

September 2020 NEWSLETTER

Laura Antione

Administrator/Deputy Fire Chief
Indian Register Administrator

Ron Aljam

Public Works/Fire Chief

Donald Kraus

Housing Coordinator/Taxation

Kristopher Oppenheim

Lands, Will and Estates

Harold Aljam

Economic Development Coordinator

Shannon Goss

Education Coordinator

Connie Bob

Receptionist

Dale August

Executive Assistant

Barclay Smith

Finance Coordinator

Julia Dick

Finance

Cari Bob

Finance Clerk

Shawn Bob

Social Services

Velma Collins

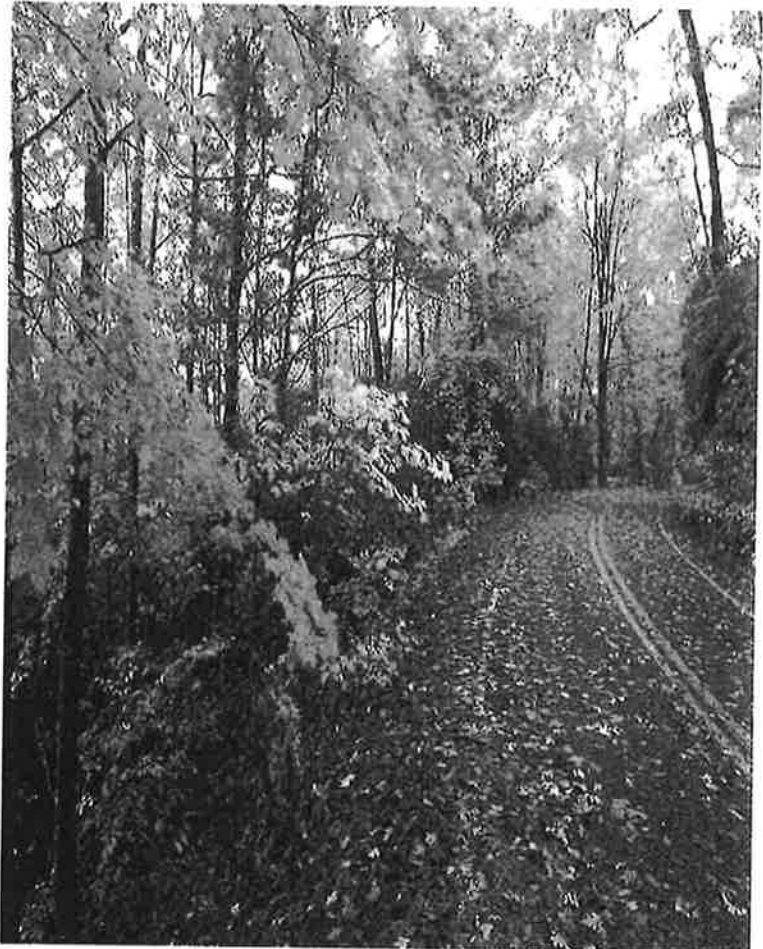
Social Services Clerk

Jenna Andrew

Adult in Home Care

June Andrew

Part Time Adult in Home Care



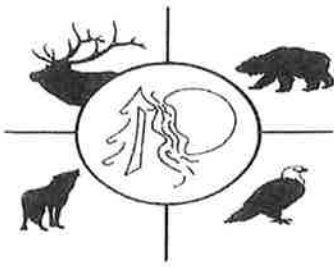
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Coldwater Band Office
2249 Quilchena Avenue, Merritt BC
Phone: (250) 378-6174
Fax: (250) 378-5351
Toll Free: 1-877-378-6174

Coldwater Administration Office
301-230 Street Coldwater Reserve
Phone: (250) 378-6174
Fax (250) 6153

Mission Statement

To enhance and sustain our quality of life through wellness and culture and to utilize and preserve all our resources for now and future generations.



Coldwater Indian Band

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Band Administrator, Public Works, Lands Wills &
Estates, Housing, Economic Development

#301-230th Street Coldwater Reserve

Phone: (250) 378-6168

Fax: (250) 378-6153

Chief and Council (Executive Assistant), Finance, Social
Development, Education

September 28, 2020

Fall Clean Up for 2020

“Coldwater Band Members “

Coldwater Band is going to have a fall Clean Up
October 9, 2020. 09:00 – 15:30

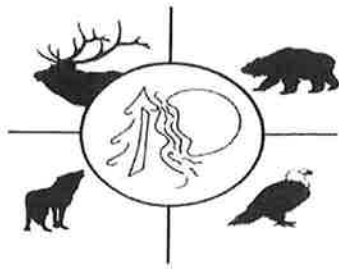
Its time to clean the yard, basement and shed of Stuff.

Coldwater Band will have crew picking the stuff up at accessible location by your home. If you have Automobiles to dispose off Coldwater Has a fire smart program that will remove the Automobile. If you got an abundant amount of stuff to move to recycling, we will review the amount. Coldwater Indian Band or the crew will not move any Dangerous goods or stuff that could harm them.

Please pile the stuff at an accessible Location (one location) for pick up.

Please Contact Coldwater Indian Band to get on the list for Pick up on October 9, 2020.

Coldwater Indian Band also Askes if you can follow the Covid-19 Safety recommendations.



