



**Coronavirus disease (COVID-19)  
FNHA Public Health Response  
Community Situation Report  
July 17th, 2020**

**Note: Changes from the previous Community Situation Report are in red.**

**Purpose**

The purpose of this information note is to provide a daily situational overview of the FNHA COVID-19 response activities that are being carried out by the Public Health Response Team and supporting executive leadership.

**Background**

On March 17, 2020, British Columbia’s (BC) Provincial Health Officer (PHO) declared a public health emergency under the Public Health Act in response to the COVID-19 pandemic. On March 18, 2020, BC’s Public Safety Minister also declared a provincial state of emergency, in an effort to allow the government to support the PHO and Ministry of Health in their response. The details on the Provincial and Public Health Emergencies/Orders related to the COVID-19 pandemic can be found at <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

Provincial COVID-19 Cases – Update as of **July 17, 2020 at 4:30pm**

There are 3,198 confirmed cases in BC, and a total of 189 deaths. Of these, 28 cases were confirmed as of July 17<sup>th</sup>. The regional breakdown is as follows:

- Vancouver Coastal: 1,032
- Fraser: 1,676
- Vancouver Island: 136
- Interior: 235
- Northern: 68

As of July 17<sup>th</sup>, there were 207 active cases in the province. Currently, 18 people are hospitalized and of those, 2 people are in ICU. Of the total number of cases, 2,802 (87.6%) patients have fully recovered.

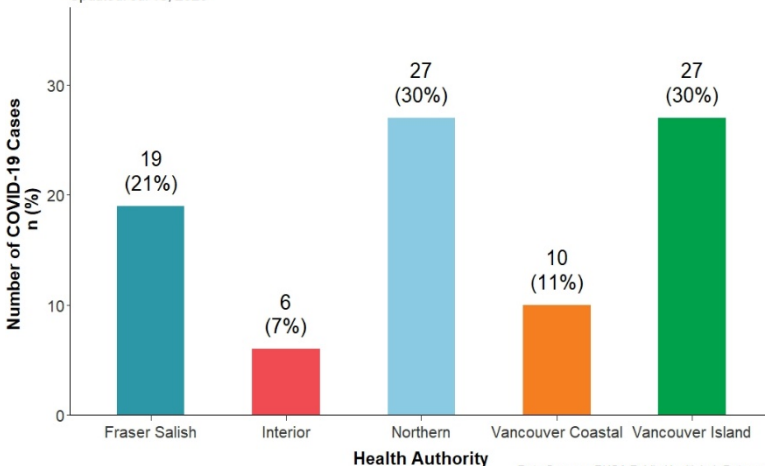
Active Outbreaks

- Long term care/assisted living centres/acute care units: 3 outbreaks
- Community outbreaks: 1 active

**First Nations COVID-19 Cases**

The total number of First Nations COVID-19 lab confirmed cases 89 in BC as of July 18 2020. Most of the lab confirmed cases of COVID-19 among First Nations in BC have now recovered and there are currently fewer than 5 active cases across the province.

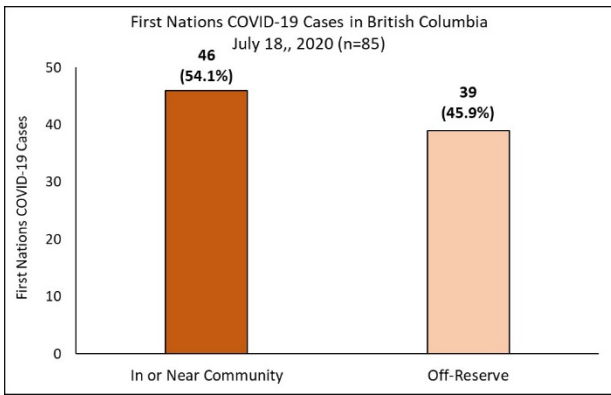
First Nations COVID-19 Cases by Health Authority (n=89)  
Updated: Jul 18, 2020



**Note:**

Analyses for In or Near Community only includes lab confirmed cases, 3 additional epi-linked cases, and 1 additional case tested outside of BC are included in the cases by Health Authority.

Data Sources: PHSA Public Health Lab Data and BCCDC's COVID-19 Surveillance Line List



**Note:**

The majority of cases in both Fraser Salish and Vancouver Island Regions can be traced to specific outbreaks.

