



Skwxwú7mesh
Úxwumíxw

SQUAMISH NATION EMERGENCY RESPONSE TO COVID-19 - UPDATE #4

April 1, 2020

COVID-19 RISK AND NEEDS ASSESSMENT SURVEY

The Squamish Nation is now conducting a COVID-19 Risk and Needs Assessment Survey to help us identify the most urgent needs in the community. All Squamish Nation members aged 16+ (on and off-reserve) are asked to complete this important survey.

Results from this survey will be used to allocate resources from the Nation, as well as Federal and Provincial governments.

For the health and safety of everyone, this survey will be administered online only. Please ask a family member if you require assistance with completing the survey.

To complete the survey, please visit
www.squamish.net/covid-19

SURVEY DEADLINE: THURSDAY, APRIL 9

The following is an update on the Squamish Nation response to the Coronavirus (COVID-19) health crisis and information for the Squamish Nation community.

Please ensure you and other members in your household understand the information contained in this update.



IN THIS UPDATE:

- NEW: Risk and Needs Assessment Survey
 - NEW: General COVID-19 Update
 - NEW: What We're Doing at the Squamish Nation - highlights
 - NEW: Emergency Supports Available to Members
 - NEW: Ayás Méńmen Child & Family Services
 - REMINDER: Minimize Physical Contact
 - UPDATED: Service Changes/Updates
 - REMINDER: First Nations Health Authority COVID-19 FAQs
 - NEW: Federal and provincial COVID-19-related funding guides
-

GENERAL COVID-19 UPDATE

Listen to the experts: We highly recommend our community pay attention to instructions from the Provincial Health Officer Dr. Bonnie Henry and the Federal Chief Public Health Officer of Canada Dr. Theresa Tam. Both of these trustworthy public health experts are providing daily updates broadcast by the CBC and other news outlets.

Some key take-aways from BC Provincial Health Officer Dr. Bonnie Henry's March 30th & 31st public addresses:

- We are at a critical time in BC right now. "We are not through this storm yet; we have not yet reached our peak."
- We likely have at least a few months of physical distancing ahead of us. "It's more and more unlikely that we're going to be able to get back to full normal life ... before at least the summer, and then we need to start preparing ourselves for the potential of a second wave in the fall."
- The provincial order prohibits gatherings of 50 or more (with proper physical distancing); however, "it doesn't mean that you can have 49 people at a house party. Those are the situations that cause this virus to spread, and it's going to spread to the people that are closest to us."
- Any gathering with people outside of your home creates a risk to you and those in your household. "I need people to understand that small groups inside are a risk. Small groups and large groups outside are still a risk."

The First Nations Health Authority website (www.fnha.ca) also has some great resources if you want to learn more about the virus and how to protect yourselves and your families.



Skwxwú7mesh
Úxwumíxw

WHAT WE'RE DOING AT THE SQUAMISH NATION

Highlights from the past week

Emergency Support Services

- Providing emergency support for food, hydro, gas, and rent to those impacted by Coronavirus (COVID-19). Our Member Services team has been working extremely hard to keep up with the huge increase in requests (4x the normal volume) for emergency support. *More info inside.*

Groceries and Meals to Families and Youth in Need

- Ayás Mé'nmen has been providing bagged lunches and/or meals to youth and families in need on a daily basis. *More info inside.*

Fish and Household Supply Distribution

- Member Services and Council jointly completed a distribution of flash-frozen sockeye, dish soap, and hand soap to 700 homes on-reserve on Friday, March 27, and began off-reserve pick-up on Monday, March 30.

Elder Support

- Grocery delivery for Elders
- Prescription pick-up and drop-off for Elders

Signage Installed

- Signage installed at the entrances to all reserves, as well as at playgrounds and lacrosse boxes advising of temporary closures.

