief and Council, Band Manager, and funding partners.
- Actively sources and applies for additional funding for complimentary programs and services for the benefit the Bonaparte community and its 'members.
- Complete reporting requirements for funding agencies as required. Manages and schedules any additional staff/coordinators required for additional funding budgets.
- Prepare annual Social Development program budgets, workplans, and updates plans and budgets throughout the year as needed.
- Manage related programs within the Income Assistance program including Bonaparte Youth Program, Assisted Living; and Family Violence Prevention Program.
- Supervise subordinate staff working in Social Development programs.
- Represent Bonaparte Indian Band and attend Board Meetings of the Secwepemc Child and Family Services (SCFS); Support BIB children and families who become involved with SCFS or the Ministry of Children, Family Development.
- Manage Bonaparte Community Prevention Services funding agreement.
- Manage and supervise Secwepemc Community Coordinator contract and attend Stsmemelt Jurisdiction meetings with coordinator.

Qualifications

- An undergraduate degree in Social Work or a related discipline or combined training and work experience in the social services field.
- Previous work experience in a social services environment and working knowledge of social services policies and programs.
- 3 to 5 years' experience working with clients with a variety of needs.
- Must have transportation and a valid BC driver's license.
- A satisfactory criminal record check including vulnerable persons will be required.

Knowledge, Skills and Experience Required:

- Knowledge of First Nations history, traditions, lifestyles, culture, including approaches to community development and health.
- Work experience with First Nations organizations;
- Experience in planning, conducting and managing social development projects and staff in a First Nations setting.
- Demonstrated ability to plan, develop, implement and advise on social development program strategies and initiatives.
- Financial planning experience.
- Excellent oral and written communication skills and leadership skills.
- Demonstrated excellent interpersonal skills with the ability to establish and maintain productive, cooperative and professional relationships with Chief and Council; Bonaparte management team; coworkers; community members and funding partners.
- Ability to prioritize goals and objectives within timeframes.

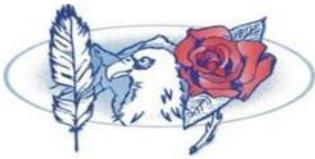
- Able to interpret and apply regulations, policies and standards.
- Working knowledge of health and social services policies and programs.
- Demonstrated ability to use initiative and ingenuity in a demanding environment with minimal resources and supervision.
- Demonstrated ability to mediate and resolve conflicts.
- Must have computer working knowledge, MS Work, MS Excel, Xyntax an asset.
- Must have an understanding of bookkeeping, financial management and general accounting principles.
- Ability to work as a team member.
- May require flexible hours.

The successful candidate will enjoy a competitive salary and benefits package. Join a strong team and help shape the service of a growing and innovative Indian Band on the threshold of unprecedented growth and positive change.

CLOSING DATE: November 6, 2020 4:00 p.m. The closing date may be extended until a suitable candidate is found.

**TO APPLY: Submit a cover letter and resume to:
Human Resources
St'uxwtewslBonaparte Indian Band
2689A Sage Hill Road, Cache Creek, BC V0K 1H0
OR FAX: 250-457-9550 / EMAIL: payroll2@bonaparte.band**

While we appreciate all who submit their applications, only those selected for an interview will be contacted.



Bonaparte Indian Band

2689A Sage Hill Rd.
Box 669, Cache Creek, BC V0K 1H0
Tel: (250) 457-9624 Fax (250) 457-9550

REGISTERED NURSE **HOME AND COMMUNITY CARE EMPLOYMENT OPPORTUNITY**

Position:	Registered Nurse – Home Health for Home and Community Care Program
Reports to:	Health Director
Term:	Permanent/Part Time 20 hours a week
Start Date:	As soon as a suitable candidate is found
Remuneration:	Salary will commensurate with Qualifications and Experience Extended Health Benefits and Pension Plan after successful completion of probationary period

Bonaparte Indian Band/Health Department is seeking a Registered Nurse to join our a team who will combine health sciences, knowledge and experience in assessment, supervisory and clinical nursing skills to effectively coordinate and deliver client care to individuals and families needing acute, chronic, or palliative care and has a strong commitment to the improvement of Indigenous Health.

