

COVID 19 (SARS-coV-2)

FORT ST. JAMES, NAK'AZDLI WHUT'EN, BINCHE WHUT'EN, TL'AZT'EN NATION and YEKOOCHÉ

LOCAL COMMUNITY RESPONSE PROCESS

COMMUNICATION DOCUMENT

UPDATED DAILY

April 8, 2020

UPDATES IN TODAY'S DOCUMENT ARE HIGHLIGHTED IN THIS COLOUR

THE MEDICAL CLINIC HAS RELOCATED TO THE FORT ST JAMES HEALTH CENTER
111-250 DOUGLAS AVENUE.

APRIL 10TH THROUGH APRIL 13TH, 2020

THE HEALTH CENTER WILL BE CLOSED FRIDAY, APRIL 10TH AND MONDAY, APRIL 13TH. ANY PATIENTS WHO REQUIRE A SWAB MUST CALL THE HOSPITAL AT 250 996-8291. AN APPOINTMENT TIME WILL BE GIVEN AND PATIENT WOULD PROCEED TO THE HOSPITAL AT THAT TIME. A NURSE WILL MEET THE PATIENT IN THE PARKING LOT AND TAKE THE SWAB WHILE THE PATIENT REMAINS IN THEIR VEHICLE.

ANYONE EXPERIENCING SYMPTOMS RELATED TO COVID-19 SHOULD DO THE ON-LINE SELF ASSESSMENT AND/OR CALL A PROFESSIONAL AT ONE OF THE FOLLOWING NUMBERS PROVIDED BELOW:

- Use the Self-Assessment Tool - BC COVID-19 Symptom Self-Assessment Tool: <https://covid19.thrive.health/>
- **Call the Fort St. James Health Center at 250 996-2700 or 250 996-8291. A health care professional is available to assess and provide information**
- Call the NH COVID-19 Online Clinic and Information Line: **1-844-645-7811**, toll-free.
- Call the British Columbia COVID-19 information line: **1-888-COVID19 / 1-888-268-4319**
- Call HealthlinkBC (811)

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COMMUNICATION:

The purpose of this document is to communicate our local communities' response to the COVID19 pandemic.

It is intended that the document will be updated on a daily basis, this will change as needed.

The document is being distributed through a group email. The email group includes all local health professionals, health management as well as our community leaders. Please send an email to kathy.marchal@northernhealth.ca if you know of someone who should receive a copy and has not.

IF YOU HAVE INFORMATION YOU WOULD LIKE ADDED TO THE DOCUMENT OR IF YOUR ARE PROVIDING UPDATES PLEASE SEND THE INFORMATION TO: Kathy Marchal at kathy.marchal@northernhealth.ca

COVID 19:

What it is: Coronaviruses are a large family of viruses that may cause respiratory illnesses in humans ranging from common colds to more severe conditions such as Severe Acute Respiratory Syndrome (SARS) and Middle Eastern Respiratory Syndrome (MERS).

'Novel coronavirus' is a new, previously unidentified strain of coronavirus. The novel coronavirus involved in the current outbreak has been named SARS-CoV-2 by the World Health Organization (WHO). The disease it causes has been named "coronavirus disease 2019" (or "COVID-19").

How is it spread: COVID-19 can spread from person to person usually through close contact with an infected person or through respiratory droplets that are dispersed into the air when an infected person coughs or sneezes. It may also be possible to get the virus by touching a surface or object contaminated with the virus and then touching your mouth, nose or eyes, but it is not thought to be the main way the virus spreads.

PROTECTION:

- Practice "Social Distancing" (<https://www.ottawapublichealth.ca/en/public-health-topics/self-isolation-instructions-for-novel-coronavirus-covid-19.aspx>)
- Wash hands with soap and water and/or use alcohol-based hand sanitizer frequently.
- Avoid touching eyes, nose, and mouth with hands if they are unwashed.
- Cover mouth and nose with a tissue or your bent elbow when sneezing or coughing. Dispose of the tissue immediately
- Do not go out for any non-essential reasons and avoid unnecessary contact with people who are:
 - Symptomatic
 - experiencing a current illness or recovering from an illnesses
 - on chemotherapy medication and/or have a comprised immune system
 - elderly and are in a long term care facility, a seniors facility or at home
 - newborns and infants
 - an inpatient at the hospital
- Do not go in person to a hospital, clinic, or health care provider for routine care (preventative visits, routine blood work) or non-essential care without calling ahead.
- Do not self-prescribe or request unproven therapies to prevent or treat COVID-19
- Avoid all non-essential travel

- Traveller's returning from outside of Canada need to self-isolate for 14 days to protect others
- The Provincial Public Health Officer has clarified that BC residents should not engage in non essential travel especially to small and remote communities which may not have health care resources to manage a COVID-19 outbreak in their communities.

EXPOSURE:

- Contact with a person(s) who has been swabbed and tested positive for the COVID19 Virus
- Contact with a person(s) who has symptoms associated with COVID19
- Contact with a person who has been travelling outside of the region or who has been in contact with someone who has travelled outside of the region
- Travel using public transit including car-pooling, bus, plane
- Being in any Public Space – Grocery store, arena, church, gym, ski lodge, hospital, clinic, health center, meeting room etc.

NUMBER OF CONFIRMED CASES

British Columbia

1,336 confirmed cases as of April 8, 2020

- 838 recovered in BC
- 48 deaths in BC
- Cases by region:
 - 487 in Fraser Health
 - 130 in Interior Health
 - 81 in Island Health
 - 23 in Northern Health
 - 615 in Vancouver Coastal Health
- 52,412 tests completed.

* <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

CONFIRMED CASES BRITISH COLUMBIA, ONTARIO AND QUEBEC (INCREASE TWO WEEK PERIOD ENDING APRIL 6TH)

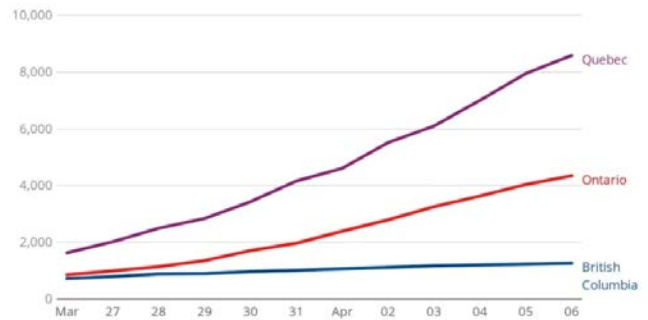


Chart: Justin McElroy • Source: CBC News

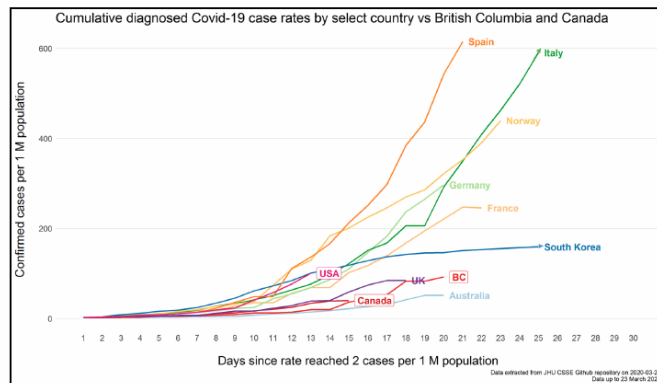
CBCNEWS

Confirmed cases of COVID-19 in British Columbia have increased at a slow rate over the past two weeks, but have gone up dramatically in Quebec and Ontario. (Justin McElroy/CBC News)

* <https://www.cbc.ca/news/canada/british-columbia/bc-ontario-quebec-covid-19-1.5524056>

MODELLING AND PROJECTIONS

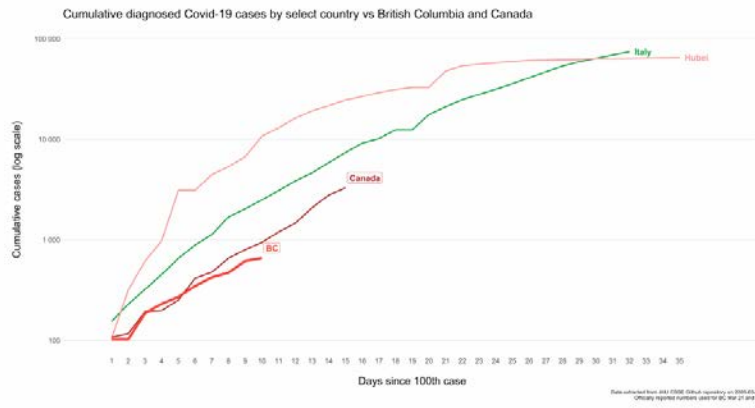
COVID-19 Case Rate Comparison



Note: As per March 23, 2020. This represents cumulative/total cases; not new/incident cases per day.