Due to the Coronavirus (COVID-19) crisis, the following measures are in place in all Squamish Nation community and residential (non-leasehold) areas, effective immediately:

NO VISITORS
NO GATHERINGS/PARTIES/PLAYDATES
 (Indoor or Outdoor)
STAY HOME AS MUCH AS POSSIBLE
MAINTAIN A MINIMUM DISTANCE OF 6 FT
(2 M) FROM OTHERS

Your full cooperation is essential to stop the spread of this dangerous virus.

Chet kw'enmantúmi. ("We thank you.")





EMERGENCY SERVICES & SUPPORT FOR MEMBERS

What is it?

Member Support Services (MSS) may provide support to Squamish Nation Members and their families for emergency services not covered by any other programs or services. MSS may provide support by connecting Members and their families to available resources, issuing emergency support funds, and empowering Members to live healthier lifestyles.

How do I access it?

If you are in a crisis and require Emergency (financial) Assistance please call the main office 604-980-4553 during office hours. Please ask to speak to an Intake Officer. After hours please call our emergency lines at 604-505-3776 or 604-374-1126

What is offered?

In the event of an emergency (an unexpected and/or dangerous situation that requires immediate action), MSS staff may issue the following Emergency Assistance to prevent undue hardship: Food Voucher, Shelter (rent), Utilities and Hospital support. Shelter is paid directly to the Landlord and utilities are paid to the service provider.

What is the process?

Requests are reviewed and processed in chronological order. Priority may be given based on the emergency

situation or to Squamish Nation Members who are determined to be the most vulnerable or of highest-risk.

The emergency intake process is reviewed by the Emergency Services team and includes the following:

- Completing the intake form.
- Requesting and collecting required information.
- Assessing eligibility based on information received.

When assessing eligibility, MSS staff may request proof of income or expenses (i.e., bank statements, tenancy agreements, utility bills, taxes, etc.) and/or verification of information from other agencies and organizations (i.e., WCB, EI, IA, VCH, FNHA, etc.).

Clarification on MSS Emergency Assistance:

The intent of Emergency Assistance is to provide temporary support on a short-term basis. Emergency Assistance funds issued by MSS are not meant as a supplement towards a Member or a household's regular income.

MSS reserves the right to request information, collect and verify documents, and to make final decisions with regards to the amount, frequency, and method of payment



Skwxwú7mesh
Úxwumíxw

issued for Emergency Assistance. MSS staff have the ability to deny a request if the Member fails to disclose information, does not provide the requested information, or has surplus money, income, or assets available.

AYÁS MÉNMEŦ CHILD & FAMILY SERVICES REMAINS OPEN MONDAY TO FRIDAY WITH MODIFIED HOURS 10:00 AM-3:00 PM

We value the health and safety of our community. Our service and programs are a vital community based response positioned to support children and families that will be impacted. We are temporarily modifying service delivery while providing essential services. In order to do our part in flattening the curve of COVID-19 infection in Canada, we are practicing social isolation and have many of our staff working from home. We continue to serve members at the office through the reception service window, phone and digital meetings.

We ask all visitors to our offices to wash their hands upon arrival and inform staff if you are ill.

Family support services:

The social workers are currently working full time from home.

They remain connected to the children and families providing supports and guidance on life skills, parenting, navigating conflict, and stress management.

We work collaboratively with families and other resources to deliver child safety and family support and prevention services.

Workers provide restorative, holistic and culturally-grounded family services.

We walk alongside families in their journey of healing and resiliency. Service provided to youth include outreach, activity-based counselling, life skills, reconnecting with community and advocacy

Family preservation & reunification:

We offer culturally-informed programs to support families, including in-home supports and strengthening group programs. These in person programs are currently on hold due to COVID-19 and we are currently looking at ways to provide on-line programs.

You can make a request for support services or connect with your worker



Skwxwú7mesh
Úxwumíxw

by contacting the main line 604-985-4111.

Counselling and therapy services for children, youth, and families:

Our counselors remain connected to their current clients through video chat, text, and phone.

We offer professional, compassionate counselling and trauma services to children youth and families.

We are dedicated to facilitating positive change in at-risk populations

To request service please call 604-985-4111.

Youth Services:

Our Youth Centre is currently closed due to COVID-19

Youth workers remain connected with their children and youth through video chat, text, phone and social media.

