



K'omoks First Nation

3330 Comox Rd., Courtenay BC, V9N 3P8 P: 250.339.4545 F: 250.339.7053 E: Reception@komoks.ca

March 17th, 2020

Dear K'omoks Community and Membership,

In response to the COVID-19 pandemic please note that all meetings, dinners, programs and community events have been cancelled. We have also made the difficult decision to close the K'omoks First Nation Band Office to the public, but we will remain open to provide essential services to our members. Staff that can work from home will do so, and we will be available by phone at 250-339-4545 at our regular working hours of 8am to 4pm Monday to Friday with the lunch hour of 12-1pm. If you are having any difficulties or need afterhours help you can contact Acting Band Administrator Jenny Millar at 250-465-0306 or jenny.millar@komoks.ca

The K'omoks First Nation will keep all of you up to date on any new progress on our plan, any of the latest news updates as we receive them, and on how we can help our members.

We will keep regular updates via facebook, newsletters and phone calls. Again, if you need assistance of any kind we ask that you reach out to us.

Additional contacts:

Chief Nicole Rempel – 250-941-2400 or nicole.rempel@komoks.ca

Councilor Katherine Frank - 250-650-7271 or kat.frank@komoks.ca



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Dear K'omoks Community and Membership,

The K'omoks Chief and Council are working diligently with the K'omoks Administration, KDC Health Centre and all Staff to ensure that our Nation's health and safety is a number one priority.

Coronaviruses are a large family of viruses found mostly in animals. In humans, they can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). The new coronavirus has been named COVID-19. While many of the characteristics of COVID-19 are still unknown, mild to severe illness has been reported for confirmed cases.

There is still a lot the BC Centre for Disease Control doesn't know about COVID-19 and there are studies underway to better understand it. There have been a few instances of transmission before the person became sick or the symptoms were so mild that the person did not know they were sick. Those are exceptions as most people became ill from being in close contact with someone who showed symptoms such as coughing and sneezing, therefore transmitting the virus through droplets. This is why B.C. health officials are focused on putting protection around people who are ill and showing symptoms, in order to decrease the spread to others.

The K'omoks First Nation is currently reviewing its emergency plan if a local state of emergency is declared. There is currently no local state of emergency at this point.

As K'omoks works with the local and provincial governments, Indigenous Services Canada and health care providers to work together in the event of a declared emergency, we will continue to be proactive in other ways and you can also help us with this.

Our primary concern for our community is social distancing and excellent practice of good hand and sneeze/cough hygiene.

What is social distancing and why is it important?

Social distancing includes ways to stop or slow the spread of infectious diseases. It means the least amount of contact between you and other people by staying at home and working from home if possible.

Social distancing is important because COVID-19 is most likely to spread from person-to-person through:

- Direct close contact with a person while they are infectious or in the 24 hours before their symptoms appeared.
- Close contact with a person with a confirmed infection who coughs or sneezes, or
- Touching objects or surfaces (such as door handles or tables) contaminated from a cough or sneeze from a person with a confirmed infection, and then touching your mouth or face.

What you can do:

If you are sick, stay away from others – this is the most important thing you can do

- Clean hands with soap and water for at least 20 seconds or 60%+ alcohol based hand sanitizer if water is not available.
 - Especially before and after eating, going to the bathroom, being outside.
- Sneeze/cough with flexed elbow or into tissue.
- Throw tissues immediately in garbage with closed lid.
- Avoid touching your face, especially your mouth, nose and eyes.
- Avoid touching hard surfaces or objects that may not be disinfected
- Instead of greeting others with a hug, handshake, or kiss please use waves, nods, elbow touches or bows.
- If you are sick, avoid contact with others and stay more than 1.5 metres (6 feet) from people.

Masks should be used by sick people to prevent transmission to other people. A mask will help keep a person's droplets in. It may be 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).

Anyone who is concerned they may have been exposed or know you have been exposed; we urge people to call

- Primary health provider or local public health office
- 8-1-1
- KDC Health – 250-339-6591
- Band Office – 250-339-4545

COVID-19 can rapidly circulate, and the majority of affected people are elderly, those with compromised immune systems or infants.