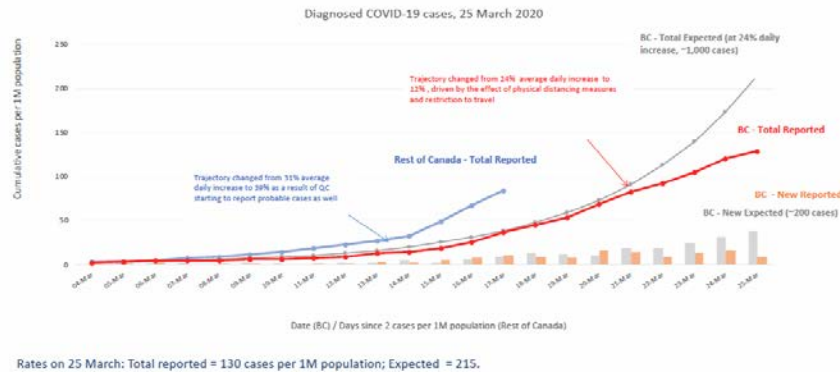
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COVID-19 Case Rate Comparison



4

COVID-19 Cases in B.C.



5

* <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/modelling-projections>

Daily Press Reports visit:

* <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/case-counts-press-statements>

TRACKING COVID-19 IN CANADA

Across Canada

Cases

Total	New Today
19,291	1,394

Case Status

Active	Recovered	Deceased
14,204	4,652	435

<https://www.ctvnews.ca/health/coronavirus/tracking-every-case-of-covid-19-in-canada-1.4852102>

Cases Today (April 8)

Yukon (1) – The territory adds [one new case](#), bringing its total to eight.

British Columbia (45) – Five more people died in B.C. from COVID-19, while [45 new cases](#) were identified and 33 patients new recoveries.

Alberta (50) – The province is reporting 50 new cases of COVID-19. It is also reporting 71 new recoveries and three new deaths.

Saskatchewan (11) – Saskatchewan has announced [11 new cases](#) of COVID-19 on Wednesday, along with 15 new recoveries.

Manitoba (4) – Provincial health officials announced [four new cases](#) of COVID-19 in Manitoba. 69 people have recovered total.

New Brunswick (3) – The province is reporting [three new cases](#) Wednesday.

Quebec (691) – There are now [175 Quebecers who have died from COVID-19](#), and the number of confirmed cases has reached 10,031.

Newfoundland (4) – Newfoundland is reporting four new cases and 25 new recoveries Wednesday.

Prince Edward Island (2) – Prince Edward Island has reported [three new COVID-19 cases](#) on Wednesday, bringing the total number of cases in the province to 25.

Nova Scotia (32) – Nova Scotia has identified [32 new cases](#) of COVID-19, bringing the total number of cases in the province to 342.

Ontario (550) – The total number of [COVID-19 cases in Ontario has surpassed 5,000](#), provincial health officials said Wednesday morning while confirming 550 new cases of the virus, including 21 additional deaths.

WILL I BE ABLE TO FIND OUT IF THERE IS A CASE IN MY COMMUNITY

- The Northern Health Authority will not identify or release the location of people in our region who may have contracted COVID-19.
- If there are cases of community transmission, or there is an unexplained jump in confirmed cases, communities will be notified as necessary to ensure public health management.
- It's important that people are prepared and take the appropriate precautions we have been sharing regularly. The actions we're asking people to take are the same, whether there are cases in your community or not.

SYMPTOMS ASSOCIATED WITH COVID 19:

- FEVER
- COUGH
- SNEEZING
- SORE THROAT
- DIFFICULTY BREATHING

SYMPTOMS MAY APPEAR 2-14 DAYS AFTER A PERSON HAS BEEN EXPOSED TO THE VIRUS

IN AN EFFORT TO LIMIT EXPOSURE TO OUR PATIENTS AND OTHERS, PATIENTS VISITING THE HEALTH CARE FACILITIES ARE ASKED TO WEAR A MASK.

ASSESSMENT AND TESTING

People who <u>DO NOT NEED</u> to be tested*	People who <u>NEED</u> to be tested
People with no symptoms*	People with severe illness
People with mild symptoms*	People who require hospitalization
Returning travellers self-isolating at home*	Residents of long-term care facilities
	Health-care workers
	Anyone part of an active investigation or outbreak cluster

* Unless their condition worsens to the point that they require medical care.

SYMPTOMATIC PATIENTS

TRIAGE AND INFORMATION

Anyone with symptoms or anyone who thinks they have been exposed to COVID-19 is asked to call their local, regional or provincial COVID-19 assessment clinic (phone numbers are listed below). A nurse, physician, or a nurse practitioner will be available to assess the individual. After the assessment, patients may be referred for testing at their local testing site.

ASSESSMENT:

Patients with symptoms are asked to call one of the Assessment numbers listed below before going to the Emergency Department at Stuart Lake Hospital, the Fort St. James Health Center (FSJHC), the Nak'azdli Health Center (NHC), the Binche Health Center (BHC) or the Tache Health Center (THC).

- Self-Assessment Tool - BC COVID-19 Symptom Self-Assessment Tool:
<https://covid19.thrive.health/> or download the Self-Assessment App from the Apple App Store or Google Play. You can self-assess for COVID-19, and the app will also send you the latest updates, trusted resources, and alerts.

or call one of the following numbers:

- Fort St. James Health Center at 250 996-8291 or 250 996-2700. A health care professional is available to assess and provide information.
- Northern Health COVID-19 Online Clinic and Information Line: 1-844-645-7811, toll-free.
- British Columbia COVID-19 information line: 1-888-COVID19 / 1-888-268-4319
- HealthlinkBC (811)

Patients will be triaged and instructed on the process during the call. A requisition will be faxed to the patient's local health center for those requiring a swab. The patient will be instructed to call the health center (see phone numbers below) to arrange a time to have the swab done. Nak'azdli patients will be directed to the Fort St. James Health Center for swabbing

IF YOU ARE SENT FOR FURTHER TESTING (A SWAB)...

SWABBING

- If you are required to have a swab, call the clinic and inform the receptionist that you need a swab. Those who are arriving by vehicle will be directed to the Drive Thru Swabbing site (see below). Those without a vehicle will be asked to come to the health center. The swab will be done on the sidewalk near the drive thru swabbing site.
- If your physician has asked that you come to the clinic and you have COVID-19 symptoms, your physician will examine you in the ISOLATION Room.
- Once you arrive, call the health center using your cell phone or knock on the door. A receptionist or Medical Office Assistant will direct you to the Isolation Room. Your physician will see you after they have dressed in their Personal Protective Equipment.

DRIVE THRU SWABBING

- **NO PATIENT will be swabbed for COVID 19 without a requisition.**
- Patients arriving at the Fort St. James Health Center will be told to park in a designated parking spot located on the SOUTH side of the health center.
- The patient will remain in their car.
- A nurse will don their Personal Protective Equipment, identify the patient and ask the patient a few questions before taking a swab.
- The patient will be instructed to self-isolate and asked to call 1-833-707-2792 for their results
- The sample collected will be transferred to the lab at Stuart Lake Hospital by a Medical Office Assistant
- The Lab will send out the Swab to the closest testing center.
- After swabbing it is important for patients to stay at home and avoid contact with others (self-isolate). They should continue to self monitor looking for new symptoms or signs of infection. If symptoms are severe, such as shortness of breath or chest pain the patient should call 911 or go to the Emergency department.

SWABBING SITES

- Fort St. James Health Center: Monday thru Thursday 9:00 a.m. to 4:00 p.m. and Friday from 10:00 a.m. to 2:00 p.m.
- Tl'azten Health Center: Monday, Wednesday and Thursday – 9:00 a.m. to 3:00 p.m. and Tuesday and Friday from 10:00 a.m. to 1:00 p.m.
- Bincle Health Center: Monday, Tuesday, Thursday and Friday - 10:00 a.m. to 3:00 p.m.
- Nicole McVey, Team Lead for Northern Health will be meeting with the nursing staff weekly to ensure there is coverage, 5 days a week, for the FSJHC swabbing site. Tl'azt'en and Nak'azdli have offered to send nurses as needed to support the FSJHC swabbing site.