To request service please call 604-985-4111.

Food Sharing:

Week of March 30 – April 3

Schedule:

Monday, March 30

- Bagged lunch (50 packages)
- Squamish – Contact Mara Williams

Tuesday, March 31

- Bagged lunch (50 packages)
- Squamish – Contact Mara Williams

Wednesday, April 1

- Cooked Family Meal (ham, chicken, fixings, etc.)
- Will deliver to Squamish Valley
- No bagged lunches

Thursday, April 2

- Bagged lunch (50 packages)
- Squamish – Contact Mara Williams

Friday, April 3

- Frozen family Meal (lasagna or Shepard’s pie, salad)
- Will deliver to Squamish Valley
- No Bagged lunches

To access food sharing or lunch bags contact: 604-985-4111 or email amm_reception@squamish.net

Families who are working with an Ayás Ménmen social worker- please contact your worker to discuss extra supports you may need during this time of isolation and pandemic.

Statistics for food sharing and numbers of families who have received:

Food Sharing March 19: **98** (lasagna, salad, pastas, cereal, coffee, canned beans fruit and small bag of cleaning supplies)

Food Sharing March 26: **74** (chili, stew, meatloaf and salad)

Bagged lunches for March 21, 23, 24 & 25: **157**

Squamish Valley - **25** bags given March 19, 26 and 27



Sandwiches and bagged lunches are being made by SV Youth Centre (Mara).

Mother Bear and Shewaynewas Family Programing this week:

Sempulyan is live streaming from his Facebook page –

- Culture drumming circle
Monday to Friday at 10:30 am and 3:30 pm.

Several of our families are participating ... and in addition to our families 100's of others are viewing.

Tammie Baker is distributing the small drums to our families to borrow so that they can drum along with Sempulyan.

Sempulyan has invested a lot of time in teaching our children and their parents about respecting the Drums, and he is reminding them of the teachings as he starts circle.

Delsea Jones is putting together activity kits for each of our S7IXWALH families.

She is taking pictures of kits, delivering them and asking for pictures to be submitted as families use to show how much fun they are having with them.

Delsea is also doing Felt board stories, story time and other activities for children and families to watch on line. These will be posted to our Shewaynewas Facebook page.

Arlene, our speech and language specialist, provides a monthly book club.

Arlene is going to create a video each month reading and speaking about the monthly book for our Skakel and S7ixwalh families. We will post her video on the Shewaynewas Facebook page.

Liz, our community health nurse in Squamish, is in touch with our pre/post-natal moms ensuring that they are okay and getting the nutritional supplement cards to them.

Laura and Karen, our community health nurses in North Vancouver, are providing information to post on our Shewaynewas Facebook page. They are also going to look into some info videos.

They are working closely with AMM to ensure that our pre and post natal Moms are supported. We have several expectant Moms and there is added anxiety for them at this time.

Jean, our physical therapist, is utilizing ZOOM app to connect with families on her caseload to provide on-going supports and plans for the children.

Michelle Dickie, Supported Child Development, distributed activity kits to 32 families.

Kits included:

- 2 weeks of activities that are free or available around the house



Skwxwú7mesh
Úxwumixw

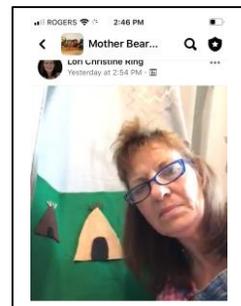
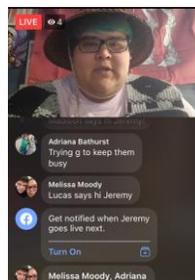
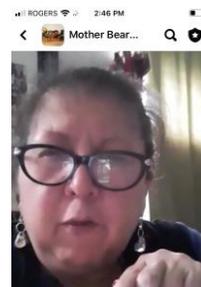
- 5 hearts for parents/caregivers to write what they love about their child
- Drawing/coloring materials and stickers
- Puzzle or make your own puzzle
- Bubbles
- Bead your own bracelet X 2
- Easter ornaments to color
- Notebook for scavenger hunt
- Make your own playdoh kit
- Make 3 stick puppet (spring theme)
- Sticks for tapping song at circle.