On First Nations reserves in provinces, as of July 10, 2020, ISC is aware of:

- 343 confirmed positive COVID-19
- 30 hospitalizations
- 289 recovered cases
- 6 deaths

Case numbers per region:

- British Columbia: 42
- Alberta: 122
- Saskatchewan: 85
- Ontario: 59
- Quebec: 35

**First Nations Community Statistics** from ISC (July 16th, 2020):

**Band Office Closure – 145 (3 updates)**

- 564 Kwantlen First Nation (f. Langley)
- 568 Sq'ewlets (f. Scowlitz)
- 610 Kwadacha (f. Fort Ware)

**Band Office Reopening (6 updates)**

- 530 Witset (f. Moricetown)
- 561 Xa'xtsa (f. Douglas)
- 589 Yale First Nation
- 609 Tsay Keh Dene (f. Ingenika, Finlay River)
- 631 Namgis First Nation (f. Nlpkish)
- 632 Tlatlasikwala

**TC Office Closure 16 (0 update)**

**TC Office Reopening (0 update)**

**State of Local Emergency Declared – 63 (1 updates)**

- 584 Cheam

**State of Local Emergency Rescinded (0 update)**

**EOC Activations – 115**

**EOC Closed (0 update)**

**Localized Flooding – 15 (0 update)**

**Community Closure – 114 (4 updates)**

- 561 Xa'xtsa (f. Douglas)
- 564 Kwantlen First Nation (f. Langley)
- 589 Yale First Nation

- 603 Tobacco Plains

### **Community Closure Over (2 updates)**

- 530 Witset (f. Moricetown)
- 631 Namgis First Nation (f. Nlpkish)

### **FNHA Response:**

- FNHA is on Week 17 of Level 3 Emergency Response, which means that FNHA spends 80% on COVID-19 and 20% on FNHA operations.
- Compounding the COVID-19 response is the re-emerging of the opioid overdoses and starting of flooding and forest fires that are affecting our First Nations communities.

### **Working with Partners:**

- Maintaining communications and regular telephone updates with the Regional Health Authorities, Emergency Management of BC, Ministry of Health, First Nations Leadership Council, and Indigenous Services Canada.
- FNHA continues to work with its partners, and First Nations communities to identify needs and develop plans at both the provincial, and regional level for the Rural, Remote and Indigenous Framework,
- FNHA is in discussions federally and provincially to support BC Restart including reopening of public buildings, and return to work and business operations for facilities.

### **Working with First Nations:**

- Continues to maintain essential services to support First Nations communities during this pandemic.
- Supporting First Nations communities in refreshing their Pandemic Plans, and provide COVID-19 resources for medical transportation, isolation and quarantine.
- “*First Nations Virtual Doctor of the Day*” is up and running in all five regions, which is to close this gap by providing virtual access of physicians to First Nations communities.
- **The implementation of the First Nations Virtual Psychiatry and Addictions Medicine program is currently underway with an anticipated soft launching on August 5, 2020.**
- **FNHA continues to maintain operations team availability to respond to Isolation requests through the week-ends during business hours.**
- **Site selection, training and deployment of Point of Care Testing for COVID-19 is underway**
- **Supporting First Nations communities with the re-opening of their health centres.**
- FNHA and First Nations Leadership calls on March 26, April 9, April 23, May 7, May 27 and June 4.
- FNHA and First Nations Health Directors calls on April 3, April 17, May 1, May 15 and May 29.
- FNHA and First Nations Leadership and Health Directors calls on June 18, July 9, and July 17