Knowledge, skills and abilities required are as follows:

- Knowledge and understanding of First Nations communities, health and social issues, as well as population health approach and the social determinants of health
- Excellent written and interpersonal communication skills
- Delivers direct nursing care
- Ability to guide, supervise, and establish realistic performance expectations for Home Support Workers and the Community Health Worker (in collaboration with the Community Health Nurse)
- Self-directed in executing the home care client services
- Tolerance and sensitivity to the needs of every individual and their right to be treated with respect and fairness
- Ability to maintain a professional demeanor and confidentiality
- Proficiency in the use of computers, internet applications, and required reporting

Responsibilities and qualities:

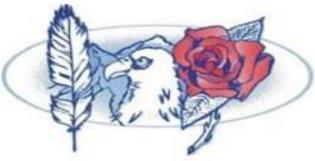
- Coordinating home care services to meet the home care service needs of the clients identified that require home care support, while encouraging and supporting independence, family and community support, in a timely and effective manner.
- Completes a structured client assessment that includes ongoing re-assessment and determines client need and service allocation, while developing a client centered care plan.
- Coordinate nursing care services with the client, physician, hospital, rehabilitation, long term care programs, and other community programs
- Develop nursing care and teaching strategies to assist clients/families dealing with chronic illness
- Implement the care plan to provide in home personal care/home management services in collaboration with the Home Care Aide(s)
- Establishes internal and external linkages with other professionals and community resources
- Collaborates and communicates with Health Director regularly to keep him/her aware of health issues / concerns / needs that are paramount in community.

Qualifications

Nursing Registration and membership with British Columbia College of Nursing Professionals-BCCNP, knowledge of First Nations peoples and culture is an asset, willingness and commitment to learn as much as possible, about the realities of First Nations communities and health.

Knowledge of public health.

The applicant must possess and maintain a valid BC Driver's Licence and own a reliable vehicle, as well as pass a criminal record check and vulnerable sector.



Bonaparte Indian Band

2689A Sage Hill Rd.
Box 669, Cache Creek, BC V0K 1H0
Tel: (250) 457-9624 Fax (250) 457-9550

Deadline: Until suitable candidate is met.
Apply by: Cover Letter and Resume
Please include references with your submission

c/o: Health Director

St'uxwtews|Bonaparte Indian Band, 2689A Sage Hill Road, P.O. Box 669, Cache Creek, BC V0K 1H0,
FAX: 250-457-9550 / EMAIL: healthdir@bonaparte.band

** only those candidates short listed for an interview will be contacted



First Nations Health Authority
Health through wellness

COVID-19: Keep Gatherings Small During the Fall

The FNHA is encouraging First Nations individuals and communities to continue observing physical distancing, maintain small social bubbles, and avoid gatherings as the daily count of new COVID-19 cases remains high.

Acting Chief Medical Officer Dr. Shannon McDonald said that a recent spike in COVID-19 positive tests in BC First Nations communities shows that the threat remains real. The virus does not respect closed roads and checkpoints, and it spreads during ceremonies and large gatherings that then become known as “super spreader” events.

RECENT DATA (AS OF OCT. 6, 2020) SHOWS THAT STATISTICALLY THE COVID-19 POSITIVITY RATE AMONG BC FIRST NATIONS PEOPLE IS RISING:

- 325 per 100,000 people among BC First Nations
- 175 per 100,000 people among other British Columbians
- 74% of cases occur in community clusters/gatherings
- 4.5% of tests for First Nations individuals are positive
- <2% of tests for British Columbians as a whole
- 451 total cases among First Nations since March 1, 2020
- 185 active cases

As COVID-19 cases rise in First Nations communities, Dr. McDonald is recommending that people limit their bubbles to their immediate families, communities and Nations.

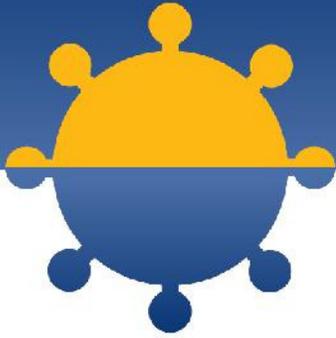
LARGE GATHERINGS AND FUNERALS HAVE BEEN CITED AS CAUSES THAT LED TO SEVERAL COVID-19 CLUSTERS. ALTHOUGH FUNERAL RITES FOR LOVES ONES IN INDIGENOUS CULTURES ARE OFTEN HELD IN ACCORDANCE WITH TRADITIONAL CEREMONIES IN LARGE GATHERINGS, IT'S IDEAL TO TAKE PRECAUTIONS:

- Small: Fewer than 10 people
- Outdoors only, such as a graveside ceremony
- Make larger group plans at a later date when it's safer

COVID-19 is particularly dangerous for Elders, those with compromised immune systems, or people with pre-existing health conditions.

The FNHA is urging people to treat one another with [kindness](#), love and respect as the best way to come through this crisis. Stigma creates fear, and fear stops people getting tested and this makes it hard to prevent the spread in the community.

To keep yourself, your family and your community safe, please observe the [COVID-19 safety guidelines](#).