We are looking at adding streaming sessions for the week of March 30th

Closed group for MBCD families to access information.

- Not all families have joined the closed group, but through weekly checking we expect the number of families to grow.

Parents have responded to how much their children are looking forward to and enjoying these sessions



Streaming circle times with our staff through Facebook:

Stewart cultural circle at 10:30 and 3:30 daily on his personal page

ECE circle time at 2:00pm Jeremy, Cynthia and Lori

- Circle time includes, stories, felt board stories, songs, drumming singing all the familiar faces and activities the children were doing in program



Skwxwú7mesh
Úxwumíxw

We did an informal survey asking parents how they were adapting to the modified service deliver, asking about health needs and ability to sustain while in isolation. Results of survey will be shared next week. We continue to also adapt to best ways to serve the community.

Ayás Ménmen service remains in place to provide holistic service delivery that culturally and spiritually strengthens Squamish families. We acknowledge and honour the inherent wisdom, capacity and resourcefulness of our community in designing programs and services to care for our own children and families. Accordingly, we are dedicated to planning, developing, and implementing creative and innovative programs and services in collaboration with members of our community.

We are in this together with strong Squamish values of love, caring and upholding one another.

Huy chexw a,

Kelley McReynolds, Yataltenat
Director

T 604-985-4111

REMINDER: MINIMIZE PHYSICAL CONTACT

The Coronavirus (COVID-19) is a highly contagious virus that could overwhelm our healthcare system and result in significant loss of life if urgent measures aren't taken by all.

The virus is spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

People who show no signs of infection can still carry and transmit the virus.

By minimizing physical contact between each other, we reduce the risk of the virus spreading. This is how we "flatten the curve" and fight the pandemic.

If you can, stay home and away from visitors. And wash your hands frequently.



SERVICE CHANGES/UPDATES

Ayás Ménmen Child & Family Services

- Modified office hours: If you and your family are in need, please call 604-985-4111 between 10 am – 3 pm Monday to Friday (closed 12-1 for lunch) and leave your name, phone number, address with Reception or email amm_reception@squamish.net. After hours contact MCFD at 604-660-4927.

Business Revenue & Services

- North Van. Gas Bar (Mobil) will be changing Hour of Operation Effective Thursday March 26 to 7am - 9pm 7 days a week
- North Van. Smoke Shop New Hours of Operation Starting March 22 - only 1 customer allowed in the shop at a time
 - Monday, Tuesday, Thursday, Friday, Saturday, Sunday 9am to 4 pm
 - Wednesday 11 am to 4 pm

Chief Joe Mathias Centre

- The CJMC is closed until further notice.

Council

- Council will be doing meetings digitally for the time being.

Community Operations

- Community Operations will only conduct home visits for emergency matters (such as water, plumbing, electrical, and gas issues) to reduce risk of spreading Coronavirus. All other maintenance requests will be postponed until the situation is under control.
- If a staff member must enter a home he/she will be required to wear protective clothing (mask, gloves etc.) Contractors will be used when necessary.
- Please call office number during regular office hours 604-980-8655 and 604-690-0729 for emergencies after hours.

Education, Employment & Training

- Income Assistance, Stitsma Career Centre & EsLha7an Learning Centre are partially closed. Please call 604-985-7711 and the Receptionist will set up an appointment with the appropriate team member. All services will be done via phone call.
- Current clients can call and leave a message for their worker and they will be called back within 24 hrs. The office continues to be closed



Skwxwú7mesh
Úxwumíxw

to the public. Please submit any paper work through the mail slot at the Eslha7an Learning Centre front door.