### **Personal Protective Equipment (PPE):**

- Working with Federal and Provincial partners to obtain PPE for health care staff and first responders in all communities:
  - The 1<sup>st</sup> Provincial delivery of PPE was received on March 27 and was shipped to Regional Offices on March 28.
  - The 2<sup>nd</sup> Provincial delivery of PPE was received on April 3 and shipped out to Regional Offices for April 6<sup>th</sup> week delivery. The 3<sup>rd</sup> Provincial delivery of PPE was received April 7<sup>th</sup> and sent out to Regional Offices on April 8<sup>th</sup>.
  - A Federal and 4<sup>th</sup> Provincial shipment of PPE arrived in Vancouver on April 15<sup>th</sup> and sent out to Regional Offices on April 20<sup>th</sup>.
  - 5<sup>th</sup> PPE order from Province received week of April 20 and shipped to the Regional offices on April 27<sup>th</sup>.
  - 6<sup>th</sup> PPE order from Province received April 29<sup>th</sup> will be repackaged and shipped to the Regional offices for Monday May 4<sup>th</sup>.
  - 7<sup>th</sup> Provincial PPE ordered and arrived in Regions May 8<sup>th</sup>
  - 8<sup>th</sup> Provincial PPE ordered and arrived in Regions May 19<sup>th</sup>.
  - 9<sup>th</sup> Provincial PPE ordered and was sent to Regions on May 26<sup>th</sup>.
  - 10<sup>th</sup> order of PPE arrived May 27 and was sent to Regions during the week of June 1<sup>st</sup>.
  - 11<sup>th</sup> order of PPE shipped directly from Provincial Health Services Authority to Regional offices of June 8<sup>th</sup>.
  - 12<sup>th</sup> order of PPE ordered and shipped the week of June 15<sup>th</sup>.
  - 13<sup>th</sup> order of PPE ordered and shipped the week of June 22-26 to the regions
  - June 29-July 3 – no shipments and inventory conducted in each region
  - **14<sup>th</sup> order of PPE has been ordered and shipped the week of July 6 – 10 to the regions**
  - **15<sup>th</sup> order of PP has been ordered and shipped the week July 13-17 to the regions**
  - **Week of July 21 to 24 – the regions have sufficient stock for this week.**

## FNHA Resources:

The FNHA website has been updated and has been divided into three sections: Community Leaders, Health Professionals and Public. <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>. See Appendix "A" for full list of [COVID Resources](#).

### **New Resources:**

Victoria Demonstration Calls Attention to Latest Incident of Alleged Anti-Indigenous Racism in BC. <https://www.fnha.ca/about/news-and-events/news/victoria-demonstration-calls-attention-to-latest-incident-of-alleged-anti-indigenous-racism-in-bc>

## APPENDIX “A” COVID-19 – What You Need to Know

### What are the symptoms?

- Self-Assessment Tool: Are you worried about your symptoms? Visit the Self-Assessment Tool from the BC Provincial Government. <https://bc.thrive.health/>