- Carrier Sekani - has informed the group that patients with symptoms living in Yekooche and Takla are told to self-isolate and avoid travel out of the community if possible.

SWAB RESULTS

- THE BACKLOG HAS BEEN CLEARED. Current turn around time is 24-48 hours.
- Priority is given to swabs taken from patients within a Hospital or Long-Term Care facilities as well as Healthcare workers.
- The province is currently testing up to 3,500 people per day. Officials are still tracing the contacts of infected people, but people with mild symptoms may be asked to stay home and not get tested.

HEALTH CARE WORKERS - RESTRICTIONS

- Any health Care worker who has been swabbed and self isolated for 14 days will receive a second swab before returning to work.
- Health Care workers returning from outside of Canada are expected to return to work, wear a mask for 14 days. If symptoms develop they should be swabbed and self isolate at home.

BCCDC TESTING LIMITATIONS:

Testing is available for all patients who need it, but not everyone requires a test. B.C. is currently testing those with respiratory symptoms who are:

1. Hospitalized, or likely to be hospitalized
2. Health care workers
3. Residents of long term care facilities
4. Part of an investigation of a cluster or outbreak.

To prioritize testing, the requisition will be labels as coming from:

- Hospital (label as HOSP)
- Long-term care facility (label as LTCF)
- Health Care Worker (label as HCW)

B.C. is testing all samples for influenza-like illness for COVID-19, influenza A and B, and RSV.

If an individual has no symptoms, mild symptoms, or is a returning traveler and isolating at home, they do not require a test (the exception is health-care workers with COVID-19 infection who require a negative test after symptom resolution to return to work). These groups can be managed at home. This includes returning travelers with an onset of illness within 14 days of return to Canada.

ANY PERSON WITH SYMPTOMS IS EXPECTED TO SELF-ISOLATE FOR 14 DAYS. IF SYMPTOMS SUBSIDE AT ANYTIME WITHIN THE 14 DAY PERIOD, THEY STILL COMPLETE THE 14 DAY SELF-ISOLATION PERIOD.

HEALTH CENTER PHONE NUMBERS:

- Fort St. James Health Center: 250 996-2700
- Nak'azdli Health Center: 250 996-7400
- Binche Health Center: 250 648-3673
- Tache Health Center: 250 648 -3350

LOCAL HEALTH FACILITIES PROCESS:

Patients with symptoms arriving at any of the local health facilities:

- Will be given a mask by the receptionist
- Will be given the phone numbers where they can call to be assessed for COVID-19.
- **Patients who arrived by vehicle:** Will be asked to return to their vehicle and call the assessment number for assessment and information/instructions.
- **Patients who walked and have NO PHONE:** Will be asked to go their closest health center where a nurse will assess the patient following the guidelines from the British Columbia Center for Disease Control and swab the patient if necessary.

LOCAL COVID-19 RESPONSE

NAK'AZDLI HEALTH CENTER

- Nursing staff have held education sessions at the Key and the health center. They will be holding information sessions with Chief and Council.
- The Nak'azdli Health Center will be closed to the public. Nurses will be seeing patients with booked appointments only.
- Physicians are not seeing patients at the Nak'azdli Health Center until further notice.
- The health center has no swabs on site. All swabbing will be done through the Fort St. James Health Center

TL'AZT'EN HEALTH CENTER

- The health center has locked its doors and patients will be assessed upon arrival. Those with symptoms will be told to call the Fort St. James Health Center or the Northern Health Triage Line.
- Physicians will be delivering care to members of Tl'azt'en Nation through a virtual platform. Patients with appointments will be escorted to an exam room by a health care worker. The patient and their doctor will communicate over the phone or the internet.
- The health center has swabs on site and will be provided more swabs from the FSJ Health Center as needed

BINCHE HEALTH CENTER

- Physicians are not seeing patients at the Binche Health Center until further notice.
- Patients needing an appointment with their physician should call the Fort St. James Medical Clinic for a virtual appointment where the physician will call the patient.
- The health center has swabs on site and will be provided more swabs from the FSJ Health Center as needed

FORT ST JAMES HEALTH CENTER

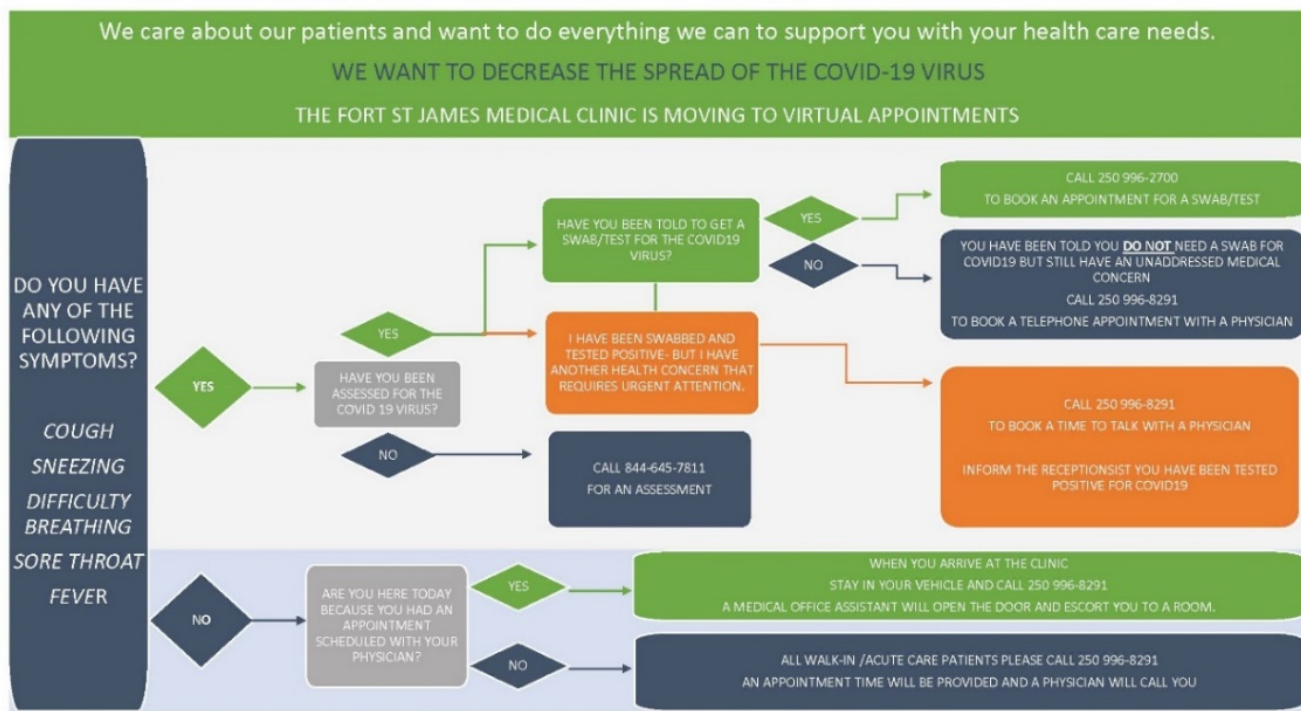
- A primary care nurse is available at the health center 5 days a week for any patient needing a swab
- **Patients requiring a SWAB for COVID-19 must call the FSJ Health Center to schedule an appointment**

- An isolation room has been designated inside the FSJ health center. Patients reporting for their SWAB appointment will enter the isolation room from the main corridor before entering the FSJ health center.
- **MENTAL HEALTH CLINICIANS ARE AVAILABLE:** For anyone struggling with anxiety or depression relating to the COVID-19 Pandemic or any other distress, our mental health clinicians are available for VIRTUAL APPOINTMENTS. If someone would like to speak to any of our 3 mental health clinicians they must call the Health Center at 250 996-2700 to book a Virtual Appointment.