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to isolate

For those who have COVID-19 or respiratory symptoms

April 15, 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.



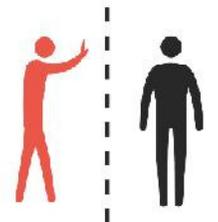
Do not have visitors to your home

- 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).



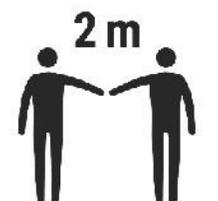
Avoid contact with others at home

- 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.



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.



Recovery and ending isolation

You are required to stay home and isolate for a minimum of 10 days from the onset of any symptoms. You may return to your regular activities if:

- *At least 10 days have passed since the start of your symptoms, AND*
- *Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, ibuprofen), AND*
- *You are feeling better (e.g. improvement in cough, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue).*
- Coughing may persist for several weeks, so coughing alone does not require you to continue to isolate. If you are experiencing your usual symptoms of seasonal allergies, you do not need to self-isolate.
- Sometimes people with COVID have mild illness, but their symptoms may suddenly worsen in a few days. If your symptoms worsen or you become short of breath, call your family physician or nurse practitioner for immediate medical attention. If you are unable to reach your regular care provider, seek care in a COVID-19 Assessment and Treatment Centre, Urgent & Primary Care Centre (UPCC) or Emergency Department.

Contact your local Public Health unit

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

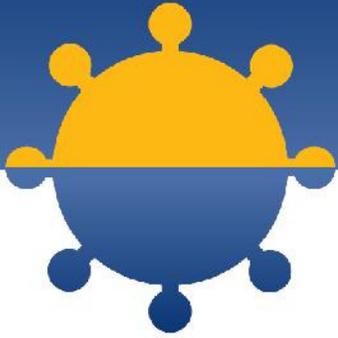
Learn about the virus

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

April 15, 2020
How to isolate: For those who have COVID-19 or respiratory symptoms





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Guide for caregivers and household members of those with COVID-19 ('close contacts')

May 22, 2020

If you are caring for or living with someone who has COVID-19 or respiratory symptoms, you are considered a 'close contact.' You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

If the symptoms of the person you are caring for begin to worsen, contact a health care provider for medical attention. If it is an emergency, such as severe chest pains or struggling to breathe, call 9-1-1 or go to the nearest Emergency Department and notify them the person you are caring for has COVID-19 or symptoms.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear mask and gloves

- Wear a mask (surgical/procedure mask) and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces) and when providing direct contact care.



Dispose of gloves and mask after use

- Take off the gloves first without touching the outside of the gloves, and wash your hands with soap and water before taking off your mask.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.



Do not have visitors to your home

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



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person who is sick.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or other items that are put in the mouth.



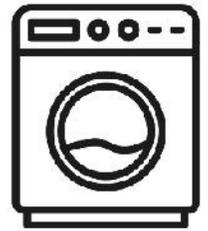
Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables once or twice daily.
- Use store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water, and allow the surface to remain wet for 1 minute.



Wash laundry thoroughly

- Contaminated laundry should be placed in a laundry basket with a plastic liner.
- Wear gloves and mask when handling.
- Wash with regular laundry soap and hot water (60-90°C)
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

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



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

May 22, 2020
Guide for caregivers and household members of those with COVID-19 ('close contacts')





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Dos and don'ts of self-isolation

For people who may have been exposed but do not have symptoms

May 22, 2020

If you have come into contact with an infected person, you are required to self-isolate. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others.

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

-
- ✔ Do stay home for 14 days
 - Work from home
 - Use food delivery services or online shopping
 - ✔ Do keep in contact with friends
 - Use technology, such as video calls, to keep in touch with friends and family
 - Host virtual meetings, hangouts, family dinners or playdates for your kids
 - ✔ Do get creative to prevent boredom in kids
 - Get creative by drawing, painting or running back yard obstacle courses and games
 - ✔ Do monitor your symptoms
 - If you develop symptoms, you should get tested for COVID-19 at a [collection centre](#)
 - If you are unsure or have questions, you can use the COVID-19 Self-Assessment tool by visiting [bc.thrive.health](#) or call 8-1-1 for advice.
 - If you are having trouble breathing, call 9-1-1
 - If travelling by ambulance, notify the dispatcher that you may have COVID-19
 - ✔ Do protect others
 - Wash your hands frequently (hand hygiene)
 - Cough into your sleeve (respiratory etiquette)
 - Keep 2 metres away from others (physical distancing)
 - Greet with a wave instead of a handshake, a kiss or a hug
 - ✔ Do continue to exercise
 - Exercise at home
 - Go outside for some fresh air, a run, bike ride, rollerblade, snowshoe, walk the dog or get the mail – ensuring you stay 2 metres away from others
 - ✔ Do clean all high-touch surfaces
 - High-touch surfaces: toilets, bedside tables and door handles should be cleaned daily using a store bought disinfectant. If not available use diluted bleach solution, one part bleach to 50 parts water (e.g. mix 10ml bleach with 500ml water), and allow the surface to remain wet for 1 minute
 - If they can withstand the use of liquids for disinfection, high-touch electronics such as phones, computers and other devices should be disinfected with 70% alcohol
-
- ✘ Do not go to school, work or other public areas
 - (e.g. malls, fitness centre, place of worship)
 - ✘ Do not have visitors
 - Except for individuals providing care or delivering food/supplies, and in that case, maintain a distance of 2 metres
 - ✘ Do not use public transportation
 - ✘ Do not share personal items with others
 - Including toothbrushes, towels, linens, thermometers, cigarettes, unwashed utensils, and electronic devices (such as phones and computers)
-