### Public Health Notices:

- **Expanded Prior Approval Coverage for Indian Residential School Resolution Health Support Program.** <https://www.fnha.ca/about/news-and-events/news/expanded-prior-approval-coverage-for-indian-residential-school-resolution-health-support-program>
- **FNHA, FNHC, FNHDA Issue Statement Supporting Mary Ellen Turpel-Lafond's Investigation into Systemic Racism.** <https://www.fnha.ca/about/news-and-events/news/fnha-fnhc-fnhda-issue-statement-supporting-mary-ellen-turpel-lafonds-investigation-into-systemic-racism>
- COVID-19 Pandemic Sparks Surge in Overdose Deaths this Year. <https://www.fnha.ca/about/news-and-events/news/covid-19-pandemic-sparks-surge-in-overdose-deaths-this-year>
- Phase Three Means More Reopening, Ongoing Caution. <https://www.fnha.ca/about/news-and-events/news/phase-three-means-more-reopening-ongoing-caution>
- FNHA Reports 86 First Nations Cases of COVID-19 to June 14, 2020. <https://www.fnha.ca/about/news-and-events/news>
- FNHA Launches Mobile App. <https://www.fnha.ca/about/news-and-events/news/fnha-launches-mobile-app>
- Widespread Racism Requires System-Wide Response: First Nations Health Authority <https://www.fnha.ca/about/news-and-events/news/widespread-racism-requires-system-wide-response-first-nations-health-authority>
- Update on COVID-19 Testing Protocols. <https://www.fnha.ca/about/news-and-events/news/update-on-covid-19-testing-protocols>
- Phase Two Does Not Mean “Back to Normal”. <https://www.fnha.ca/about/news-and-events/news/phase-two-does-not-mean-back-to-normal>
- Update on COVID-19 Testing Protocols. <https://www.fnha.ca/about/news-and-events/news/update-on-covid-19-testing-protocols>
- Safety First: Let's protect our children from ingesting hand sanitizer. <https://www.fnha.ca/about/news-and-events/news/safety-first-lets-protect-our-children-from-ingesting-hand-sanitizer>
- First Nations Health Authorities Tell Commons Committee They Need More PPE, <https://www.fnha.ca/about/news-and-events/news/first-nations-health-authorities-tell-commons-committee-they-need-more-ppe>
- Your story, our future: new survey seeks input from First Nations on COVID-19. <https://www.fnha.ca/about/news-and-events/news/your-story-our-future-new-survey-seeks-input-from-first-nations-on-covid-19>
- International Nurses' Day: tips to celebrate nurses in your community. <https://www.fnha.ca/about/news-and-events/news/international-nurses-day-tips-to-celebrate-nurses-in-your-community>
- First Nations Health Authority and Canadian Red Cross Announce Partnership for Disaster Response. <https://www.fnha.ca/about/news-and-events/news/first-nations-health-authority-and-canadian-red-cross-announce-partnership-for-disaster-response>
- Chief Medical Officer of the First Nations Health Authority to Join Indigenous Services Canada to Support Nation-wide COVID-19 Response. <https://www.fnha.ca/about/news-and-events/news/chief-medical-officer-of-the-fnha-to-join-indigenous-services-canada-to-support-nation-wide-covid-19-response>
- Happy Nursing Week! <https://www.fnha.ca/about/news-and-events/news/happy-nursing-week>
- First Nations Health Authority Issues Guidance on Notification of COVID-19 Cases. <https://www.fnha.ca/about/news-and-events/news/first-nations-health-authority-issues-guidance-on-notification-of-covid-19-cases>
- Thank-You Message to Nurses & Midwives during National Immunization Awareness Week. <https://www.fnha.ca/about/news-and-events/news/thank-you-message-to-nurses-and-midwives-during-national-immunization-awareness-week>
- COVID-19 Guide to Medical Transportation Benefits for Self-Isolation. [https://www.fnha.ca/benefits/health-benefits-news/covid-19-guide-to-medical-transportation-benefits-for-self-isolation?utm\\_medium=email&utm\\_campaign=Recovery%20During%20the%20Pandemic%20Medical%20Transportation%20Benefits%20for%20Self-Isolation%20Virtual%20Programming%20from%20Tso-w-Tun-Le-Lum%20Society%20and%20more&utm\\_content=Recovery%20During%20the%20Pandemic%20Medical%20Transportation%20Benefits%20for%20Self-Isolation%20Virtual%20Programming%20from%20Tso-w-Tun-Le-Lum%20Society%20and%20more+Version+A+CID\\_429071c2980b11af642f257ac41619c4&utm\\_source=Email%20marketing%20software&utm\\_term=Read%20more%20about%20this%20program%20here](https://www.fnha.ca/benefits/health-benefits-news/covid-19-guide-to-medical-transportation-benefits-for-self-isolation?utm_medium=email&utm_campaign=Recovery%20During%20the%20Pandemic%20Medical%20Transportation%20Benefits%20for%20Self-Isolation%20Virtual%20Programming%20from%20Tso-w-Tun-Le-Lum%20Society%20and%20more&utm_content=Recovery%20During%20the%20Pandemic%20Medical%20Transportation%20Benefits%20for%20Self-Isolation%20Virtual%20Programming%20from%20Tso-w-Tun-Le-Lum%20Society%20and%20more+Version+A+CID_429071c2980b11af642f257ac41619c4&utm_source=Email%20marketing%20software&utm_term=Read%20more%20about%20this%20program%20here)
- Public health processes and the role of communities during COVID-19. <https://www.fnha.ca/about/news-and-events/news/public-health-processes-and-the-role-of-communities-during-covid-19>

- New “Watchmon” Page Tells the Story About the FNHA’s Office of the Chief Medical Officer. <https://www.fnha.ca/about/news-and-events/news/new-watchmon-page-tells-the-story-about-the-fnhas-office-of-the-chief-medical-officer>
- First Recorded BC First Nations Community COVID-19 Fatality. <https://www.fnha.ca/about/news-and-events/news/first-recorded-bc-first-nations-community-covid-19-fatality>
- First Nations Virtual Doctor of the Day. <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>
- First Nations Community Closures and Checkpoints in COVID-19 Pandemic. <https://www.fnha.ca/about/news-and-events/news/first-nations-community-closures-and-checkpoints-in-covid-19-pandemic>
- Article: Need to see a the doctor? Introducing the First Nations Virtual Doctor of the Day <https://www.fnha.ca/about/news-and-events/news/need-to-see-a-the-doctor-introducing-the-first-nations-virtual-doctor-of-the-day>
- Fact Sheet: Introducing the First Nations Virtual Doctor of the Day <https://www.fnha.ca/Documents/FNHA-First-Nations-Virtual-Doctor-of-the-Day-Fact-Sheet.pdf>
- Release: FNHA/FNHC/FNHDA Advise Against All Gatherings to Prevent COVID-19 Spreading <https://www.fnha.ca/about/news-and-events/news/fnha-fnhc-fnhda-advise-against-all-gatherings-to-prevent-covid-19-spreading>
- Article: When staying home is not safe: Domestic violence may increase during the COVID-19 pandemic <https://www.fnha.ca/about/news-and-events/news/when-staying-home-is-not-safe>
- Article: COVID-19 - Smoking and Vaping: What’s the Risk? <https://www.fnha.ca/about/news-and-events/news/covid-19-smoking-and-vaping-whats-the-risk>
- Article and Workbook: Advance Care Planning for First Nations People <https://www.fnha.ca/about/news-and-events/news/your-care-your-choices>