FORT ST. JAMES MEDICAL CLINIC

- The Fort St. James Medical Clinic understands that our patients have health concerns that are unrelated to COVID19. Our physicians want to support these patients and help in the best way they can. At the same time, we have to ensure ALL patients are protected from the virus. If a patient who is symptomatic arrives at the clinic and is roomed, the clinic will need to close the doors to protect those patients who are scheduled for the next appointments.
- To support those patients with their health related concerns the following process has been put in place:
 - A sign posted outside of the clinic entry will inform patients where they go for medical assistance.
 - Patients with symptoms must be assessed by calling the clinic or one of the regional or provincial assessment numbers (see Assessments)
 - Patients who are symptom free yet need to visit the physician for other health related concerns **MUST** call the clinic to arrange a virtual appointment. A physician will then call the patient, at a pre-booked time, to discuss the patients concern and if necessary the physician will arrange a videoconference with the patient.
- In an effort to reduce the number of patients in the waiting room, physicians are reviewing all pre-booked appointments. Those who would benefit from a telephone or virtual consult will be contacted by their physician. Some patients may need to be seen in the office and will be contacted by the reception staff.
- Patients who have symptoms but have been asked by their physician to come to the clinic for an appointment will be asked to wait in their cars and call the clinic upon arrival. The patient will be escorted to a room in the clinic that has been prepared to accept patients with symptoms.
- Prescription refills, where possible, will be done by telephone consult.
- For public safety, cleaner(s) have been hired to wipe down all of the high traffic areas and touch points in the Health Center, including the outside main entrance.
- Health Care professionals have had N95 Mask Fit testing. If it becomes necessary, all staff may be wearing protective equipment when patients enter the building.
- The health center doors have been locked. Patients arriving at the clinic should call to notify the reception staff they have arrived or knock on the Health Center door.
- Patients may be given personal protective equipment such as masks, gloves and gowns when they visit the clinic. These measures are to protect the patient and the staff. Please do not be offended, the physicians and staff are trying to keep everyone safe....YOUR HEALTH MATTERS TO US!

THE NEW PATIENT FLOW ALGORITHM



PREPARING FOR A VIRTUAL (TELEPHONE OR VIDEO) CARE VISIT?

The virtual care appointment may be as simple as a phone call where the physician calls the patient at the number provided on the patient's health record. **It is the patient's responsibility to ensure the clinic has their correct contact information.**

If the virtual appointment is by video, the patient will be directed by their physician or the clinic receptionist to the clinic's web page – <http://fsjamesmedicalclinic.com>. Using their **personal computer** or **cell phone** the patient will select the Virtual Clinic (Red Box on Main page) and click on their physician's name. Patients will enter a virtual waiting room. The physician will admit the patient at the time of their scheduled appointment.

To prepare for the video appointment the patient is asked to follow the steps below:

- Ensure you are using a fast, reliable internet connection
- Ensure your device (Phone, IPAD, Computer) allows access to your camera and microphone
- Test that the camera and microphone are working and your volume is up
- Sit in a well-lit, distraction-free location where you can discuss private matters
- Write down or have the clinic phone number close at hand for troubleshooting
- You may be asked for your BC Care Card and/or a piece of ID

STUART LAKE HOSPITAL

The priority for Stuart Lake Hospital is to avoid exposing the high risk, vulnerable long-term care, in-patient and emergency patients to the COVID 19 virus. Because patients at Stuart Lake Hospital are not separated from the emergency room, lab or xray extra measures have been implemented as follows:

- The doors to the hospital have been locked and are monitored by staff. Patients arriving at the hospital are asked to ring the bell located on the outside wall. A nurse or an assistant will answer the bell through the intercom system. The nurse or assistant may want information from the patient such as Care Card Number and Date of Birth. The Nurse will assess the patient and provide further instruction/direction.
- Patients with symptoms will be told to call for an assessment using either the local, regional or provincial assessment phone numbers.
- Patients under respiratory distress will be directed to a separate entrance at the hospital.
- The labour room has been designated as the critical COVID-19 room. The room has been redesigned into a negative pressure room with access through the conference room.
- The conference room as be re-designated the COVID Examination area.
- An isolation room has been established
- Laboratory Services are available for hospitalized and emergency patients. Outpatient testing has been reduced to only collecting essential tests.
- The lab is open from 8:30 a.m. to 11:00 a.m. Patients needing Bloodwork are REQUIRED TO PHONE THE LAB at 250 996-2753 to schedule a time to have their bloodwork done. There will be a 20 minute gap between patients to accommodate cleaning.
- Priority lab work will be granted to patients requiring Chemotherapy lab work or STAT (Emergent) lab work.
- Xray Services have been limited to essential services only
- Patients requiring bloodwork during COVID-19 pandemic:
 - Prothrombin time test: international normalized ratio (INR)
 - Therapeutic drug monitoring (e.g. Digoxin, immunosuppressant drugs incl. Methotrexate)
 - All testing of cancer clinical patients receiving active treatment therapy
 - Prenatal bloodwork including Gestational Diabetes screening
 - Any test requisition listed as Urgent (e.g., complete blood count or any
 - patient requiring blood work to inform treatment)
 - Essential standing orders to maintain treatment in patients with chronic
 - Illness e.g. Renal and Cardiac patients
- Essential visitors only for acute care and long-term care patients. Essential visits include, but are not limited to:
 - Visits for compassionate care e.g. end of life and critical illness
 - Visits considered paramount to patient/client and well being, such as assistance with feeding or mobility and
 - Existing registered volunteers providing services as described above only.

SUPPLIES

- Personal Protective Equipment is available through Northern Health as needed. Supplies are being closely monitored to ensure departments have what they need.
- On Friday, March 20, the federal government announced an action plan to work with businesses and manufacturers to retool their operations to produce medical equipment, including ventilators, masks and other protective gear.
- The federal government is leading the bulk purchasing and working with provinces/territories to distribute supplies where they're needed most.
- Together, the provinces/territories have been advocating for increased supplies for health care workers, and in many instances, conducting stock inventory to better inform distribution.
- On March 18, Health Canada temporarily modified its regulations to allow expedited access to disinfectants, hand sanitizers and personal protective equipment, as well as swabs for testing.

PERSONAL PROTECTIVE EQUIPMENT IN DIRECT CARE AREAS

New provincial guideline: Emergency prioritization of personal protective equipment (PPE)

The Provincial Health Organization has issued a provincial [PPE Allocation Framework](#) on March 25, 2020 that is an intentional process being put into place to ensure we have protected our staff and conserved supplies:

Surgical/Procedural Mask and Eye Protection Use:

- All staff who provide **direct care** to patients in acute care, critical care, long term care, and community care must wear a surgical/procedural mask, eye protection and gloves for all patient interactions.

Personnel	Activity	Type of PPE
Health care workers (includes MI Techs) in all sectors	Providing direct care to patients	Surgical/Procedural mask, gloves, eye protection (goggles or face shield)
	Providing direct care to COVID-19 patients	Surgical/Procedural mask, gowns, gloves, eye protection (goggles or face shield)
	Aerosol-generating procedures performed on COVID-19 patients	Respirator N95 or equivalent, or reusable respirator if available, gown, gloves, eye protection, apron

Cleaners, Food Services Worker, Facilities Management	Entering a patient room <i>*Exception confirmed COVID-19 patient to wear gown as well</i>	<i>Surgical/Procedural mask, gloves, eye protection (if risk of splash)</i>
Lab Technician	Manipulation of samples	Surgical/Procedural mask, gown, gloves, eye protection (if risk of splash)
All staff including health care workers	In other areas of patient transit i.e. wards, corridors that involves contact with patients	Surgical/Procedural mask, gown, gloves, eye protection (if risk of splash)
Administration staff	Administrative tasks that do not involve contact with COVID-19 patients	Where there is no patient or public contact, PPE is not needed. Use social distancing

- This will require extending the use of your mask and eye protection, by using one mask per shift, changing the mask only if it is too damp, soiled, or damaged for safe use, and/or changing the mask if the health care worker's shift includes a meal break
- Eye protection (i.e. eye goggles or face shield) to be used throughout the shift with appropriate cleaning protocols at shift end. When goggles and face shields are depleted, safety glasses can be used with the same cleaning protocols in place. Disposable and Reusable face shields to be disinfected with Oxivir wipes/solution and re-used.
- Gloves **must** be changed between patients.
- All health care workers and staff who have direct contact with patients who have been diagnosed with COVID-19 or a presumptive diagnosis must engage in routine droplet and contact precautions, which includes a gown.

Should I be wearing a mask to protect myself?