Compromised or vulnerable people would include but not be limited to

- Heart Conditions

- Diabetics
- HIV
- Cancer
- Asthma
- Medications that lower your immune system

We are currently creating a list of any at risk members with underlying health issues. If you can contact KDC Health Centre at 250-339-6591 or Susan Savoie at 250-339-4545 to report if you are an at-risk member that would be appreciated.

If your unwell, stay home. If you or someone in your care has chest pains, difficulty breathing, or severe bleeding, it could be a life-threatening emergency. Call 9-1-1 immediately.

We understand the severity of this COVID-19 pandemic. We also understand that its up to us to keep us safe and help each other out.

If you need groceries, medications and/or prescriptions filled please contact a family member, the KDC health or the band office. If there are any other needs that we can assist with, please let us know, and we can try and assist as best we can.

BC Hydro is offering two customer assistant programs called the COVID-19 Customer Assistance Program and the Customer Crisis Fund. The COVID-19 Customer Assistance Program provides customers the option to defer bill payments or arrange for flexible payment plans with no penalty. Customers are encouraged to call their customer team at 1-800-BCHYDRO (1-800-224-9376) to discuss bill payment options. Customers facing temporary financial hardship and possible disconnection of their service due to job loss, illness, or loss of a family member may also be eligible for their Customer Crisis Fund, which provides access to grants of up to \$600 to pay their bills. Any member interested in these programs who require assistance with applying please contact K'omoks First Nation band office administration.

If you have any health concerns not regarding COVID-19 and you do not want to visit your regular doctor, Telus also offers a free app on smartphones call Babylon by Telus Health. This app allows you to check symptoms, consult with doctors and access your health records. You can download this app through any smartphone app store. They are experiencing high demand on this app at this time due to the pandemic.

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You can find more information/updates about COVID-19 from the following links:

BC Centre for Disease Control: <http://www.bccdc.ca/>

BC Centre for Disease Control Commonly Asked Questions: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/common-questions>

First Nations Health Authority: www.fnha.ca/coronavirus

The Province also announced on March 16th 2020 the following phone service to provide non-medical info about COVID-19, including the latest information on travel recommendations and social distancing. Information is available from 7:30am-8:00pm at **1-888-COVID19**

References on BC Hydro Program and Babylon by Telus Health App:

BC Hydro – COVID 19 Response:

https://www.bchydro.com/news/press_centre/news_releases/2020/bill-relief-covid-19.html

Babylon by Telus Health: <https://www.telus.com/en/bc/health/personal/babylon>



**KWAKIUTL DISTRICT COUNCIL
HEALTH OFFICE
1400 A DRAKE ROAD
CAMPBELL RIVER, B.C. V9W 7K6
Phone (250) 286-9766
Fax (250) 286-9713**

KDC Health info

KDC Health K'ómoks has information regarding coronavirus in this package. Please read though the following and if you have any questions please do not hesitate to call 250-339-6591.

Senior or immune Compromised shoppers

Grocery stores

John's Independent

Special Instore shopping: 8-9am

Shop on line: yes

Pick up/ delivery: both

Thrifty Foods

Special Instore shopping: 7-8am

Fridays and Wednesdays, Starts March 20th

Shop on line: yes, pay by debit/ Credit card

Pick up/ delivery: both

Super store

Special Instore shopping: 6-7am, Tuesday and Friday

Shop on line: yes

Pick up/ delivery: pick up

Regular hours are changing to 7am-8pm

Walmart

Special instore shopping: no

Shop on line: yes

Pick up/ delivery: both

Edible Island

Special Instore shopping:

Shop on line: yes

Pick up/ delivery: both

Quality Foods

Special Instore shopping: 7-9am

Shop on line: yes

Pick up/ delivery: both



First Nations Health Authority
Health through wellness

Prevent COVID-19 (novel coronavirus) by Washing Your Hands

Wash your hands often to keep your community safe and healthy.