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Chief and Council (Executive Assistant), Finance, Social Development, Education

Tuesday, September 22, 2020

Re: COVID-19/ Corona Virus

Good day Coldwater Band Members,

On behalf of Council we would like to remind you to stay diligent in these trying times and to "Flatten the curve" by doing all the following recommendations:

- **Stay Home if you are not feeling well**
- **Keep commonly touched places clean & disinfected. Keep washing your hands**
- **Obey public health advice & social distancing**
- **Do NOT touch your face**
- **Emergency situations call 911**
- **Nose & Mouth etiquette, Cough & sneeze into your elbow or a tissue. Throw tissue into garbage & wash your hands**
- **Non-essential travel-if you do need to go to town, follow all precautions and recommendations re: wash hands every 20 minutes, only touch what you need to, change clothes/shower once returning from home etc.**
- **Keep children away from playgrounds, including the Coldwater School playground**
- **Everyone needs to social distance, including WITHIN the community. There should be no visitors, play dates etc. for at least two weeks.**

The less time you spend with someone, the farther apart you should be. If you've never met the person before, then maintain 2 meters distance is very important. However for your household bubble and 'safe six' friends/family, closer is OK, unless someone is more vulnerable to severe illness from COVID-19.

While social distancing can prove to be hard on many, it is critically important to do. It is also equally important to take care of your mental, physical, emotional, and spiritual well-being. Here are some ideas you can do while at home:

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- Talk with family and friends over the phone or face time with them. Create fun challenges between each of your households
- Work on projects you have put aside because life got too busy
- Learn how to make something-Food, clothing, crafts etc.
- Declutter and organize your home
- Clean up around the outside of your home-get rid of any fire hazards, pick up garbage etc.
- Start a indoor garden
- Do some reading
- Most Important-Talk with someone if you are struggling with feeling alone, overwhelmed, anxious. This is a trying time for everyone but there is no reason we need to feel alone during this process.
- Stay active- workouts can be done at home, take a walk/run, dance at home!

If you think you may have come in contact with someone who has the virus stay home. To help lessen the possible anxiety of thinking you may have the virus, there is a self-assessment you can take online: <https://bc.thrive.health/>

Or you can call: 1-888-268-4319 or 811

There is an app available for your mobile phone. In your app store, type in: BC COVID-19 Support - The app is very informative and has lots of information.

We are still in a State of Emergency.

We are **IN LOCKDOWN!**

Both Band offices will remain closed to the public for the safety of the staff members and our community.

We are practicing Social Distancing and self-isolation until further notice.

Thank you,
On behalf of council
Gerome Garcia

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The Coldwater Indian Band and all of the World are in a COVID – 19 Pandemic. Definitely an experience that has brought added stresses and ways of figuring out how to do business and live our lives in as rich of ways as we possibly can. Leadership is going to be doing future video presentations (updates/presentations – in lieu of General Band Meetings) on the Coldwater Indian Band website in the members only section (must only be a registered Coldwater Indian Band member to be accepted for access) and will answer questions asked on those presentations by registered Coldwater Indian Band members via various platforms of communication they so choose. There are Council members who have been updating community members on their certain portfolios/projects and those are listed in the newsletters.

I would like to thank those staff that have been involved in getting out some food and gift cards to the On-Reserve members. C.N.A. (Citx Nation Assembly) has been gathering the information for the off-reserve members to get assistance for those members. We have assisted those that we could when we first started experiencing this World-Wide Pandemic. We will continue to look for ways to assist where we can and in ways that are safe for all involved. We are currently also upgrading our system for internet due to the strain of COVID 19 when many students and members had to work from home. I am hoping all the upgrades will be enough to ensure our youth continue with their education in those forms or through SCIDES.

For Status Cards be advised that I.S.C. has opened up their offices to process status cards with COVID Safety plans strictly enforced. They have been encouraging I.R.A.s to get members to register for the S.C.I.S. cards for a few years now. On Indian Services Canada (I.S.C.) they have let all Status Indian's know on their website that they can write to I.S.C. for letters regarding expired Status Cards. As the backup I.R.A., I will be handling any other Indian Registry Administration issues as best as I can. I have received some information from I.S.C. regarding registry of babies and will be contracting those parents to get the information I.S.C. requires due to changes within I.S.C.'s registry system. They have not indicated how long it would take but I imagine the process is long. For Status Cards I will look at ways this can be done in a safe manner until COVID 19 Pandemic has subsided. At the beginning of the Pandemic there was literature handed out the households from I.S.C. to inform any businesses and organizations that the band number does not expire even if the card is expired. I have been asking that members apply for the S.C.I.S. cards in the meantime as those cards do not expire as quick as the current status cards that certain band offices can do. When Leadership has lifted their current COVID 19 Community Safety lockdown I can set up appointments by appointment on certain days.

Please do not take this Pandemic lightly and do what you can to protect yourselves, family and members.

Respectfully yours,

Coldwater Indian Band

Laura Antoine – Band Administrator

Coldwater Indian Band

2249 Quilchena Avenue P.O. Box 4600 Stn. Main Merritt, B.C. V1K 1B8
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30 September 2020

Dear: Coldwater Membership

Coldwater Indian Band is preparing for the winter months, and we are asking that the membership please prepare their homes for the colder weather that is approaching.

While all issues are important, at this time the housing department is focusing on the repairs that will ensure the membership has a safe house that they will feel comfortable raising a family:

- Hose bibs (remove your garden hose and store for the winter);
- Electrical systems;
- Heating systems (clean your furnace and change the filter);
- Plumbing;
- Roofs & gutters - clean
- Chimneys and fire safety - clean
- Doors and windows (check for drafts);

While the housing department would like to address all concerns, please keep in mind that we are limited in what we can do and at the present time our focus is on health and safety of the membership for the winter cold.

If you have any questions please contact the Coldwater Administration office,
Monday to Friday 8:30AM to 4:30PM

Thank-you, and have a nice day

Donald Kraus

Donald Kraus
Housing / Tax Administrator



Heñte? C'eletkwmx!
Hello, my name is Shannon Goss.

I am a member of the Upper Nicola Indian Band and I have lived in the Nicola Valley my whole life. In my new role, as Education Coordinator for the Coldwater Indian Band, I look forward to working with families and individuals to help them reach their educational milestones.