- Masks should be used by sick people to help prevent transmission to other people.
- A mask will help keep a person's droplets contained.
- Federal and provincial public health officials have recently announced that use of non-medical face coverings **MAY** provide some additional protection against spreading illness in settings where other prevention measures are more challenging to practice, such as physical distancing. Use of non-medical face coverings by the general public is NOT an alternative to practicing other recommended and directed prevention measures.
- Finally, use of non-medical face coverings or masks is not a recommended or required practice, it is an option.
Masks may give a person a false sense of security, and could increase the number of times people touch their own faces (e.g., to adjust the mask).

WHAT ARE "ESSENTIAL SERVICES" IN PRIMARY CARE

WHAT ARE ESSENTIAL SERVICES IN PRIMARY CARE?

On March 23, the Provincial Health Officer directed that "All non-essential and elective services involving direct physical contact with patients should be reduced to minimal levels, subject to allowable exceptions, until further notice." Physicians are in the best position to determine what is essential in their specific health practice and with their patients.

We have excerpted the following examples of primary care needs that can or cannot be deferred from [BC's Pandemic Influenza Response Plan \(2012\)](#). We recommend reading the document for full information.

	DESCRIPTION	EXAMPLES
PRIORITY A	<p>Patients who have urgent needs and require services / treatment and would otherwise have to go to hospital for care.</p> <p>Essential preventive services.</p>	<ul style="list-style-type: none"> • Acute exacerbation of chronic illness that doesn't require hospitalization • Complications of pregnancy • Certain acute infections, such as otitis, UTI, cellulitis, STIs, acute diarrhea with blood • Acute major illness/injury (including fractures or potential fractures or dislocations) • Acute minor injuries (e.g. lacerations that require more than taping) • Acute psychiatric illness • Abdominal pain NYD • Musculoskeletal pain with trigger features (i.e. not a basic sprained ankle) • New onset headache • Palliative care • Patients recently discharged from hospital on new medications who must be followed closely (e.g. Warfarin) • Patients requiring pneumococcal immunization • Flu vaccine when it becomes available • Other vaccines/prophylaxis required for outbreak control • Routine childhood immunization
PRIORITY B	<p>Patients whose situation is non-critical and who require treatment / services that can be deferred for a few weeks (i.e. after the peak of the pandemic wave).</p> <p>Alternate method for prescription renewal for long-term medications is appropriate.</p>	<ul style="list-style-type: none"> • Stable chronic disease management, including asthma, diabetes, hypertension, and stable cardiac, pulmonary, renal, neurological or hepatic disease • Uncomplicated pregnancy care – 1st or 2nd trimester • Well baby visit
PRIORITY C	<p>Patients whose condition is non-life threatening and who require services that can either be deferred or managed in another way (e.g. automatic prescriptions) for the duration of the pandemic.</p>	<ul style="list-style-type: none"> • Well child and adult checkups • Nutrition and weight counselling • Pap smears • Routine adult immunizations • Preventive services and clinics • Insurance and other forms

Adapted from Table 11-3 of the Ontario Plan for an Influenza Pandemic (August 2008)

BCFAMILYDOCS.CA

LAKESIDE PHARMACY

Lakeside Pharmacy is now offering FREE delivering to the following community members:

- Fort St. James – daily delivery to members in need
- Tache – deliveries twice a week
- Binche – deliveries twice a week
- Yekooche – deliveries twice a week

FIRST NATIONS HEALTH AUTHORITY

Health Benefits

FNHA Health Benefits has released **providers notices** to avoid the potential spread of COVID-19 to our clients in remote and isolated communities.

- Vision: <https://www.fnha.ca/benefits/health-benefits-news/notice-for-vision-providers-regarding-covid-19>
- MS&E: <https://www.fnha.ca/benefits/health-benefits-news/notice-for-providers-regarding-covid-19>

Medical Transportation Extended Hours of operations for patient travel to include **Saturday and Sunday from 8:30 a.m. to 4:30 p.m.** The new hours enhance the FNHA COVID-19 response by providing operational capacity to coordinate rooms and meals for individuals eligible for isolation/quarantine support. The team will assess requests using criteria developed with Health Protection and Emergency Management.

Please route all requests through COVID19needs@fnha.ca for assessment. Not all self-isolation requests will be approved through the FNHA process. Some may be considered out of scope and directed back to communities or Indigenous Services Canada for support. More info here <https://www.fnha.ca/benefits/health-benefits-news/extended-hours-to-serve-medical-transportation-needs>

Improve Connectivity for Teleconferences

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

Here are some tips for teleconferencing:

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

Tsow Tun Lelum Healing House

- Tsow Tun Lelum Healing House has gone online to continue to support our communities during these trying times.

- Telephone and online supports is available to our residential school survivors, Intergenerational survivors and MMIWG in Canada.
- Facebook: https://www.facebook.com/ttlnanaimo/?ref=py_c

For Leadership who want to join Provincial Regional Emergency Operation Centre (PREOC) Calls:

- These are calls hosted by Emergency Management BC (EMBC) for mayors and regional district leadership, First Nations political leadership, FNHA reps and Northern Health reps.
- If you are a Chief and are not on these calls, please send an email to the following:
 - EMBC NEA PREOC Liaison email is PREOC5.lia1@gov.bc.ca for the **NE and NC sub-regions**
 - EMBC NWE PREOC Liaison email is PREOC6.lia1@gov.bc.ca for the **NW sub-region**
 - You will be put on the list for details on how to call in.

GOVERNMENT OF CANADA

- The Canada Emergency Response Benefit (CERB) offers **income support** for people who have stopped working due to the pandemic, including those not eligible for employment insurance (EI), contract employees and freelancers.
- The benefit is also available to workers who, after March 15, are eligible for EI regular or sickness benefits. People who are normally eligible for EI can continue to apply through EI and Service Canada, and they will automatically be enrolled in CERB.
- Canadians can apply online with the [CRA's My Account](#) or over the phone by calling the automated toll-free line at **1-800-959-2019**. Applicants who set up direct deposit are expected to receive a first payment within three to five days. Those who use mail should receive a first payment within 10 days. Payment is \$2,000 a month for up to four months.
- The benefit is available from March 15 to Oct. 3. The deadline for applications is Dec. 2. To qualify for CERB, you must:
 - Reside in Canada and be at least 15 years old.
 - Have stopped working because of COVID-19.
 - Have had income of at least \$5,000 in 2019 or in the 12 months prior to the date of the application.
 - Have been or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period. For subsequent benefit periods, you expect to have no employment income.

SHARING IDEAS

- The Good Medicine Initiative is to amplify and celebrate the resilient strength of our people, and we want to hear from you. Email wellness@fnha.ca to **share your stories** or use the [#GoodMedicineFNHA](#) hashtag. Here's one from the North:
 - A challenge by Richard Williams, Hereditary Chief of the Lake Babine Bear clan, to young people: **harvest devil's club** for family and loved ones. This video was filmed near Lake Babine: [Facebook video on how to use devil's club for medicine.](#)
 - **Smile of the Day:** [Going to Walmart](#)
- *If your community has come up with ways to help us all with live better, combat COVID and reduce stress right now, please share them by contacting your CEC or Lindsey.Larsen@fnha.ca.*

FIRST NATIONS DOCTOR OF THE DAY

- **“First Nations Virtual Doctor of the Day” Program**, a collaboration of the First Nations Health Authority (FNHA) and the Rural Coordination Centre of BC (RCCbc).
- **Issue:** the COVID-19 situation has interrupted many health services operations, meaning community members may not be able to receive or deliver the primary health care that is needed.
- **Goal of this Program:** provide virtual primary health care support to First Nations citizens and communities, as well as health care providers.
- **Who it applies to:** those without a family doctor or who are unable to book appointments with their existing family doctor.
- **How to use it:** To book an appointment, clients call: 1 855 344 3800 & operates 7 days per week from 8:30am-4:30pm. A link will then be sent to your smartphone, tablet or laptop
- **What is needed from the patient:** This virtual visit is hosted by an application solution called (Zoom) which is available to clients on their smart phone, tablet or laptop.
- **More information:**
- Please note that this service is not meant to replace a client’s current pathway to their doctor or nurse practitioner. We strongly encourage people who do have an existing relationship with a doctor or nurse practitioner to contact their existing provider first. This practice will help ensure those patients without a health care provider can have better access to the “First Nations Virtual Doctor of the Day” program where communities have the connectivity and technology to receive this. **Again, we recognize this will not work for every community given internet requirements and the need for smart phones/tablets/laptops. This is intended to fill in gaps where viable.**

CONCERNS/GAPS:

1. What happens to a person who is told to self-isolate and refuses?
2. **We need to identify patient liaisons who will assist the most vulnerable in self-isolating, travel to home community, ensuring their needs are cared for?**
 - a. **Binche Whut’en: Kelley Williams is the community Liaison for Binche Members**
 - b. **Fort St. James:**
 - c. **Nak’azdli Whut’en:**
 - d. **Tl’azt’en Nation:**
3. **Transportation for our displaced community members**

OTHER COMMUNITY EFFORTS TO REDUCE THE SPREAD OF COVID19

INDUSTRIAL CAMPS

- The Province has provided guidelines for industrial work camps to support their response to the COVID-19 pandemic and to keep workers safe.
 - The guidelines include:
 - Prevention measures and control in camps
 - Plans on how to manage individuals with suspected COVID-19 infection
 - Outbreak protocols
 - Support for camp residents who are self-isolating
 - Enacting physical distancing

- Ensuring sufficient infection-control supplies
- The full guidelines are available online through the BCCDC at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/employers-businesses/industrial-camps>.

