



**Coronavirus disease (COVID-19)
FNHA Public Health Response
Community Situation Report
July 3rd, 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 3, 2020 at 10:00am**

There are 2947 confirmed cases in BC, and a total of 177 deaths. Of these, 13 cases were confirmed as of July 3rd. The regional breakdown is as follows:

- Vancouver Coastal: 995
- Fraser: 1,553
- Vancouver Island: 132
- Interior: 202
- Northern: 65

As of July 3rd, there are 162 active cases in the province. Currently, 19 people are hospitalized and of those, 2 people are in ICU. Of the total number of cases, 2,608 (88.5%) patients have fully recovered.

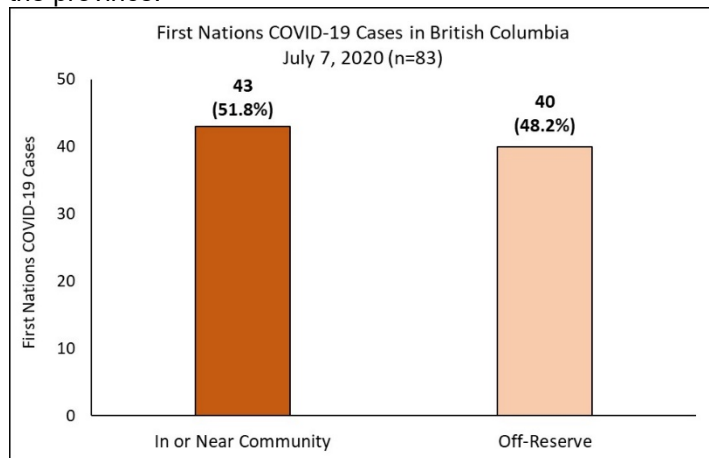
Active Outbreaks

- Long term care/assisted living centres/acute care units: 4 outbreaks
- Community outbreaks: 0

Premier John Horgan announced that as of June 24, 2020, BC will proceed to Phase 3 of the COVID-19 recovery plan and reiterated the extension of the Public Health Emergency until July 7, 2020.

First Nations COVID-19 Cases

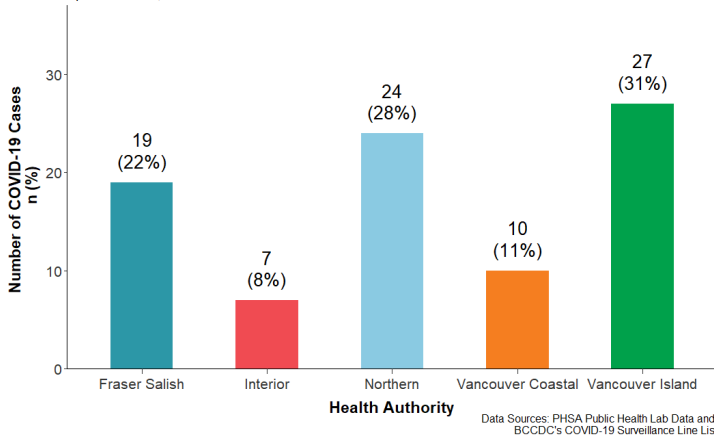
The total number of First Nations COVID-19 lab confirmed cases 87 in BC as of June 29, 2020. Most of the lab confirmed cases of COVID-19 among First Nations in BC have now recovered and there are currently fewer than 5 active cases across the province.



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.

First Nations COVID-19 Cases by Health Authority (n=87)
Updated: Jul 07, 2020



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 June 24, ISC is aware of:

- 288 confirmed positive COVID-19
- 29 hospitalizations
- 223 recovered cases
- 6 deaths

Case numbers per region:

- British Columbia: 42
- Alberta: 73
- Saskatchewan: 80
- Ontario: 58
- Quebec: 35

First Nations Community Statistics from ISC (updated **Thursday July 2, 2020**):

Band Office Closure – 148 (5 updates)

- 553 Klahoose First Nation
- 565 Matsqui
- 608 Takla Nation (f. Takla Lake First Nation)
- 699 Nooaitch
- 720 Nazko First Nation (f. Nazko)

Band Office Reopening (10 updates)

- 542 Saulneau First Nations
- 549 Tseil-Waututh Nation (f. Burrard)
- 573 Skwah
- 582 Skawahlook First Nation
- 612 Nadleh Whuten (f. Fraser Lake)
- 619 Ts'il Kaz Koh (f. Burns Lake)
- 623 We Wai Kai (f. Cape Mudge)
- 660 Tla-o-qui-aht First Nations (f. Clayoquot)
- 701 Boston Bar First Nation
- 723 Stswecem'c Xgat'tem First Nation (f. Canoe Creek)