If you develop symptoms of COVID-19, continue to isolate for a minimum of 10 days after onset of symptoms. People who have been exposed to a case of COVID-19 and those who are returning travellers must continue to isolate for 10 days from when your symptoms started OR 14 days from when you started self-isolating, whichever is later. If your condition worsens, contact your family doctor or call 8-1-1.

Frequently asked questions

What is the point of self-isolation?

This is one way every Canadian can help slow the spread of this virus in their community and protect their friends, family, and health care workers.

Why should I self-isolate myself for 14 days if I don't have symptoms?

You can be sick and not know it yet. It is important to stay at home because you can develop symptoms at any time.

Can I go to work?

No. You could put your co-workers at risk. Many employers have made arrangements for working from home.

Can I use taxis/public transit/ride share?

No. You cannot ensure sure that you are 2 metres from other people. Using taxis, public transit, and ride shares puts the public at risk.

Should I go to a medical appointment?

If you must seek medical care, wear a mask. Try to expose as few people as possible and notify your health care provider in advance so they can make arrangements to see you safely. Walk or drive yourself to your appointment if possible.

Can I go for a walk outside?

Yes. It is important to continue to exercise. BUT it is important that you avoid crowded areas and stay at least 2 metres from other people. You should wash your hands before you leave your home and when you return.

Can I go to the pharmacy to pick up my medication?

No. If you need medications, use a pharmacy delivery service or ask a friend to pick them up and bring them to your home.

Can I get the mail and newspaper?

If your mail is delivered directly to your house, it is ok to go to your mailbox. Make sure you wash your hands. If your mail is delivered to an apartment or community mailbox, or the post office, ask a friend to pick-up and deliver to you.

Can I go through a drive-through for coffee/food?

No. There is a risk of infecting other community members, including food service workers. Use delivery services or ask someone to deliver coffee or food to you.

Should I cancel my haircut/pedicure/spa treatment?

Yes. These are examples of non-essential appointments. You would be exposing your service providers and the public to unnecessary risk.

Can I have visitors?

No. Use technology, such as video calls, to keep in touch with friends and family.

Can I have playdates for my kids or playdates in my home?

No. Consider novel ways to keep in touch like virtual meetings, hangouts, family dinners or playdates for your kids.

Can children play outdoors together? Can my child have a sleepover with children who are also self-isolating?

No. Children need to keep 2 metres away from other people.

Learn more at bccdc.ca/covid19

May 22, 2020
Dos and don'ts of self-isolation: For people who may have been exposed but do not have symptoms





Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



How to self-monitor

For contacts of cases and people who have travelled outside of Canada who are in self-isolation

May 22, 2020

You may have been exposed to COVID-19 and you must monitor your symptoms for 14 days. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others. If you start to develop symptoms, even mild ones, get tested: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>

If you have questions or are unsure, contact your health care provider, call 8-1-1, or complete the COVID-19 Self-Assessment tool by visiting bc.thrive.health.

Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

*Take and write down your temperature every day. Try not to use medicines that reduce fever, e.g. acetaminophen or ibuprofen. If you have taken acetaminophen or ibuprofen take your temperature at least 4 hours after your last dose of that medicine.

Other symptoms may include: Muscle aches, fatigue, sore throat, headache, loss of appetite, chills, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste.

For contacts of cases

Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

If you have travelled outside Canada

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self-isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

Visit the Government of Canada webpage for more details about [self-isolating and self-monitoring for incoming travellers](#).

Learn more at bccdc.ca/covid19

How to self-monitor: For contacts of cases and people who have travelled outside of Canada who are in self-isolation

May 22, 2020



Ministry of Health



BC Centre for Disease Control

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