SOCIAL GATHERINGS

- Health Officials are warning against gatherings of ANY SIZE.

BINCHE COMMUNITY BUS

- Dave Birdi, Economic Development, Binche Keyoh, has confirmed they are monitoring the situation and need. The Binche bus service will be available for the delivery of groceries, and they are discouraging non-essential trips to town.

NORTHERN HEALTH BUS

- only those individuals requiring travel for essential medical appointments will be booked for service.
- Staff who are moving between sites for work reasons are still eligible.
- the 24-hour booking requirement will be enforced.
- The restrictions will begin Saturday March 21.
- There will be some exceptions as we may have to repatriate people who are on return journeys and for rare hardships circumstances.

SENIORS HELPING SENIORS

- Vehicles will be used by one senior and one driver at a time for medical appointment
- Grocery shopping will be done on an On-Call basis
- Vehicles will be equipped with hand sanitizers
- Vehicles will be cleaned prior to the next pickup

SAVE ON FOODS

- Request that customers leave the on-line ordering service to those who aren't able to get to the store, including seniors, people with disabilities, and those who are ill.
- Temporarily suspended the use of reusable bags and will not be charging customers for plastic bags.
- Stopped bottle returns from being accepted in stores
- They are opening from 7:00 a.m. to 8:00 a.m. for seniors shopping only.
- They have extended hours shopping hours from 8:00 a.m. to 8:00 p.m.
- All services are dependent on staff availability
- Ask customers/shoppers to RESPECT SOCIAL DISTANCING.
- Amplifying its already high standards on food safety, sanitation and cleanliness

UPDATE FOR SAVE ON FOODS

Effective Thursday April 8, 2020:

Save On Foods in partnership with the District of Fort St James will be providing one (1) free grocery shop per week per household. Delivery is in the Fort St James area (Stones Bay to Sowchea to Airport Rd). Delivery fees will be waived at this time to support social and physical distancing in our community.

THE SERVICE

- Available: Tuesday through Friday from 8am-4pm.

- Request an ORDER FORM by calling SAVE ON at 250-996-8333 ext 9646 **OR** email 2223sm@saveonfoods.com adding "Covid-19 Order Request" to the Subject Line of your email
- Orders can be given to a team member over the phone or email the completed order form.
- Orders received before 3:30 p.m. should be delivered the same day it is received
- A team member will call you when your order is on its way.
- Customers who prefer to pick up their order are asked to call the store when you are in the parking lot, a team member will deliver the order to the customers vehicle.
- As always, SAVE ON employees are doing their best to serve their community. They are experiencing issues with certain items not coming in, as ask for customers to be patient.
- It is crucial we all do our part to stay home as often as we can. If customers have any questions or concerns, please reach out to Colton (Save On Foods) or Nancy (District Office 250-996-8233).

SANAAIH MARKET

- Cleaning is being done for all HIGH TOUCH areas (Grocery carts, handles, tills)

PETRO

- Restaurant Area: removing all Salt and Pepper shakers
- Cleaning all HIGH TOUCH areas
- Removed coffee bar

FOOD BANK

- Will deliver to local community members who are currently receiving supplies
- Would supply the Binche Community Bus for delivering of supplies for members currently receiving services in Tache and Binche.

THE KEY

- The KEY has been closed

THE RCMP

- Acting Mayor Stent has reported that the RCMP are patrolling the downtown area to remind people of the Provincial Social Distancing order.

THE COLD WEATHER SHELTER

- The management of the shelter has been very proactive in implementing disinfection, hand washing, social distancing, disposable dishes and monitoring of symptoms.
- 6 feet of spacing is provided for both sleeping and eating
- Washing station at the entrance for those entering and exiting
- An isolation room will be set up if symptoms present in a patron
- The practice of self isolation will be no different for the shelter than it would be in anyone's home

DISTRICT OF FORT ST. JAMES

- March 18th - The District of Fort St. James has activated its Emergency Operations Center
- Fire Department Customer Service area closed to the public but may be reached at 250- 996- 8670; emergency response services maintained.

- All recreation facilities closed to the public, including racquetball and other community centre uses.
- Public Works yard closed to the public but may be reached at 250-996-7161; essential services being maintained.
- Municipal staff will be available at 250-996-8233 to respond to inquiries from members of the public.
- Council meetings, committee meetings and other meetings open to the public will be provided in a remote format by providing call-in information on the agenda.
- The due date for utilities (water, sewer and garbage) will be extended from April 30 to June 30th, 2020.
- Spring clean-up and Bike to Work Week have been postponed to the fall.
- Spring Break Youth Recreation Program, Day of Mourning, Pitch-in Week and Earth Day have been cancelled.
- Reminder to the communities, if you are doing errands, like grocery shopping or refilling prescriptions, consider checking-in with your neighbor, the elderly, single parent or someone providing essential services. Limiting the people in town and delivering necessities to the door helps us all maintain our social distance.
- Updates from the District and Fire Department will appear on their Facebook Page, website and the electronic signboard.

NAK'AZDLI WHUT'EN

- Nak'azdli Whut'en has identified 3 housing units to be used as "Isolation Units" either for an individual who is homeless or an individual who can not isolate at home due to overcrowding.
- First Nations Health Authority will fund for Indigenous individuals to house or isolate in a Hotel Room. If you need to self-isolate and have a household member with a weak immune system, chronic medical condition or who is an especially vulnerable senior, the at-risk household member can request Medical Travel Assistance to stay elsewhere.
- Nak'azdli will be expanding Nursing Services in Tachie to support the community during Pandemic. Expanding from Swabbing Only to Infection Control and meeting community needs.
- Nak'azdli has identified all Vulnerable People in community, assessing family plans to care for their Vulnerable Family members, NHC offering support where there are gaps.
- Nak'azdli will be implementing 'Check Points' to decrease incidence of non Nakazdli residence entering community. A curfew will be set. These two protective measures will hopefully be in effect by the beginning of next week. Public Traffic Flow to Hwy 27 will not be interrupted.
- BiWeekly Live Feeds Updating Local Community

TL'AZT'EN NATION

- Effective 3 p.m. April 1, 2020, access to Tl'azt'en Nation communities will be limited and monitored 24/7.
- There will be a checkpoint at the Tanizul turnoff to limit access to the community of Tache. There is a separate access and monitoring plan in place for Middle River as well.
- Only community residents, essential medical and emergency personnel will be allowed in
- All residents returning to the community must inform the monitor(s) where they are coming from

- Residents returning from travel beyond FORT ST. JAMES are REQUIRED to self-quarantine for 14 days.
- Residents are asked to limit travel in and out of Tl'azt'en Nation communities to mitigate risks to the communities especially the Elders and members with pre-existing medical conditions.
- Residents who must leave, must exercise social distancing by staying 2 meters or 6 feet away from others. Send only 1 person to do the shopping for the household and wash your hands often with soap and water or use hand sanitizer.
- Effective immediately, a curfew has been implemented for everyone 17 years and younger, unless accompanied by an adult.
- Stay home, stop visiting family and friends, don't allow visitors in your home.

YMCA

- EMERGENCY CHILD CARE PROGRAM: The YMCA of Northern BC is working with the support of the Ministry of Children and Family Development to open temporary emergency child care for essential service employees effective April 1, 2020
 - Services to Fort St. James: Multi-age care for Children 0-12 years
- For the most up to date information visit www.nbc.ymca.ca
- Registration for temporary emergency space contact kaitlin.keber@nbc.ymca.ca or 250-562-9341 ext. 109
- CHILD CARE AND SAFETY DURING COVID-19
 - During the pandemic the YMCA has implemented extra practices such as daily health screening and extra cleaning. A full list of YMCA COVID-19 practices can be found at nbc.ymca.ca/covid19

APOLLO FOREST PRODCUTS

- Effective Sunday, April 5th Apollo Forest Products will be curtailing for three weeks.