As a lifelong learner, I believe that you are never too young or too old to learn and that investing your time and energy into your education can take you to where you want to be. I can relate to the experience of attending school in Merritt and being a band-sponsored student attending university. Completing my Bachelor of Natural Resource Science has allowed me to pursue a varied career working primarily to create better outcomes for Indigenous people and communities.

In addition to coordinating existing education programs and services, I am also excited to explore new education opportunities for C'eletkwmx members. While the office is currently closed to the public due to COVID-19, I look forward to interacting with the community, families and individuals by telephone, e-mail, videoconference and on the website – check out the link for more information: www.coldwaterband.com/community/education

Merritt Central Elementary Cohort Schedule LUNCH/BREAK TIMES (2020/21):				
COHORT 1	Div 1 Div 2	Alison Kuzio Brock Shea	Recess: Lunch Eat: Lunch Outside:	11:05-11:20 12:30-12:55 12:55-1:26
COHORT 2	Div 3 Div 4	Jason Sommerfeld Roxanne Mikita	Recess: Lunch Eat: Lunch Outside:	10:30-10:45 11:29-12:00 12:00-12:25
COHORT 3	Div 5 Div 6	Kelly Shea Tammy Thomoset	Recess: Lunch Eat: Lunch Outside:	10:30-10:45 11:29-12:00 12:00-12:25
COHORT 4	Div 7 Div 8	Krystin Tourand Caitlin Burdeniuk	Recess: Lunch Eat: Lunch Outside:	11:05-11:20 12:30-12:55 12:55-1:26
COHORT 5	Div 9 Div 10 Div 11	Karen Cargnelli Anita Sahota Vida Ferris	Recess: Lunch Eat: Lunch Outside:	11:05-11:20 12:30-12:55 12:55-1:26
Diamond Vale Elementary Schedule				
First Bell:		8:25 AM		
Recess:		10:10 - 10:25 am		
Lunch:		12:05 - 12:56 am		
School Ends:		2:30 PM		
Schedule remains the same. Cohorts are spread out in designated areas to ensure social distancing.				

MSS 2020 -2021 SCHEDULES

In response to an increased focus on health, MSS has developed differentiated timetables broken down by cohorts.

MSS Senior Cohort Schedule:

Senior Cohort A		Senior Cohort B		Senior Cohort C	
Time	Mon. – Fri.	Time	Mon. – Fri.	Time	Mon. – Fri.
8:30-10:05	A	8:35-10:25	A	8:35-10:45	A
10:05 – 10:15	Break	10:25 – 10:35	Break	10:45 – 10:55	Break
10:20 – 12:10	A	10:40 – 12:20	A	11:00 – 1:10	A
12:10 – 12:55	Lunch	12:20 – 1:05	Lunch	1:10 – 1:55	Lunch
1:00 – 3:00	A	1:10 – 3:00	A	2:00 – 3:00	A

The Grade 8 & 9 students are on a modified “Quarter System”. Students will take part in two classes at a time for 22 days. There is a two-day rotation as outlined above. The easiest way to understand this may be to see that whatever class the student has in the afternoon, they also have the following morning. After 22 days they will take part in two new courses. In February they will repeat the rotation to complete the second half of each course.

For example:

Terms 1 & 5 - English and Science

Terms 2 & 6 – French and PE

Terms 3 & 7 – Social Studies and Math Terms

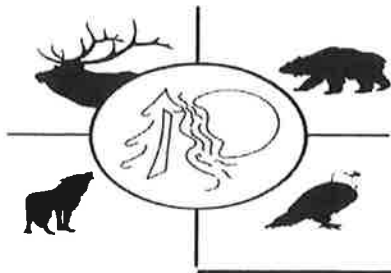
4 & 8 – Electives (Band, Computers, Textiles, Drama, Art, Metalwork, Woodwork)

Grade 8		
Time	Day 1	Day 2
8:35-9:25	A1	A2
9:25 – 9:35	Break	Break
9:40 – 11:05	A1	A2
11:05 – 11:55	Lunch	Lunch
11:55 – 3:00	A2	A1

Grade 9 Timetable		
Time	Day 1	Day 2
8:35-9:45	A1	A2
9:45 – 9:55	Break	Break
10:00 – 11:20	A1	A2
11:20 – 12:05	Lunch	Lunch
12:10 – 3:00	A2	A1

Term One	
September 14 - October 14	
Day One	Day Two
September 14	September 15
September 16	September 17
September 18	September 21
September 22	September 23
September 24	September 25
September 28	September 29
September 30	October 1
October 2	October 5
October 6	October 7
October 8	October 9
October 13	October 14

Term Two	
October 15 – November 17	
Day One	Day Two
October 15	October 16
October 19	October 20
October 21	October 22
October 26	October 27
October 28	October 29
October 30	November 2
November 3	November 4
November 5	November 6
November 9	November 10
November 12	November 13
November 16	November 17



Coldwater Indian Band

301-230th Street Coldwater Reserve

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Fax (250) 378-6153

To:
C&C and Band Membership
September 2020

From:
M. Smithers, Council
Coldwater Indian Band
Re: Updates

Background;

For those who don't know me, my name is Mike Smithers and I am Nlaka'pamux Member. My Wife is Jackie Smithers. I've been on Council for Coldwater Indian Band now for my third term as an elected official. I continue to attend C&C Meeting on regular basis.

My parents are Gilbert Bob and the late Virginia Bob also known as (Cookie). My Grandparents are the late Peter Bob and Ada Bob from the Coldwater Indian Band. I have numerous family and friends on and off the Reserve. I currently live on the Coldwater Indian Reserve.

Hello all, this is my report and updates on current projects.