#### Protective Factors:

- FNHA ships over 150,000 pieces of Personal Protective Equipment (PPE) across the province. <https://www.fnha.ca/about/news-and-events/news/fnha-ships-over-150-000-pieces-of-personal-protective-equipment-across-the-province>
- When You’re in Recovery and a Pandemic Hits. <https://www.fnha.ca/about/news-and-events/news/when-youre-in-recovery-and-a-pandemic-hits>
- Video: Interview with Dr. Evan Adams, FNHA Chief Medical Officer on protecting you, your loved ones and community from COVID-19. [https://www.youtube.com/watch?v=qVLYraZM4oU&list=PLDKOxTJMuk\\_CL2KEQtOr\\_6pzFu8jJOWX](https://www.youtube.com/watch?v=qVLYraZM4oU&list=PLDKOxTJMuk_CL2KEQtOr_6pzFu8jJOWX)
- Article and Fact Sheet: Homemade Face Masks <https://www.fnha.ca/about/news-and-events/news/homemade-face-masks>
- Poster: Physical Distancing Do’s and Don’ts <https://www.fnha.ca/Documents/FNHA-Physical-Distancing-Dos-and-Donts-Poster.pdf>
- Poster: Prevent COVID-19 (Novel Coronavirus) by Cleaning your Phone <https://www.fnha.ca/Documents/FNHA-Prevent-COVID-19-by-Cleaning-Your-Phone.pdf>
- Poster: How Physical Distancing Works <https://www.fnha.ca/Documents/FNHA-How-Physical-Distancing-Works-Poster.pdf>
- Poster: “Please do not enter our home for the protection of the people who live here.” <https://www.fnha.ca/Documents/FNHA-COVID-19-Do-Not-Enter-Home-Sign.pdf>

#### Mental Health and Holistic Wellness

- Good Medicine: Wellness Champion Brenna Miller Helps Sto:Lo Youth Connect with their Strengths. <https://www.fnha.ca/about/news-and-events/news/good-medicine-breanna-miller-helps-youth-connect-with-their-strengths>
- Good Medicine: Wellness Champion Brenna Miller Helps Sto:Lo Youth Connect with their Strengths. <https://www.fnha.ca/about/news-and-events/news/good-medicine-breanna-miller-helps-youth-connect-with-their-strengths>
- BC First Nation celebrates Pride Month with its first ever Pride Parade! <https://www.fnha.ca/about/news-and-events/news/bc-first-nation-celebrates-pride-month-with-its-first-ever-pride-parade>
- Good Medicine: Congratulations to the 2020 first Nations Graduates throughout BC!. <https://www.fnha.ca/about/news-and-events/news/good-medicine-congratulations-to-the-2020-first-nations-graduates-throughout-bc>
- BC First Nations Wellness Champion: Joe Lattie from Gitanmaax First Nation. <https://www.fnha.ca/about/news-and-events/news/bc-first-nations-wellness-champion-joe-lattie-from-gitanmaax-first-nation>
- BC First Nations Celebrate Culture and Wellness Online. <https://www.fnha.ca/about/news-and-events/news/bc-first-nations-celebrate-culture-and-wellness-online>
- Staying Strong & Healthy during this time: Join the “Tobacco Timeout Challenge”. <https://www.fnha.ca/about/news-and-events/news/staying-strong-and-healthy-during-this-time-join-the-tobacco-timeout-challenge>