CENTERRA GOLD-MOUNT MILLIGAN

- All employees, contractors and suppliers as well as nay non-regular site attendees will receive pre-screening at pick-up points and before accessing site
- Numerous measures to promote social distancing have been introduced at the site
- Increased frequency and enhanced cleaning efforts
- On-site available Medical Services
- The province is working with Northern Health officials. Many of the work camps have reduced staff. "It's important to recognize you can't just abandon a large mine or industrial site," she said. "It's not safe for the community or for the environment." Dr. Bonnie Henry
- UPDATE FROM MOUNT MILLIGAN:
 - In these unprecedented and uncertain times, we want to ensure we are providing up-to-date information to our local communities and partners regarding our actions in response to COVID-19.
 - As one measure to ensure the continued safety and well-being of our employees, we have made the difficult decision to reduce operations at Mount Milligan beginning on April 6, 2020, which will result in a temporary layoff of approximately 50% of our employees.
 - After two weeks of reduced operations, we plan to commence a large mill maintenance project, using primarily our own personnel. This work was previously scheduled to be completed by outside contractors, however we are confident that under the circumstances, we can perform this work safely and efficiently ourselves. This project will

allow us to bring back a number of mill maintenance employees who were part of the April 6 temporary layoff.

- For those who will be temporarily laid off, we are currently exploring what Supplementary Unemployment Benefits, a federal government program, may be available, and we will share updates with our employees. We have also made the decision to continue employee benefits for the duration of the time that employees may be temporarily laid off. Centerra Gold's Employee Assistance Program will also remain available to all employees.
- While there are no guarantees at present, it is our hope that early in May we should be able to resume normal operations, or at least as close to normal as circumstances permit. When that happens, we anticipate recalling most if not all the employees temporarily laid off.
- We regret having to take this action, but under the circumstances, the short-term health and well-being of our employees must be the priority.
- We remain committed to supporting our employees and our local communities during this time and will continue to provide updates as we move forward.
- **If you have a question, or would like more information, please contact us at: bccommunityrelations@centerragold.com**

HUB INTERNATIONAL

- **For Auto and Personal Property Renewals, New Policies and Inquiries:**
 - Customers call 1-800-950-1498 to renew an existing B.C. Drivers Licence
 - Expired Drivers Licences need to be renewed at the clients Birth Date. The client will receive a temporary licence until the COVID-19 is over
 - Provide full service via phone and email for most transactions.
 - Setting up appointments if necessary.
 - Offices remain closed to the public, their drive thru's remain open and continue to be a popular option where available.
- **For Commercial Insurance Renewals, New Policies and Inquiries:**
 - Commercial Account Managers and teams all remain available by phone and email.
 - Setting up appointments when required.
 - Risk Services is available to support clients and businesses with resources and professional advice.

FIREWEED

- Fireweed Collective Society is actively monitoring the COVID-19 situation and taking the necessary measures to ensure health and safety of our staff and clients at the Safe Haven. Our 24-hour crisis line is available at 250 996-8000.
- In addition, we recognize the increased stress and burden at this time, and due to social distancing, would like to offer our Stopping the Violence Program support to women over skype and telephone. If you are facing anxiety, violence, abuse, and other surfacing traumas please reach out to schedule an appointment. We can offer confidential support, guidance, self care promotion, safety plans and other strategies
- PUT YOUR SAFETY FIRST. If you are in an emergency or in crisis, immediately call 911 for help – we are pausing all outreach and non-emergency/crisis drop-in support at

our Safe Haven and other programs. We apologize for any inconvenience and we hope all are safe during this challenging time.

- Again, if you are in an emergency and needing shelter due to your safety, please contact the Safe Haven as we are still providing shelter.
- Please, only call the following numbers if it is safe for you to do so.
- **Fireweed Safe Haven 24-hour crisis line 250-996-8000**
- **Stopping the Violence Program Hours:**
- **Tuesday, Wednesday, Thursday 8:30am - 4:30pm**
- **Stopping the Violence Program 250-996-1214**

POST OFFICE

- HOURS of OPERATION:
 - 9:30 a.m. to 10:30 a.m. – Asking for this hour to be available to our Seniors
 - 10:30 a.m. to 4:30 p.m. - EVERYONE

WHAT DOES SOCIAL DISTANCING LOOK LIKE?

Social distancing is a way that we can slow the spread of COVID-19 by limiting close contact with others. Even though we are not sick, we should still keep about two meters (six feet) or the length of a queen-sized bed from one another when we can when outside our homes.

Social distancing means SAYING NO to the following events or any event where people are in close proximity to one another:

Children's playdates	Potlatches	Gender reveal parties
Birthday parties	Bingo's	Poker night
Weddings	Church Services and Events	Wine night
Funerals	Baby showers	Group Appointments
Essential meetings need to be as virtual as possible – limiting the number of attendees		

Can I go to a restaurant, food court or bar?

Most will be take out only with no seating available and bars have been closed

What about visiting Grandma and Grandpa?

Visits to long-term care facilities, retirement homes and Grandma and Grandpa should be limited to necessary visits only by adult care-givers and support persons. In other words don't visit older relatives unless it is absolutely necessary as in, they need food, they need help, they need supplies or they need their medications. Use social media such as facebook messenger, facetime and the phone to visit and check in on the elderly.

The public is encouraged to enjoy the outdoors and participate in activities outside while continuing to keep a distance of 2 meters (6 feet) between you and another person.

Vulnerable Populations Include but is not limited to:

Children with immune suppression
People who use substances
People with Chronic Conditions
The elderly
Newborns and infants

HERE ARE THE BASIC DOS AND DON'TS OF SOCIAL DISTANCING, AS ADVISED BY THE PUBLIC HEALTH AGENCY OF CANADA AND CHIEF PUBLIC HEALTH OFFICER

DO

- Stay home as much as possible.
- Get fresh air, go for a jog or walk your dog but always keep two metres (six feet or about two arms-lengths) distance from other people.
- Go to the grocery store or pharmacy as needed but keep the two-metre distance and wash your hands upon your return home. Shopping online and arranging to have things dropped off at your home is even better.
- Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. The extra scrubbing time matters. Use hand sanitizer if soap and water aren't available.
- Cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues as soon as possible in a lined wastebasket and wash your hands afterwards.
- Clean high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water). This includes things like doorknobs, toys, toilets, phones, electronics, remote controls and bedside tables.
- Use technology to keep in touch with people at higher risk like the elderly or those in poor health. Avoid personal contact.

DON'TS

- Avoid non-essential gatherings. That means no visits with your neighbours or friends, no play dates, no sleepovers, no parties and especially no public gatherings in crowded spaces, like conferences, concerts or sporting events (if there are any on).
- Avoid public transportation or, if you must use it, travel at uncrowded hours.
- Don't shake hands or kiss cheeks in greeting.
- Don't touch your eyes, nose, or mouth with unwashed hands.