I sit on a couple of Committee and a Board Representative as follows:

1. **Board Member for Scw'exmx Community Health, SCHSS**
2. **Forestry and Range Committee**
3. **Other duties**

1. **SCHSS Board of Directors,**

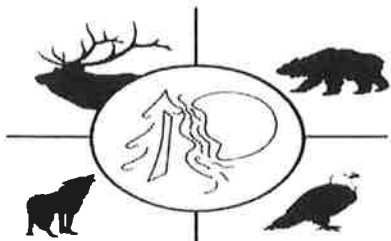
Also, I am a Board Member for SCHSS Board of Directors and am Secretary Treasurer.

Health Building: With the challenges with the Covid-19 pandemic. The Coldwater Band is still in process in a Health Building up on the reserve. Date to proceed is to be determined.

Background: The Executive Director and Board Member since were reviewing a feasibility study on what a health building might look on our Community. We are in the

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preliminary stages in the project. The Coldwater Band, Chief & Council have approved the hiring of "Iredale Architect (Peter Hilderbrand). There were up to three (3) sites that had potential for the location of our Health Building. A preliminary site visit happened January 26, 2018 and one of the sites I viewed is located near the Coldwater School Building. Since, there was a decision made by the Band Membership on the location and building type.

The Feasibility Study has gone to the First Nation Health Authority's for review. The next steps is to have the Committee, the Architects and First Nation Health Authorities meet and decide next steps. This project is proceeding and awaits first concepts from the architects. The building is planned to start the structure once we know more with the Covid situation that we are experiencing.

Stoyoma Dental

Background: The Executive Director, Jim Adams SCHSS has brought to the Communities presentations in-regard to the Stoyoma Dental. Jim continues to work diligently in the up keep of the Stoyoma Dental Program.

Since, Styoma Dental Clinic has been moved into the new building, Jim was in process of roof repairs and still in the works. The Styoma Dental Clinic is currently in operations. We encourages for all clients to keep attending your dental appointments and keep smiling.

Other: The Executive Director continues diligently submits monthly reports in memo form. Jim Adams continues to attend meetings at IRTT, PATT, IRNE (prep & meeting) and PALT. Watch for SCHSS monthly newsletter that shows different programs being offered by SCHSS.

SCHSS Board of Directors attended a Governance Workshop last September 2019.

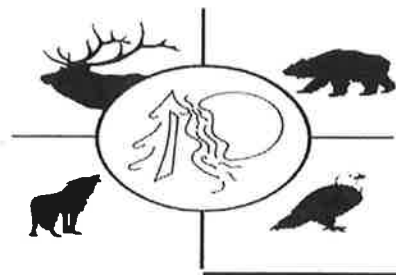
Highlights of the Training included:

- • ***Gain*** an understanding of the roles and responsibilities of a board.
- • ***Expanding*** your knowledge of good governance.
- • ***Explore*** governance decision making models.
- • ***Obtain*** insight on board conflicts.
- • ***Explore*** board evaluations
- • ***Understand*** strategic planning

Other training is on hold due to the Covid pandemic that we are experiencing.

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2. Forestry and Range

The Forest and Range group meet on regular basis when time permits.

In response to the proposal activities happening in and around our Traditional Territory.

We are working on the Forest & Range Consultation and Revenue Sharing Agreement (the FCRSA). The Forest & Range Consultation and Revenue Sharing Agreement (the FCRSA), discusses how the revenue sharing is calculated and title & rights.

The (FTOA) is Forest Tenure offer Agreement, is basically a tenure license for an opportunity to manage our own timber volume (m3) that is being offered and available to First Nations.

The Province (Regional Executive Director) offers the Replaceable Forest License to Coldwater Indian Band then, Coldwater has a "License", as per the Forestry Act.

These agreements were offered from the Province of BC to the Coldwater Indian Band. The Regional Executive Director has offered Coldwater Indian Band an application to apply for RFL, Re-Newal Forest License to cut.

Recently, C&C had reviewed and approved to move into an agreement with the Province to get a direct award a "RFL", Renewal Forest License. This new License will create revenue flow for the Coldwater Indian Band.

Coldwater Band is now a license holder to cut timber.

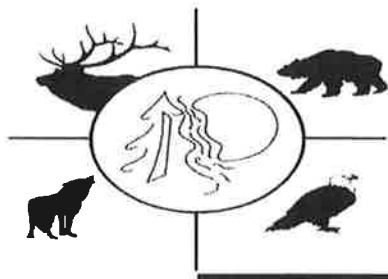
Comments: As First Nations People we want to protect and preserve the traditional plants, animals and water. Our Cultural and Traditional Values are important and this is an opportunity for Coldwater Band to manage the land and protect our resources.

The path forward for the Coldwater Indian Band and the Province of British Columbia rests on establishing a mutually beneficial economic relationship that balances prosperity with the need to maintain and preserve Nlaka'pamux Culture and Values. Chief & Council of Coldwater Indian Band continues to build this relationship with the Province of B.C. and we encourage a respectful, principled and timely resolution to these issues mentioned above.

I continue to attend the Forest and Range Committee meetings.

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3. Other: Also, I am the Technical Representative for Coldwater Indian Band and I attend technical meetings with the other Nicola Bands Representatives.

Some of the things we are looking at,

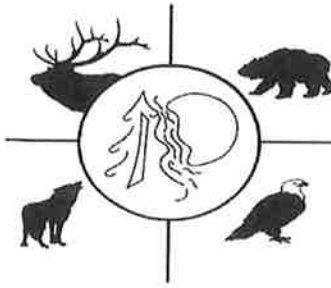
- Communities to work together to understand forest tenures, licenses.
- Forest Stewardship Plans and First Nations want to work with Licensees in a Collaborative Process and Develop Stewardship Standards/Protocols for – roads and access, wildlife, timber and range, water & soil, landscape unit, identify cultural and heritage values (traditional uses), the cumulative effects and look at programs such as full fiber utilization from the timber.
- Attempt to develop a plan to ensure that all parts of the territory are cared for.
- Continue to attend meetings with decision makers from all Forest Licensees in the territory to outline the First Nation's Plan in moving forward.