- Honouring our Elders Today and Every Day. <https://www.fnha.ca/about/news-and-events/news/honouring-our-elders-today-and-every-day>
- Good Medicine: Let this be a season for First Nations youth and Elders to learn from each other. <https://www.fnha.ca/about/news-and-events/news/good-medicine-let-this-be-a-season-for-first-nations-youth-and-elders-to-learn-from-each-other>
- Introducing the new Good Medicine page! <https://www.fnha.ca/about/news-and-events/news/introducing-the-new-good-medicine-page>
- Father's Day this year will look a little different from previous years, since we are all still physical distancing and being cautious. <https://www.fnha.ca/about/news-and-events/news/fathers-day-this-year-will-look-a-little-different-from-previous-years-since-we-are-still-physically-distancing-and-being-cautious>
- Leadership Opportunity for BC First Nations Youth <https://www.fnha.ca/about/news-and-events/news/leadership-opportunity-for-bc-first-nations-youth>
- Good Medicine: First Nations "ninjas" are doing good deeds for homebound community members. <https://www.fnha.ca/about/news-and-events/news/good-medicine-first-nations-ninjas-are-doing-good-deeds-for-homebound-community-members>
- Good Medicine: Laughter! We all need some laughs right now. <https://www.fnha.ca/about/news-and-events/news/good-medicine-laughter-we-all-need-some-laughs-right-now>
- Pandemic Side Effect: Media Spotlight on FNHA's Doctors. <https://www.fnha.ca/about/news-and-events/news/pandemic-side-effect-media-spotlight-on-fnhas-doctors>
- Accessing contraception, abortion and sexually transmitted infection counselling and services during COVID-19. <https://www.fnha.ca/about/news-and-events/news/accessing-contraception-abortion-and-sexually-transmitted-infection-counselling-and-services-during-covid-19>
- First Nations Virtual Doctor of the Day Service Provides Culturally-Safe Primary Care for First Nations People in BC. <https://www.fnha.ca/about/news-and-events/news/first-nations-virtual-doctor-of-the-day-service-provides-culturally-safe-primary-care-for-first-nations-people-in-bc>
- Good Medicine: Reclaiming Food Sovereignty and Security with a Gardening Program for First Nations Families. <https://www.fnha.ca/about/news-and-events/news/good-medicine-reclaiming-food-sovereignty-and-security-with-a-gardening-program-for-first-nations-families>
- Staying strong during tough times with the "medicine of resilience". <https://www.fnha.ca/about/news-and-events/news/staying-strong-during-tough-times-with-the-medicine-of-resilience>
- Taking care of our sexual health during the pandemic. <https://www.fnha.ca/about/news-and-events/news/taking-care-of-our-sexual-health-during-the-pandemic>
- Good Medicine: Show us your homemade / handmade face masks! <https://www.fnha.ca/about/news-and-events/news/good-medicine-show-us-your-homemade-handmade-face-masks>
- Staying connected if your loved one is hospitalized due to COVID-19. <https://www.fnha.ca/about/news-and-events/news/staying-connected-if-your-loved-one-is-hospitalized-due-to-covid-19>
- Practise Lateral Kindness to Help Reduce Stigma and Fear of COVID-19. <https://www.fnha.ca/about/news-and-events/news/practise-lateral-kindness-to-help-reduce-stigma-and-fear-of-covid-19>
- The Power of Voice to Advance Culturally Safe Health Care for First Nations Communities. <https://www.fnha.ca/about/news-and-events/news/the-power-of-voice-to-advance-culturally-safe-health-care-for-first-nations-communities>
- Enjoy the hot weather safely while practising physical distancing! <https://www.fnha.ca/about/news-and-events/news/enjoy-the-hot-weather-safely-while-practising-physical-distancing>
- Should You Take Your Child to the Doctor During COVID-19? <https://www.fnha.ca/about/news-and-events/news/should-you-take-your-child-to-the-doctor-during-covid-19>
- Your Health and Wellness Matter. <https://www.fnha.ca/about/news-and-events/news/your-health-and-wellness-matter>
- Head Start Programs Adapt in Laxgalts'ap and Gitanmaax. <https://www.fnha.ca/about/news-and-events/news/head-start-programs-adapt-in-laxgaltsap-and-gitanmaax>
- Young Wisdom on Mental Health and Wellness. <https://www.fnha.ca/about/news-and-events/news/young-wisdom-on-mental-health-and-wellness>
- Good Medicine: Online Scavenger Hunts and Activities Raise Spirits in Sts'ailes. <https://www.fnha.ca/about/news-and-events/news/good-medicine-online-scavenger-hunts-and-activities-raise-spirits-in-stsailes>
- Good Medicine: Tsow-Tun-Le-Lum Society's virtual smudge receives over 10,000 views. <https://www.fnha.ca/about/news-and-events/news/good-medicine-tsow-tun-le-lum-societys-virtual-smudge-receives-over-10-000-views>
- Ten Tips for Sleeping Well During Troubled Times. <https://www.fnha.ca/about/news-and-events/news/ten-tips-for-sleeping-well-during-troubled-times>