1. Wet your hands.



2. Apply enough liquid soap to cover your hands.



3. Lather and scrub your whole hand, including the front, back and fingers - 20 seconds.



4. Rinse - 10 seconds.



5. Dry your hands with a paper towel.



6. Turn off tap with the paper towel.

For more information: <https://www.fnha.ca/coronavirus>



First Nations Health Authority
Health through wellness

Protect Yourself From COVID-19 (caused by novel coronavirus)

**Each of us plays a role in protecting our communities and loved ones.
Follow these tips to prevent COVID-19 and stop the spread of germs!**

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- You may be used to greeting friends, family and colleagues with a hug or a handshake, but make bumping elbows the new greeting for now.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others unless necessary.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Masks are not effective at preventing infection, and may increase risks by causing people to touch their faces more often. Use a mask only if directed to by your health care provider.

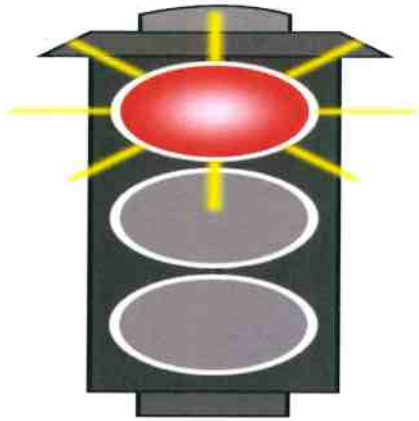
During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!

Learn more and get all COVID-19 updates at www.fnha.ca/coronavirus

SOCIAL DISTANCING:

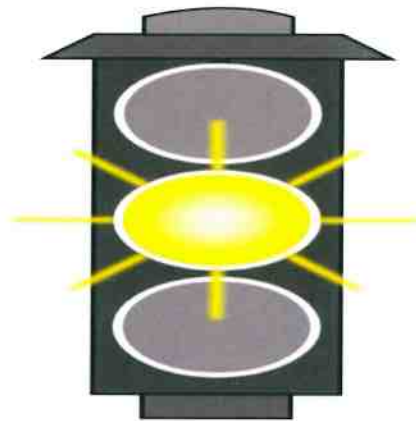
What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.



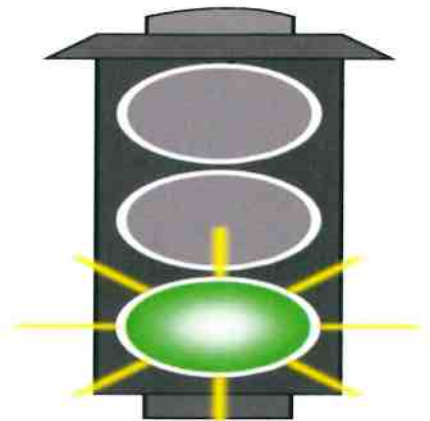
AVOID

- Group Gatherings
- Sleep Overs
- Playdates
- Concerts
- Theatre Outings
- Athletic Events
- Crowded Retail Stores
- Malls
- Workouts in Gyms
- Visitors in your House
- Non-essential workers in your house
- Mass Transit Systems



USE CAUTION

- Visit a local Restaurant
- Visit Grocery Store
- Get Take Out
- Pick up Medications
- Play Tennis in a Park
- Visiting the Library
- Church Services
- Traveling



SAFE TO DO

- Take a Walk
- Go for a Hike
- Yard Work
- Play in your Yard
- Clean out a Closet
- Read a Good Book
- Listen to Music
- Cook a Meal
- Family Game Night
- Go for a Drive
- Group Video Chats
- Stream a favorite show
- Check on a Friend
- Check on Elderly Neighbor

HOME ISOLATION while waiting for novel coronavirus (COVID-19) results



Your doctor has determined that you can safely be cared for at home.

To prevent the spread of contagious respiratory illnesses including novel coronavirus, we advise that you self-isolate at home until your test results are complete.

To get your results, call:

Coronavirus Hotline 1-833-707-2792

(M-F 8:30 a.m. - 4:30 p.m.) Results usually available in 3-4 days

- If your results show you don't have the novel coronavirus, the nurse at the hotline will explain the next steps.
- If your results show you have the novel coronavirus, continue to self-isolate. Someone from Public Health will call you.

HOW TO ISOLATE YOURSELF

Stay home

- Remain in your home except to get urgent medical care.
- Do not go to work, school, or public areas (e.g. places of worship, stores, shopping malls, and restaurants).
- Cancel non-urgent appointments.
- Do not use public transportation or taxis.