Thank you,

Mike Smithers, Council
Coldwater Indian Band.

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Chief and Council (Executive Assistant), Finance, Social
Development

September 22, 2020

To Whom it may Concern;

Coldwater Indian Band and the Housing Contractor(s)

Politely ask that all curious people, individual(s) refrain from entering the newly constructed home(s) and Entering onto the property due to Covid-19.

Coldwater Indian Band will be issuing the crews lanyards with department name and any contractor that you have coming into the community to do construction or to do contract work for Authorized entry on Coldwater Indian Reserve.

Coldwater Indian Band at the proper time will open units for review at the Appropriate Moment. Soon as the units are totally Disinfected.

Please Direct your questions to Coldwater Indian Band if you have any Questions.

Thank you

Coldwater Indian Band

Please remain Covid-19 Safe and practice Social Distancing.



How to access your results after your COVID-19 Test

COVID-19 test results are usually available for patients in 48 hours. However, this may vary depending on a number of factors including transport time.

If your test is positive, public health will contact you. If your test is negative, you will not be contacted by public health. Access your results through these options:

- **BCCDC Negative Results line:** call 1-833-707-2792, from 8:30 AM to 4:30 PM, PST, seven days per week.
- **Text message from BCCDC:** Sign up to get a text directly to your cell phone at www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/test-results.
- **MyHealthPortal:** Check online at MyHealthPortal at www.interiorhealth.ca/YourHealth/MyHealthPortal. If you are not enrolled, ask to have your email entered on your patient record during your testing visit, and then click on "Request to enrol" at the link above. For support, call 1-844-870-4756, Monday to Friday from 7 AM to 7 PM, PST. MyHealthPortal will indicate your test result or refer you to the BCCDC options above.
- **If your results are not available after 48 hours and public health has not contacted you, call the BCCDC Negative Results line and speak to an operator.**



Self-isolate after your COVID-19 test

After your COVID-19 test today, you must return home immediately and self-isolate. You must not make any stops.

- **Do not leave home.** Do not go to work, school, or public areas including places of worship, stores, shopping malls or restaurants. Cancel or reschedule all appointments.
- **Do not have visitors.** It is okay for friends, family, or delivery drivers to drop off food or other necessities, but have them drop off deliveries outside your home or door.

Avoid contact with others in your home

- If possible, seniors or people with a chronic medical condition should stay somewhere else.
- Stay in a separate room and use a separate bathroom if possible.
 - Stay and sleep in a different room away from other people in your home as much as possible.
 - Make sure that any shared rooms have good airflow (e.g., open windows).
 - Use a different bathroom if available. Flush the toilet with the lid down as the virus may be in stool/feces.

Nlaka'pamux Health Services Society

2088 Quilchena Ave P.O Box 1624 Merritt BC, V1K 1B8

Telephone: (250) 378 9772

Fax: (250) 315 0283

Email: Mhreception@nlxfn.com



To: Health Directors of Nlaka'pamux Nation
Chiefs of Nlaka'pamux Nation
Nlaka'pamux Membership

CC: Nlaka'pamux Health Services Society Board of Directors
Nlaka'pamux Health Services Society Staff
Sherry McIntyre, NLX Technical Representative
Bernadette Collins, NLX Technical Representative (Interim)
Ko'waintco Michel, NLX Governance Representative

From: Tamara George, Executive Director

Date: September 23, 2020

Re: **NHSS Covid-19 Update**

Hello & Good Afternoon,

We have been notified of two positive COVID-19 cases within one of our Nlaka'pamux communities. Nlaka'pamux Health Services nursing team is supporting the Community Health Centre that is working collaboratively with Interior Health Infection Control Team and First Nations Health Authority to complete Covid-19 testing and contact tracing follow up.

Nlaka'pamux Health Services Society Mental Health team is also available to those who are self isolating or who have been impacted by the pandemic. Please see the contact phone numbers for the Mental Health team attached.

A positive diagnosis can be terrifying and stressful for those requiring isolation from loved ones. During our COVID reality, we need to send our heartfelt prayers and hope that people show lateral kindness & empathy during these trying times.

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We all must do our best to keep one another safe by practicing hand washing, using hand sanitizer, wearing masks, and continue practicing social distancing and work together to keep ourselves and communities safe.

If you or a member of your community needs COVID-19 testing please feel free to contact NHSS Home Care Nurse Terri Stockwell at 250 378 9772 or call 8-1-1 to contact your local public health nurse, at your local Hospital/Health Centre.

In order to gain further control of the virus, anyone who shows signs or symptoms of COVID-19 should self isolate and get tested. COVID-19 symptoms include fever, cough, sore throat, runny nose, diarrhea, and nausea. If anyone is showing symptoms, please immediately isolate and contact a health professional.

For more information, please visit www.fnha.ca or www.interiorhealth.ca , you can also find information shared by NHSS on our Facebook pages: @nlxhealth <https://www.facebook.com/nlxhealth/> and @nlxcovid19 <https://www.facebook.com/Nlakapamux-Covid19-Pandemic-Updates-101483204830467/>

Thank you for your unwavering support and compassion as we navigate this uncharted territory together. Lets all do our part to keeping our staff & community safe.