- TRADES & TRAINING CENTRE - During the day, please use the building number 604-980-7946 to contact staff.
- Xwémelch'stn Etsimxawtxw (Capilano Little Ones School) remains closed to in-school instruction as per the Minister of Education directive until further notice. Please contact Jody Miki, Principal or Melina Joseph, Admin Assistant 604-985-1515 during this time. School is open to school staff with pre-scheduled times confirmed with Jody Miki to uphold social distancing guidelines and cleaning protocols.
- OFFICE CLOSED POST SECONDARY PROGRAM - Support remotely, contact Lisa Newman (nee Paull) 604-338-4129.
- OFFICE CLOSED K-12 SUPPORTS contact Cherie Baker for High School 778-939-9148; Vanessa Small Legs for Elementary 604-908-3265; Inclusive Education Catherine Wairimu 604-318-1569
- The ASA team is no longer doing assessments until it is safe to do so.

Elders Centre

- As of Friday, March 20, the Elders Centre in North Vancouver is closed to prevent the spread of the virus.
- CANCELLED ALL ELDER ACTIVITIES NEXT 2 WEEKS - but not closed doors; Lucie Neliba & Denise Yelton contacting our Elders.

Finance

- Postponed personal tax clinics - until alternative plan put in place
 - CRA extending personal tax filing deadline to June 1st

Language & Cultural Affairs

- CLOSED LANGUAGE NEST
- Immersion week cancelled
- All staff working from home

Member Services

- All Member Services staff are in the office — New hours 10-3pm; we encourage all members to complete an intake via telephone or email.
- Call 604-980-4553 during office hours. Please ask to speak to an Intake Officer. After hours please call our emergency lines at 604-505-3776 or 604-374-1126.
- Still providing Elders grocery/prescription pickup and drop off-Monday - Friday.



Skwxwú7mesh
Úxwumíxw

- Friday March 27th delivered Meatloaf, salad and boost to Elders 65 and over.
- DB & SNT still on track - handing out cheques at Elders Centre April 2 & 3
 - We will now do home delivery on all reserves for 55 and over on April 1st 10-3pm. We have mailed out cheques to USA residents and Out of Province. Local Mail going out March 30.
- Fish and Cleaning products: We completed distribution On-Reserve on Friday March 27th (700 homes). Off Reserve will commence on Monday, March 30th 10-3pm at the Fish Freezer located at 12 Bewick Ave on the Mission Reserve.

Planning & Capital Projects

- Office operating at reduced hours
- Staff continuing to work with outside contractors on site if construction is underway on Capital Projects and individual homes
- If you require assistance, please email housing_office@squamish.net or call 604-649-0418

Squamish Valley

- Totem Hall is closed to members and visitors until

further notice, with the exception of Income Assistance clients.

- Reception staff are answering calls from 10:00 am-2:00 pm, Monday-Friday.
- Program House and Ayas Lam Family Program closed
- For urgent requests, please contact Michelle George, Squamish Valley Administrator, at 604-356-4418.
- Band Member Services - Patricia Brown 604-815-9099 & Josie Harry 604-815-1936 will work with North Vancouver to field calls
- Elders – contact Justine 604-848-5190 or Gwen Baker 604-815-3445 for any support required.
- Ayas Men Men – see information under “Ayas Men Men” heading
- Community Operations - Emergency Contact 604-815-7116 svcommopsworkorders@squamish.net

Youth Centre (North Vancouver)

- Youth Centre will be offering bagged lunches for the community and will deliver the bags. There is a limited quantity each day. Items in bag can include sandwiches, fruit, and snacks.



Skwxwú7mesh
Úxwumixw

- Call 604-985-4111 between 10AM – 3PM and leave your name, phone number, address with reception or email amm_reception@squamish.net to sign up