Notify health care facilities before you visit

- Call ahead before visiting a health care facility, and advise them that you have or are being tested for novel coronavirus.
- Remind health care providers when you arrive. This will help health care facilities to take steps to keep other people from becoming infected.

Monitor your symptoms

- Seek medical attention if you have trouble breathing, are unable to drink fluids, or if your illness is getting worse.
- Notify health care facilities and health care providers (e.g. emergency departments, ambulance paramedics, doctor's offices) before you visit.

Wear a face mask

- Wear a face mask when you visit a health care facility.
- If your mask gets wet or dirty, change it.
- Face masks are available at the entrance to health care buildings. N95 respirator masks are not required.

Separate from household members

- If you have a mask, use it in shared spaces or maintain a two metre distance from household members.
- Stay and sleep in a well-ventilated room separate from other people.
- Use a separate bathroom if available.
- Household members should stay in another home or place of residence if possible, especially if they have compromised immune systems or chronic health conditions.
- Restrict visitors until you recover and confirm you are not infected with coronavirus.
- Avoid sharing household items such as dishes, cups, eating utensils, towels, bedding, or other items. After using these items, wash them thoroughly with soap and water.

Maintain good hygiene

- Cover your mouth and nose with a tissue or into your sleeve when you cough or sneeze. Throw used tissues into a lined trash can in your room before disposal. Immediately wash your hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds. Use disposable paper towels when possible. For more information search for 'hand washing' at healthlinkbc.ca.
- Flush toilet with the lid down – the virus may also be present in stool.
- Clean and disinfect frequently touched surfaces once per day with regular household disinfectant containing one part bleach to nine parts water.

Revised March 6, 2020

Excellent health and care for everyone, everywhere, every time.

islandhealth.ca



Exploring the New CORONAVIRUS

A Comic Just for kids

By Malaka Yehia

AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is NOT your job to worry.

!!! SPEND YOUR HANDS PLEASE WASH YOUR HANDS THOUGH ...

But seriously, though...



Most people who have gotten sick with this coronavirus have had a mild case.

And there aren't a lot of cases in kids. It kids do get the virus, it tends to be very mild.



It's a word you might have heard at school or online or on T.V.



This coronavirus is a newly discovered virus. It causes a disease called COVID-19.

There are some things you can do to protect yourself, family and friends from getting sick.

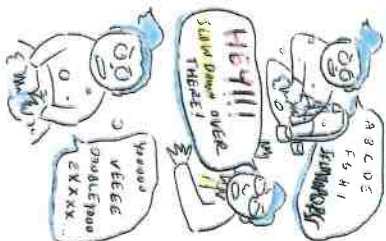
1 WASH YOUR HANDS OFTEN

* USE SOAP AND WATER

* WASH FOR AT LEAST 20 SECONDS

* IF IT FEELS, SING THE ABCS WHILE YOU DO IT - THAT'S ABOUT 20 SECONDS

* WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND)



2 SNEEZE INTO YOUR ELBOWS

* CORONAVIRUS IS BELIEVED TO SPREAD THROUGH LITTLE DROPLETS OF FLUID FROM YOUR NOSE.

* IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



3 AVOID TOUCHING YOUR FACE

* DON'T PICK YOUR NOSE. DON'T TOUCH YOUR MOUTH. DON'T RUB YOUR EYES.

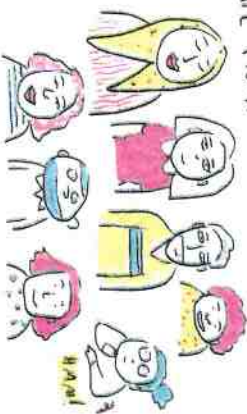
* THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to remember that this kind of virus can affect

ANYBODY

It doesn't matter where you come from or what country your parents are from.



People who are much older or who already have health problems are more likely to get sicker with coronavirus.

ACHHHH!

WHAT ABOUT DAD AND MOM AND GRANDPA AND GRANDMA AND UNCLE AND AUNTIE!!!

If anyone gets sick and feels like they might have coronavirus, they can immediately call their doctors and get help.