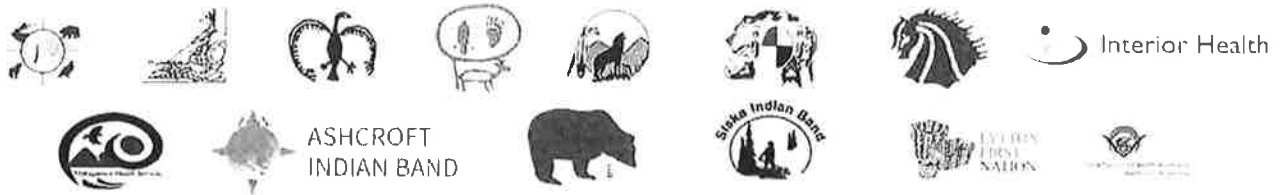
If you have any questions, please feel free to ask. I can be reached at 250 378 9772 ext.119 or by email George.t@nlxfn.com

Wishing you all good health!

Respectfully Submitted,

A handwritten signature in cursive script that reads "Tamara George".

Tamara George, Executive Director



Nlaka'pamux COVID-19 Testing

Have you been experiencing the following symptoms for 24 hours or more?

Mild Symptoms:

- ⇒ Low-grade fever
- ⇒ Cough
- ⇒ Malaise (overall discomfort)
- ⇒ Muscle aches
- ⇒ Runny nose
- ⇒ Nasal congestion
- ⇒ Loss of sense of smell
- ⇒ Painful swallowing
- ⇒ Loss of appetite
- ⇒ Fatigue
- ⇒ Sore throat
- ⇒ Nausea, vomiting, and/or diarrhea

Severe Symptoms:

- ⇒ Fever
 - ⇒ Shortness of breath
 - ⇒ Difficulty breathing
 - ⇒ Chest pain
- **If you are having any of these severe symptoms please call your nearest emergency department to make arrangements to be seen by a health professional

Self-Assessment

DETERMINE IF TESTING IS REQUIRED & ACCESS THE NEAREST COLLECTION CENTRE

The symptomatic individual can:

- Call their primary care provider (including Community Health Nurse (CHN), Nurse Practitioner (NP), or family physician)
- Call HealthLink BC at 8-1-1. If the individual chooses, they can share that they are First Nations during this call.
- Use the COVID-19 BC Support App
- Complete the BCCDC COVID-19 Symptom Self-Assessment Tool and self-refer to a testing site by calling the site to book an appointment.
- Call their nearest IH COVID-19 Testing and Assessment Centre.
- Locate the nearest testing centre on the BCCDC Collection Centre Finder.

Testing is done by appointment only,
to book an appointment please contact your local
Health Centre/Hospital:

Location	Booking	Dates/Times	Address	Phone Number (leave message)
Lytton FNHA nurses	by appt only	M-F 1:00pm-2:00pm	1535 St. Georges Rd	250-455-2715
Lillooet FNHA nurses	by appt only	M-F	296 Main St. Lillooet	250-256-7017
St. Bartholomew's Hospital—in ER	by appt only	M, W, F 11:00-12:00pm	575A Main St. Lytton	250-455-2221
Lytton First Nation Lisa Colwell	by appt only	M, T, W 8:30—2:00pm	To be booked	250-256-8182
Ashcroft Hospital & Community Health Centre	by appt only	M, W, F 1:00 -2:00pm	700 Hwy 97C	250-453-1905
Nicola Valley Hospital and Health Centre	by appt only	M, W, F 12:45pm-2:15pm	3451 Voght St. Merritt	250-378-3407
Lower Nicola Health Irene Howe Rainbow Acoby	by appt only	T & Th 9:30am—1:30pm	To be booked	250-378-4089
Scw'exmx Community Health—Rose Dionne	by appt only	M-F 9am—1pm	Tailgate test at home/ Drive-in 2090 Coutlee Ave	250-378-9745
Nlaka'pamux Health Terri Stockwell	by appt only	To be booked	To be booked	250-315-7120



Nlaka'pamux Health Services Society Mental Health & Addictions Services Adult & Child and Youth

The Mental Health Department serves twelve Nlaka'pamux communities and continues to do so during the COVID-19 pandemic.

If you or your family member would benefit from a Mental Health counsellor or support and resources during this time, NHSS is offer services for any NLX Community member both on and off reserve.

Please contact:

Child or youth ages 4-19 please contact:

Stacey Hebner at 250-378-7986 or email hebner.s@nlxfn.com
Monday-Friday 8:30am-4:30pm (a referral will be done)

Age 19+ please contact:

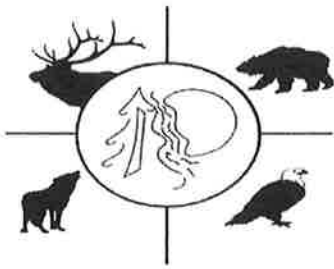
**Elizabeth Perdok- Waboose at 250-378-7631 or
email perdok-waboose.e@nlxfn.com**
Monday-Friday 8:30am-4:30pm (a referral will be done)
Referral can be completed over the phone.

For more mental health tips, resources, and updates please like our Facebook pages at Nlaka'pamux Health AND Nlaka'pamux Covid19 Pandemic Updates

Should you need assistance and/ or support outside of our support service hours please contact one of these 24-hour Mental Health Services.