Yúustway Health & Wellness

- New core hours by department:
 - Primary Care Clinic 9am to 2pm Mon-Fri
 - In-house admin/office staff 10am to 3pm Mon-Fri
 - Home and Community staff 9am to 3pm Mon-Fri
 - Community Health and Wellness 10am to 3pm Mon-Fri continuing with phone consultations
 - Health Benefits and Advocacy 10am to 3pm Mon-Fri
 - Recreation closed until further notice. All staff working from home.
 - Public Health Nurse Hours: Laura Tayler-Hanson: Mon, Tues, Wed, 9:00 am to 5:00 pm laura.tayler-hanson@vch.ca
 - Karen Jorgensen Thursdays & Fridays, 8:30 am to 4:45 pm

karen.jorgensen@vch.ca

- The Health Centre is advising to call first before being seen by a health professional: 604-982-0332
- If you are experiencing personal crisis, we recommend that you call Kuu-Us Crisis Line:
 - Adults/Elders: 250-723-4050
 - Child/Youth: 250-723-2040
 - Toll Free Line: 1-800-588-8717
- Community Health and Wellness will be taking calls for counselling
 - Counselling (concurrent, mental health & addiction) and support work provided by Heather Andrew, Eileen Guss and Shayna Sander (Squamish Valley) will be offered on the phone, skype, FaceTime. Exceptions will be considered if there is crisis in the community.
- Youth basketball tournament cancelled
- Outward Bound - Phase 1 (one day hike in May)



Skwxwú7mesh
Úxwumíxw

cancelled; June overnight camping trip to be decided.

- Snow program cancelled- Mountains are closing for the remainder of season.

FIRST NATIONS HEALTH AUTHORITY COVID-19 FAQs

About COVID-19 – What You Need to Know

WHAT ARE THE SYMPTOMS OF COVID-19?

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. They may include coughing, fever, sore throat and difficulty breathing.

How is COVID-19 spread?

Coronavirus is transmitted via larger liquid droplets when a person coughs or sneezes. The virus can enter via these droplets through the eyes, nose or throat if you are in close contact. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

Who is most at risk?

Elders and people with chronic health or respiratory conditions are most at risk of becoming very ill if they contract COVID-19 and possibly dying.

Is there a vaccine?

No. It can take years to develop a vaccine for a new disease and to produce enough for populations.

PROTECTIVE MEASURES AGAINST COVID-19

What can I do to prevent infection?

The most important thing you can do to prevent infection is to wash your hands regularly and avoid touching your face. Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection. If a sink is not available, use an alcohol-based hand sanitizer to clean your hands as long as they are not visibly soiled. If hands are visibly soiled, use a wipe and then an alcohol-based hand sanitizer to clean them.

Can I still wash my hands if my community has a boil water advisory?

Yes, it's safe to wash your hands with soap if you are living in a community with a Boil Water Advisory (BWA) or a Do Not Consume (DNC) advisory. However, if you are living with a Do Not Use (DNU) advisory you should wash with bottled water. For more information about water advisories, see: <https://www.fnha.ca/what-we->



[do/environmental-health/drinking-water-advisories](#)

What can I use to disinfect and kill germs?

Regular household cleaners are effective for removing germs. You may also use a solution of one part bleach mixed with nine parts water to disinfect areas that are touched often such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. If you have COVID-19, it is important to use bleach to disinfect, especially if you are sharing any common areas (such as a bathroom) with others or if others will be entering the room where you are staying.

What should I do if I have to cough or sneeze?

Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. This is called good respiratory hygiene.

What is the best way to protect myself, my loved ones and my community during the COVID-19 pandemic?

The FNHA recommends social distancing, forgoing usual greetings (such as handshakes, hugs, kisses etc.), avoiding social gatherings over 50 people, and staying home if you are experiencing any signs of illness, even if they are mild symptoms.

If you are coughing or sneezing, always cover your mouth and nose with a flexed elbow or tissue. Throw the tissue into a closed bin immediately after use. Clean your hands with alcohol-based hand rub or with soap and warm water after you cough or sneeze. Do the same when you are caring for a loved one that is sick.

What is social distancing?

Social distancing means that we do not use usual greetings, such as handshakes, hugs, and kisses. (Safe greetings include a wave, a nod, a bow and anything else you can think of that does not include physical contact.) Social distancing also includes staying one to two metres away from other people.

Why is social distancing important?

When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. Avoiding physical contact while greeting friends, family and community members helps to prevent COVID-19 from spreading to the people we care about.