TC Office Closure 16 (0 update)

TC Office Reopening (0 update)

State of Local Emergency Declared – 62 (6 updates)

- 565 Matsqui
- 609 Tsay Keh Dene (f. Ingenika, Finlay River)
- 612 Nadleh Whuten (f. Fraser Lake)
- 622 Wei Wai Kum (f. Campbell River)

- 635 Da'naxda'xw First Nation (f. Tanakteuk)
- 660 Tla-o-qui-aht First Nations (f. Clayoquot)

State of Local Emergency Rescinded (4 updates)

- 583 Chawathil (f. Hope)
- 666 Toquaht Nation (f. Toquaht)
- 691 Simpcw First Nation (f. North Thompson)
- 702 Whispering Pines/Clinton

EOC Activations – 114 (5 updates)

- 553 Klahoose First Nation
- 607 Lake Babine Nation
- 615 Saik'uz First Nation (f. Stony Creek)
- 618 McLeod Lake
- 641 Stz'uminus First Nation (f. Chemainus)

EOC Closed (6 updates)

- 549 Tsleil-Waututh Nation (f. Burrard)
- 582 Skawahlook First Nation
- 594 Ts'kw'aylaxw First Nation (f. Pavilion)
- 619 Ts'il Kaz Koh (f. Burns Lake)
- 683 Iskut
- 700 Boothroyd

Localized Flooding – 15 (4 updates)

- 545 West Moberly
- 597 Penticton
- 687 Skeetchestn
- 697 Upper Nicola

Community Closure – 112 (10 updates)

- 565 Matsqui
- 588 Union Bar First Nation (f. Union Bar)
- 592 Xaxli'p (f. Fountain)
- 611 Lheidli T'enneh (f. Fort George)
- 619 Ts'il Kaz Koh (f. Burns Lake)
- 622 Wei Wai Kum (f. Campbell River)
- 665 Tseshaht (f. Sheshaht)
- 696 Nicomen
- 699 Nooaitch
- 720 Nazko First Nation (f. Nazko)

Community Closure Over (5 updates)

- 623 We Wai Kai (f. Cape Mudge)
- 685 Ashcroft
- 687 Skeetchestn
- 710 Tsideldel (f. Alexis Creek)
- 723 Stswecem'c Xgat'tem First Nation (f. Canoe Creek)

FNHA Response:

- FNHA is on Week 14 of Level 3 Emergency Response, which means that FNHA spends 80% on COVID-19 and 20% on FNHA operations.
- FNHA will 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.
- 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.

- “*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.
- Working with Federal and Provincial partners to obtain Personal Protective Equipment (PPE) for health care staff and first responders in all communities.
 - The 1st Provincial delivery of PPE was received on March 27 and was shipped to Regional Offices on March 28.
 - The 2nd Provincial delivery of PPE was received on April 3 and shipped out to Regional Offices for April 6th week delivery. The 3rd Provincial delivery of PPE was received April 7th and sent out to Regional Offices on April 8th.
 - A Federal and 4th Provincial shipment of PPE arrived in Vancouver on April 15th and sent out to Regional Offices on April 20th.
 - 5th PPE order from Province received week of April 20 and shipped to the Regional offices on April 27th.
 - 6th PPE order from Province received April 29th will be repackaged and shipped to the Regional offices for Monday May 4th.
 - 7th Provincial PPE order and arrived in Regions May 8th
 - 8th Provincial PPE order and arrived in Regions May 19th.
 - 9th Provincial PPE order and was sent to Regions on May 26th.
 - 10th order of PPE arrived May 27 and was sent to Regions during the week of June 1st.
 - 11th order of PPE shipped directly from Provincial Health Services Authority to Regional offices of June 8th.
 - 12th order of PPE order and shipped the week of June 15th.
 - Each region received a shipment the week of June 22 – 26
 - The week of June 29 – July 3 there were no shipments, Regions spent the week to do full inventory count to confirm stock on hand.
 - Each Region is receiving an order this week, July 6 – 10th. FNHA is working on access to point of care testing, self-isolation and quarantine options with our Federal, Provincial Government partners and the Canadian Red Cross to support First Nations communities and urban settings.
- 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.
- With the announcement of the Rural, Remote and Indigenous Framework, the FNHA will be working with its partners, and First Nations communities to identify needs and develop plans at both the regional and community level.
- 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.
- 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.
- The Business Resumption Planning Guide was posted to the FNHA Website. <https://www.fnha.ca/Documents/FNHA-Services-Resumption-Planning-Guide.pdf>

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:

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>

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>

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>

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>

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>

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:

- **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
- **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-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
- 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

- **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_CL2KEQtOr_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>