- **KUU-US:** The KUU-US Crisis Line Society operates a 24-hour provincial Aboriginal crisis line for:
Adults/Elders (250) 723-4050
Child/Youth (250) 723-2040
Toll Free 1-800-588-8717 <https://www.kuu-uscrisisline.ca/>
- **Hope for Wellness Helpline:** The Hope for Wellness Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.
Toll Free 1-855-242-3310
Chat line: <https://chat.fn-i-hopeforwellness.ca>
- **Indian Residential School Survivors Society:** We are a provincial organization with a 20-Year history of providing services to Indian Residential School Survivors.
1-604-985-4465
1-800-721-0066
<http://www.irsss.ca>
- **Tsow-Tun Le Lum Society:** We provide programs that address the issues of addictions and substance abuse, and support survivors of trauma and residential schools
1-250-268-2463
FB TLL RHSW Support email: rhwcoor@Tsowtunlelum.org

If it is an emergency, please call 911



Coldwater Indian Band

PO Box 4600, Merritt, B.C., V1K 1B8

2249 Quilchena Avenue, Merritt, BC

Phone: (250) 378-6174

Fax: (250) 378-5351

Band Administrator, Public Works, Lands Wills & Estates, Housing, Economic Development

#301-230th Street Coldwater Reserve

Phone: (250) 378-6174

Fax: (250) 378-6153

Chief and Council (Executive Assistant), Finance, Social Development, Education

September 24, 2020

Good day Coldwater Band members,

We hope that you are doing well.

Corrina and I would like to provide you with an update about the Hydrogeological Program (HP). Due to the fire rating being so high in August, Cobra hasn't been able to do as much work as anticipated. The last thing we want to happen is a fire, especially in our backyard. So on day's they weren't constructing they had a 6-person fire watch crew. This fire crew would inspect the 3 sites they have been working on and did 90 min rotations on EB sites #9, #13 and #15. They made sure that there were **NO** small fires.

When the fire rating was low they worked on site #13 on Comstock, which includes fixing up the ditch, so in the spring time the rain and spring runoff will not ruin the road.

Cobra is going to be putting more road signs along Comstock, on the corners mostly. As well as clearing the alder along the road.

Due to the weather the schedule has been delayed. Work at site EB-9 (behind the new subdivision) is estimated to start at the end of September. Work hours for this site will be **9:00 AM-5:00 PM** (regular hours) **or 9:00 AM-1:00 PM** (higher fire rating, determined by the Danger Class Report on a daily basis). **We are asking that you please keep your children and pets away from the area as there will be heavy machinery. Safety procedures are also put in place to ensure the area is monitored closely for the safety of the community members.**

We will be making sure that they follow these hours and respecting our community. Cobra has a really great crew working on this project and they have been really respectful so far and have done a really good job constructing the drill pads and fixing up Comstock Road.

They are also following STRICT guidelines concerning COVID-19, they are sanitizing all their work areas, washing their hands, and temperature checks when they get onsite and when they leave. They are also required to wear masks when they travel in their vehicles with two or more people.

Stay well and stay safe

Gerome Garcia

Corrina Manuel

MISSION STATEMENT

To enhance and sustain our quality of life through wellness and culture, and to utilize and preserve all our resources for now and future generations

British Columbia Conservation Foundation (BCCF)

Please Post: Community Newsletters/Community Facebook pages

September 10, 2020

BC Wildlife Health Surveillance and Priority Diseases

Wild animals in B.C. can carry many disease and parasites without significant effects. However, there are some diseases of high priority that B.C.'s Wildlife Health Program must monitor and track. These diseases include Bovine Tuberculosis (BTb) and Chronic Wasting Disease (CWD).

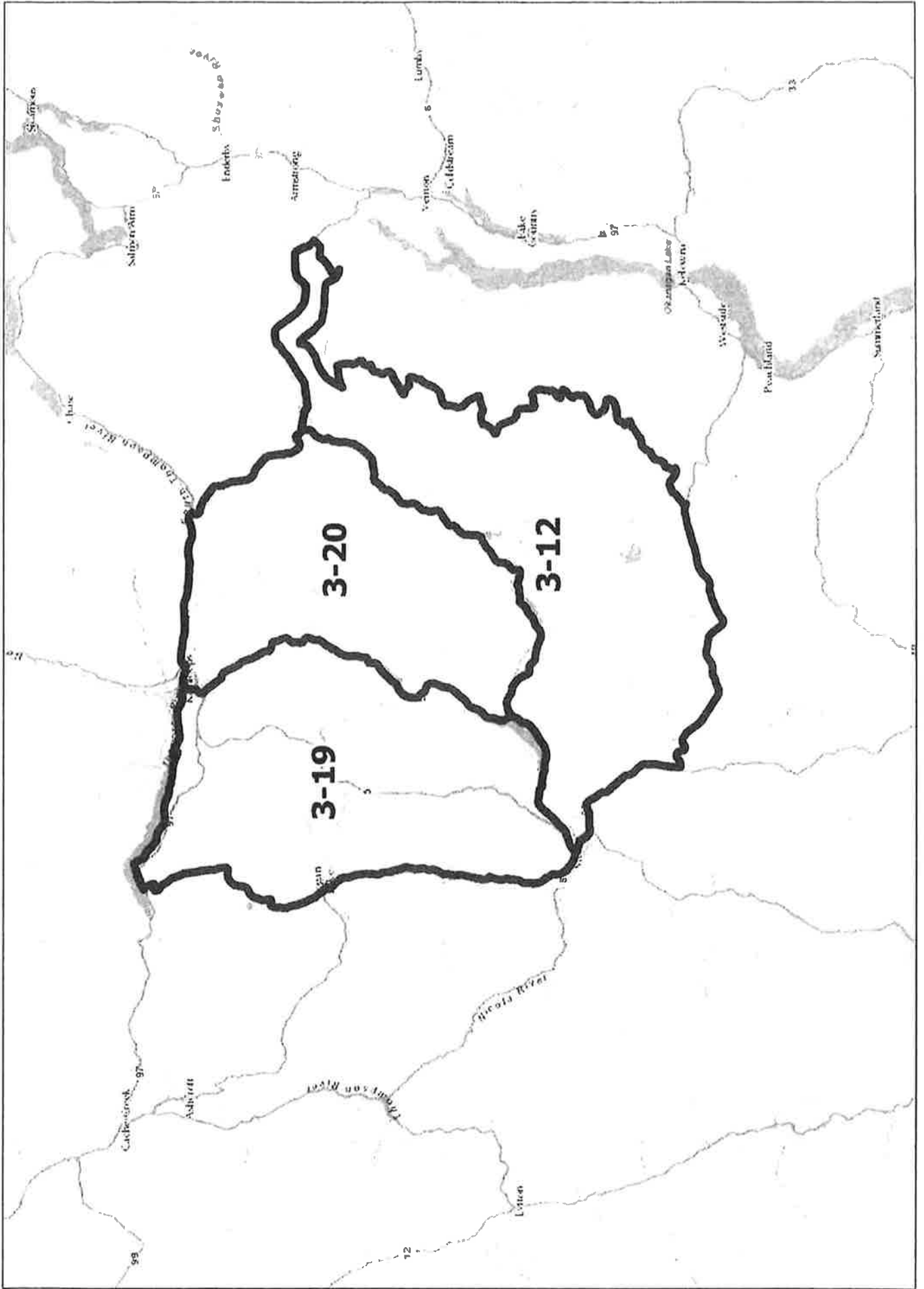
BTb is a contagious bacterial disease caused by *Mycobacterium bovis*. This disease has been reported in bison, moose, deer, elk and cattle in Canada. In response to cases of BTb in Cattle in the Nicola Valley (2018), the B.C Wildlife Health Program is testing wildlife in the area to confirm that wildlife populations are free from this disease. The risk is relatively low, but it is important that communities, especially hunters, are aware of the situation and know what to look for.