- Good Medicine: Ideas for supporting land-based healing and wellness during the pandemic. <https://www.fnha.ca/about/news-and-events/news/good-medicine-ideas-for-supporting-land-based-healing-and-wellness-during-the-pandemic>
- Good Medicine: A Parade to Deliver Inspiration. <https://www.fnha.ca/about/news-and-events/news/good-medicine-a-parade-to-deliver-inspiration>
- Video: Interview with Dr. Nel Wieman, FNHA Senior Medical Officer, focusing on mental wellness and COVID-19. [https://www.youtube.com/watch?v=4yd8ZnmF7ek&list=PLDKOxTJMuk\\_CL2KEQOr\\_6pzFu8jJOWX&index=2](https://www.youtube.com/watch?v=4yd8ZnmF7ek&list=PLDKOxTJMuk_CL2KEQOr_6pzFu8jJOWX&index=2)
- Resource List: Mental Health and Cultural Supports Available During the COVID-19 Pandemic <https://www.fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf>
- Fact Sheet: Providing Activities for Children during a time of Crisis <https://www.fnha.ca/about/news-and-events/news/providing-activities-for-children-during-a-time-of-crisis>
- Article: Impacts of the Pandemic on Mental Health and Wellness <https://www.fnha.ca/about/news-and-events/news/impacts-of-the-pandemic-on-mental-health-and-wellness>
- Article: Good Medicine: Keeping Active at Home <https://www.fnha.ca/about/news-and-events/news/good-medicine-keeping-active-at-home>
- Article: How to Host a Virtual Social Gathering during the Pandemic <https://www.fnha.ca/about/news-and-events/news/how-to-host-a-virtual-social-gathering-during-the-pandemic-staying-connected-while-practising-physical-distancing>
- Article: Remember that Food is Medicine <https://www.fnha.ca/about/news-and-events/news/remember-that-food-is-medicine>

#### **Harm Reduction:**

- Article: Practising Harm Reduction during COVID-19 <https://www.fnha.ca/about/news-and-events/news/practising-harm-reduction-during-covid-19>
- Fact Sheet (BC Centre for Disease Control): COVID-19 Harm Reduction and Overdose Response <http://www.bccdc.ca/Health-Info-Site/Documents/COVID19-harm-reduction.pdf>

#### **Podcasts:**

We have recorded a number of podcasts to help raise awareness of various pandemic topics. Listen to the podcasts at <https://soundcloud.com/firstnationshealthauthority>

#### **Podcasts feature:**

- **Rick Milone and Sonia Isaac-Mann COVID-19 Podcast.** <https://soundcloud.com/firstnationshealthauthority/rick-milone-and-sonia-isaac-mann-covid-19-podcast>
- **Guidance for Community Restart.** <https://soundcloud.com/firstnationshealthauthority/fnha-richard-jock-covid-19-update-podcast>
- **Richard Jock, Interim CEO | Topics:** FNHA moves to Level 3 state of readiness | “What happens to communities happens to us” | First batch of personal protective equipment delivered to communities;
- **Dr. Evan Adams, Chief Medical Officer | Topics:** Why you won’t be learning who has COVID 19 in your community – and why that doesn’t matter | The role and value of testing | Physical distancing;
- **Dr. Nel Wieman, Senior Medical Officer | Topics:** Act like you already have the virus | Prevention tips | Cultural events | Mental health | Resources accessible at home | Coping exercise;
- **Dr. Shannon McDonald, Deputy Chief Medical Officer and Sonia Isaac-Mann, VP, Programs and Services | Topics:** Latest information on the COVID-19 outbreak | Taking care of your family and community members | Finding trustworthy and up-to-date information;
- **April MacNaughton, Director, Health Protection | Topics:** COVID-19 and community emergency plans.

#### **Additional Resources:**

- For information for Community Leaders, including regular Situation Report updates and funding guides, visit: COVID-19 Information for Community Leaders <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/community-leaders>