TRAVEL AND EVENTS

Should I still attend events and/or travel within BC?



The FNHA is advising all communities to avoid unnecessary travel and attendance at public gatherings of more than 50 people due to the increased risk of spreading the COVID-19 at the gathering. (The 50-person limit was set by the Provincial Health Officer March 16, down from 250 the previous week).

Why should I avoid public gatherings?

Attending even small gatherings increases the risk of exposure to COVID-19. This increases the chance of participants becoming infected and carrying the virus into their communities and passing it on to vulnerable friends and family, particularly Elders and people with existing health conditions.

We understand people will be disappointed at the postponement of events and travel plans but our common priority now is to slow the spread of the disease, contain the chain of transmission, and protect our most vulnerable family and community members.

Is it safe to participate in cultural gatherings (e.g., sweat lodges, potlatches, ceremonies and other gatherings)?

The FNHA acknowledges the significance of cultural gatherings in our communities and the lingering negative memories and trauma caused by past practices of banning cultural activities.

Currently, the Provincial Health Officer has banned all gatherings of 50 or more people to protect public health. Even gatherings of fewer than 50 people require an assessment of risk - especially to Elders and those with chronic disease and especially if the event will entail travel and people sharing accommodations.

Communities are encouraged to consider alternatives, such as holding smaller events now with the larger event at a later date. If you are holding a smaller event, consider having bag lunches rather than shared meals, ensure there are opportunities to wash and/or sanitize hands, and practice social distancing.

In terms of sweat lodges, we can't say what effect they might have on the virus because factors such as temperature and timing can't be easily controlled.

If our leaders are travelling, how do we know that they aren't bringing the virus back into community?

As much as possible, community members should seek to minimize interaction with other people, particularly with groups of more than 50 people. During travel this can be difficult to control. For this reason, we recommend that all travel be assessed to determine if it is essential at this time. Postponing events and travel whenever possible will support individual and community health and minimize the spread of the virus.



When travelling, people need to be extra diligent with preventative practices such as hand washing often, using hand sanitizer if soap and water not available, and avoiding touching the face.

SELF-ISOLATION

What is self-isolation?

Self-isolation means staying at home and not going to work or school. It also means monitoring yourself for symptoms for 14 days.

I am infected and I live with other people. How do I self-isolate?

Stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can. Wear a facemask (surgical/procedure mask) if you are in the same room with anyone and avoid face-to-face contact. Do not share towels or face cloths. Friends and family can drop off food outside your room or home. If you live with an Elder or someone with a chronic health condition, it would be best if those people could stay in the home of other family or friends in the community.

What happens if someone in my community is infected?

If someone in the community is infected, they must self-isolate. People who were in close contact with that person (i.e. people living in the same household) should also self-isolate for 14 days.

What happens if one person in my household is infected but no one else has symptoms?

The whole household must self-isolate to prevent the spread of the virus to anyone outside of your household.

TESTING

How do I get tested for COVID-19?

Testing is available for all who need it but not everyone needs a test. If you have no symptoms or mild symptoms you do not require a test. If symptoms appear, call your health care provider or 8-1-1 for guidance. The BC Centre for Disease Control has created an online self-assessment tool that is available on its website. It is also linked from www.fnha.ca/coronavirus

The Urgent Primary Care Unit is also providing tests. Phone: (604) 973-1600 or visit the website for more information:

Website: www.vch.ca/UPCC

Are there COVID-19 test kits that First Nations can access?

COVID-19 is tested using a standard swab (long Q-tip that scrapes cells from the very back of the nose or throat). These swabs are then sent to a laboratory for testing. The tests are available where influenza testing is being done. Call your health care provider or 8-1-1 for guidance. Not all people with respiratory symptoms



need to be tested for COVID-19. If people develop respiratory symptoms, they should self-isolate, regardless of the availability of testing.

What are the next steps if I am infected or think that I may be infected or if I've been around someone who is infected?