COMMUNITY MESSAGING

“WE NEED TO GET SERIOUS ABOUT SOCIAL DISTANCING and SELF ISOLATING”

INFORMATION SOURCES

- Provincial phone service for NON-MEDICAL information about COVID19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 a.m. to 8:00 p.m. at 1-888-COVID19 (1-888-268-4319) or via text message at 1-888-268-4319
- BC CENTER FOR DISEASE CONTROL: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- FORT ST. JAMES MEDICAL CLINIC – FACEBOOK PAGE
- CDC INFORMATION POSTERS: <https://www.cdc.gov/coronavirus/2019-ncov/downloads>
- PLATFORMS FOR VIRTUAL CARE: <http://www.phsa.ca/health-professionals/professional-resources/office-of-virtual-health/covid-19-virtual-health-toolkit>
- GOVERNMENT UPDATE: <https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html>
- ONLINE SELF-ASSESSMENT TOOL: <http://covid-19.bccdc.ca/>
- PHONE: 1 888 COVID-19 for non-health information
- FEDERAL COVID-19 WEBSITE: www.gov.bc.ca/covid19
- FACTSHEET: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_FactsheetForUnsheltered.pdf
- COMMUNITY VOLUNTEERS: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_PublicHealthGuidanceCommunityVolunteers.pdf
- SOCIAL SECTOR GUIDANCE: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_SocialSectorGuidance.pdf
- <https://sneezesdiseases.com/assets/wysiwyg/COVID%2019%20community%20resources/IPAC%20for%20Facilities%20for%20Vulnerable%20Populations%20webinar%20Mar%202020%202020%20V3.pdf>
- CHILDCARE FACILITIES: http://www.bccdc.ca/Health-Info-Site/Documents/COVID19_PublicHealthGuidanceChildcareFacilities.pdf
- Interim Guidance to **Social Service providers**: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-social-service-providers.pdf>
- COVID-19 Guidance for **K-12 School settings**: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-guidance-k-12-schools.pdf>
- Ministry of Health: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/pandemic-influenza>
- World Health Organization (WHO) Frequently Asked Questions: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- Diabetes Canada: www.diabetes.ca/coronavirus
- WorkSafe BC: COVID-19 information and resources: <https://www.worksafebc.com/en/about-us/covid-19-updates>
- Emergency Preparedness Response: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- Talking to kids about COVID-19
Are your kids asking questions about COVID-19? Here are some [tips to help have these talks](#).
- BC Parks is immediately closing all provincial parks in response to the widespread call for increased action to address COVID-19: <https://news.gov.bc.ca/releases/2020ENV0019-000645>

FIRST NATIONS HEALTH AUTHORITY

- If you have **questions or would like to access FNHA materials**, please email: COVID19@fnha.ca
- These **FNHA resources** are available for your use:
- Info sheet: [Keeping Kids Active during the Pandemic, Fun and Interactive Indoor Activities](#)
- Other Resources and Templates:
- A communications example from some of the Carrier Nations created with local partners. See attached file: *Local Community Response Process.pdf*
- First Nations Health Authority Coronavirus: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>
- First Nations Health Authority Communicable Disease Control: <https://www.fnha.ca/what-we-do/communicable-disease-control/>
- Government of BC **resources for urban First Nations**:
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>
- Previous FNHA North Daily COVID Updates and Attachments:
<https://fnha.sharefile.com/share/view/s5b73cdbbb8c4f51b/fo0c6f84-c2e0-4131-b577-bdefc4752d05>

DISTRICT OF FORT ST. JAMES COMMUNICATION CHANNELS

- Social media channels, especially Facebook www.facebook.com/fortstjames
- Updates to local news media
- A COVID-19 web page with links to additional sites: <http://fortstjames.ca/covid19/>



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OFFICE OF ADMINISTRATION

April 8th, 2020

Greetings to all residents of Fort St. James and the surrounding communities,

As many of you have noticed whether on TV or online, the graph's curve which shows the number of COVID-19 infections and hospital admissions in BC has appeared to flatten the last two days. This is a welcome trend and we believe that this is due to the efforts of almost all BC residents who are maintaining physical distancing, minimizing travel, and self isolating when experiencing cold or flu like symptoms.

We are encouraged by the efforts of employees and business owners in essential services across our community and on Nak'azdli to promote and support social distancing and maintain clean surfaces. Thanks also to those restaurant owners who are providing takeout and delivery of meals. I also wish to recognize the healthcare workers who continue to care for people from our communities. I am especially thankful to the RCMP for their efforts, day and night, to keep us safe and remind people about social distancing and other safe practices to ensure the safety and well-being of our vulnerable populations.

Should you develop any symptoms that you think could be related to the COVID-19 infection, you should use the Self-assessment Tool at <https://covid19.thrive.health/>. During regular clinic hours, call the Fort St. James Health Centre at 250-996-2700, doctors and nurses are available to assess you and provide information. The doctors in the clinic are doing this service to decrease the load on the Northern Health COVID-19 line. During out of clinic hours call the NH COVID-19 online clinic and toll-free information line: 1-844-645-7811.

While this outbreak continues to impact our daily lives it is also beginning to affect our holidays and celebrations. Starting this week many communities of faith will be changing their ceremonies and practices to celebrate electronically and protect those who are most vulnerable. Now is not the time to travel or have friends for a visit. We must all take special care and find ways to limit non-essential travel, keep our distance, and keep our friends and family safe.

Keep up the good work everybody and look out for each other!

Dr Paul Stent,
Acting Mayor

April 1, 2020

To all of the people of Fort St James and the surrounding communities,

I hope that everyone in this area is aware that I have been appointed by Council as acting Mayor, following the resignation of Mrs. Bev Playfair more than 2 weeks ago. Because of the Provincial State of Emergency, all municipal elections and by-elections are suspended indefinitely, so I may have to remain in this post for as long as six months.

Council continues to work diligently on your behalf. As you are likely aware, we are currently in a period of uncertainty because of the risk of contracting the coronavirus (COVID- 19) infection. The new restrictions announced by the BC government follow those used by countries which have shown a flattening of the COVID-19 infection curve, placing us ahead of Ontario, Alberta and Washington state. I have been heartened by the work that ALL members of our communities have been putting in to follow the guidelines released by the Ministry of Health. Maintaining social distancing is a difficult thing as handshakes and hugs have always been part of our everyday lives! However, please continue this so that we avoid the pandemic directly affecting us!

There are many people and groups who deserve an ongoing vote of thanks from me and the Council of the District of Fort St James:

- All of the staff members of all the clinics in the area and the Stuart Lake Hospital. This includes all the nurses, doctors, care aides, janitors, kitchen staff, lab and x-ray techs, maintenance and administrative staff in these facilities, as well as the BC ambulance attendants.
- The members of the Fort St James District staff: All members of the fire department, administration, and the Public Works department, who are all continuing to provide essential services.
- The Chamber of Commerce and the business sector, especially the grocery stores, pharmacy and other essential services, who are making a point to encourage and facilitate social distancing, and the protection of our seniors and elders who are at the greatest risk.
- Our citizens who continue to show resolve, resilience and kindness.

Perhaps you know of a neighbour, or someone else in town, who is a senior or has chronic health problems, but does not have family members or friends in town to assist them. Please check on such people with a phone call, text message, or written note. You may be able to help out by bringing groceries to their door, arranging medical assistance, or by just being someone from the outside world. In doing so, be sure to protect yourself from becoming infected, or passing on an infection yourself if you have no symptoms. Please continue to check the District website for updates on Fort St. James for community and business supports.

Please, everybody, keep up the good work and wash your hands!

Dr. Paul Stent, Acting Mayor
District of Fort St James.

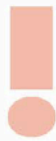
Staying Active During the Coronavirus Pandemic

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The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.



Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, *moderate-intensity physical activity is associated with better immune function.* Regular physical activity can help *reduce your feelings of stress and anxiety* (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive. **Stay active. Be smart and safe.**



Aerobic Activities

Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

Outdoor Activities (if allowed by your government)

- Walk or jog around your neighborhood. **Stay 6 feet away from others.**
- Be active in a local park. Spending time in nature may enhance immune function. Wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.



Strength Training

- Download a strength workout app to your smart phone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.
- Find ways to do simple muscle strengthening exercises around your house such as:
 - Squats or sit-to-stands from a sturdy chair
 - Push-ups against a wall, the kitchen counter or the floor
 - Lunges or single leg step-ups on stairs

Don't sit all day! For example: If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Here are current answers to frequently asked questions about physical activity or exercise and COVID-19:

I'm under quarantine but not infected. Should I limit my physical activity?

There are no recommendations at this time to limit physical activity if you do not have any symptoms. Contact your health care provider if you develop a cough, fever or shortness of breath.

Will exercise help prevent me from getting the virus?

Moderate-intensity physical activity can boost your immune system. However high-intensity high-volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

What if my kids are home with me?

Being active with kids is the most fun of all! Find activities that you can do together – an active gaming video, basketball in the driveway, go for a walk in the neighborhood.

Are there precautions I should take?

The most important strategy to prevent infection is to avoid coming into contact with others who are infected with COVID-19.

What if I start to have symptoms?

If you begin to have symptoms, follow CDC recommendations. As these recommendations are changing, below is a link to the CDC Symptoms webpage: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

I'm under quarantine and infected. Should I limit my physical activity?

People who are infected, but without symptoms, can continue moderate-intensity activity, but need to use symptoms as a guide. Maintain quarantine to prevent spreading the coronavirus to others. If you develop fever, cough or shortness of breath, stop physical activity and reach out to your doctor or health care provider.

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