- Ensure that you self-isolate immediately and avoid contact with others. This means staying away from others as much as possible.
- Wash your hands or use alcohol-based sanitizer frequently.
- Use good hygiene practices such as coughing or sneezing into a disposable tissue or into your elbow.
- Clean high-touch areas such as toilets, bedside tables and door handles with diluted bleach (one-part bleach to nine parts water) or a household disinfectant.
- If you are experiencing symptoms such as coughing, sneezing, fever, sore throat and difficulty breathing, contact your healthcare provider or call 8-1-1 for guidance. If your symptoms are severe, such as shortness of breath or chest pain, call 9-1-1 or go to the nearest Emergency Department

MISCELLANEOUS INFORMATION

Should I buy toilet paper?

You should stock your household with essential supplies in case you are asked to self-isolate for 14 days. However, it's not necessary to stockpile large quantities of toilet paper or any other supplies. This only creates supply issues for everyone.

Will a mask help?

Masks should be used by sick people to prevent transmission to other people. A mask will help keep a person's droplets in. It is less effective to wear a mask in the community when a person is not sick themselves. Masks may give a person a false sense of security and are likely to increase the number of times a person will touch their own face (e.g., to adjust the mask). Health-care workers will wear surgical masks, eye protection and gowns in order to protect themselves and their patients.

Can the virus live on clothes?

Yes, the virus can survive on porous surfaces such as skin and cloth as well as other materials and surfaces for hours to days, depending on the surface. Regular washing is recommended.

What is the risk for infants?

Recent evidence does not indicate a large risk for infants – very few children under five showed serious illness from COVID-19. There has been a positive case detected, however, so they are not immune.



Skwxwú7mesh
Úxwumíxw

What are the risks for pregnant women?

It is too early to determine the level of risk posed to pregnant women infected with COVID-19. A study of pregnant women with the coronavirus SARS (severe acute respiratory syndrome) found that the more severe the illness experienced by the mother, the higher the likelihood of risk to her pregnancy – including stillbirth, miscarriage and premature birth.

Can my pets get COVID-19 or be a carrier?

There is currently no evidence that domestic animals like pets can

become sick with COVID-19 or can spread the virus to people.

What supports are in place for remote communities that may be short-staffed or don't have access to equipment (i.e., respirators)?

The FNHA is working with regional, provincial and federal partners in the health and health emergency management sectors to ensure that communities have access to appropriate care. If communities have specific concerns about access to care relating to COVID-19, they can connect with their FNHA Regional Team or covid19@fnha.ca

FEDERAL AND PROVINCIAL COVID-19-RELATED FUNDING RESOURCE GUIDES

Do you want to access federal and provincial funding for COVID-19-related emergency situations? Visit <https://www.squamish.net/covid-19-funding-guides/> for guides to navigating the funding opportunities available to those who have been impacted by COVID-19.

If you require support with your applications, please contact the Income Assistance and Stitsma Career Centre at 604-985-7711 and the Receptionist will set up an appointment with the appropriate team member. All services will be done via phone call.



Skwxwú7mesh
Úxwumíxw

We strongly urge all Squamish Nation members to continue taking every precaution to protect themselves and their families, including:

- practicing “physical and social distancing,” which means keeping at least 2 metres (approximately 6 feet) from anyone outside your home, whether outdoors or indoors;
- washing hands thoroughly for 20 seconds with soap and water often;
- disinfecting frequently-touched surfaces (including mobile devices) regularly throughout the day;
- cancelling social gatherings with anyone from outside your home;
- staying home as much as possible to prevent exposure to the virus; and,
- self-isolating for 14 days if you have any symptoms of illness or if you have returned from out of the country.

If you order food or grocery delivery, it is extremely important that you wash your hands thoroughly before and after receiving your delivery, and keep as much distance as possible between yourself and the delivery person.

Remember: People with no symptoms are capable of transmitting the virus. Some good advice is for everyone to act like they have the virus and are doing everything possible to prevent spreading it to others.

Please visit www.squamish.net/covid-19 and the Squamish Nation Facebook page for up-to-date information from the Squamish Nation.