BTb is a zoonotic disease (transmitted from animals to humans). It is recommended that rigorous food safety measures are followed while handling meat from harvested animals, such as wearing gloves as well as washing hands, knives and clothes in warm soapy water and/or a 10% bleach solution after field dressing and butchering. Symptoms of BTb include; enlarged lumpy lymph nodes, small pale-yellow lumps on the surface of the lungs and ribcage, and in later stages, weight loss and coughing.

CWD is a fatal infection that affects species in the deer family (cervids) such as mule deer, white-tailed deer, elk, moose and caribou. The disease is caused by an abnormal protein called a prion, which can be transmitted through saliva, urine, feces, carcasses and even plants and soil. An infected animal may be contagious for months or years before appearing sick. Signs of infection in later stages include weight loss, poor coordination, stumbling and trembling. There is no direct evidence that CWD can be transmitted to humans however public health experts recommend that any animal suspected or confirmed to have CWD should not be eaten as a precaution.

CWD has not yet been detected in B.C., however the disease is present in wild deer, elk and moose in Alberta, Saskatchewan and Montana. This disease could be introduced to B.C. through the natural movement of infected live animals or through an infected carcass brought back to B.C. It is important that everyone understands these risks and work together to keep CWD out of B.C.

Hunters are encouraged to submit deer, elk and moose heads for testing to support monitoring for BTb and CWD. If you see anything unusual, please take photographs, submit samples, and report your observations to the B.C. Wildlife Health Program at cait.nelson@gov.bc.ca. More information can be found on the website: www.gov.bc.ca/wildlifehealth



Coldwater Indian Band
2249 Quilchena Ave
PO Box 4600, Merritt BC
V1K 1B8

September 11, 2020

Attn: Chief T. Lee Spahan, Coldwater Indian Band; Michael Smithers, Councillor; Annie Major, Councillor; Larry Antoine, Councillor; Tracey Aljam, Councillor; W. Gerome Garcia, Councillor; Leah Collins, Councillor; Corrina Manuel, Councillor; Wendy Hall, Councillor; Dale August, Executive to Chief & Council

Re: *BethCoutlee Collection of cervid (deer/moose) samples (heads, lungs and/or carcasses) for Bovine Tuberculosis (primary) and Chronic Wasting Disease (Secondary) surveillance in a specified area of the Nicola Valley (Wildlife Management Units 3-12, 3-19, and 3-20).*

Dear Chief Lee Spahan; Mr. Smithers; Ms. Major; Mr. Antoine; Ms. Aljam; Mr. Garcia; Ms. Collins; Ms. Manuel; Ms. Hall; Ms. August:

I would like to let you know that I have been hired by the British Columbia Conservation Foundation (BCCF) as their new Bovine Tuberculosis (BTB) Program Coordinator

- My tasks will include:
 - Increase awareness of Bovine Tuberculosis (BTB) surveillance in the target area.
 - Serve as a local point person for the program and liaison for **First Nations, government staff including the Conservation Officer Service, hunters, private land owners, ranchers** and the **public**.
 - Provide community outreach and educational materials on Bovine Tuberculosis and Chronic Wasting Disease at local functions, radio, social media, and with local organizations.
 - Coordinate and lead the voluntary head collection program for the community.
 - Maintain drop-off locations with marked freezers and accompanying supplies (posters, instructions, ear tags and other sample supplies).
 - Monitor drop off locations to ensure cervid samples are properly stored in bags with completed ear tag attached and maintain an electronic database of samples.
 - Monitor drop off locations for freezer capacity, report to contract monitor and coordinate transport of heads as needed.
 - Respond to calls from local sources and highway contractors and collect road killed cervid samples

- Assist Wildlife Health staff with sample collections as required at game checks and other opportunities.
- Provide a written report on completion of contract that summarizes surveillance activities, outcomes and contacts and provides recommendations.

There are 3 freezers for this program: Conservation Office in Merritt, Douglas Lake / Upper Nicola Indian Band, one being set up in Kamloops at Benny's Butcher Shop.

I will attach another article to this email package if you could post on your community Facebook page and community newsletter **and/or** forward my letter/email to your organizations and **Cc** BethCoutlee@gmail.com that would be greatly appreciated.

As time is of the essence now since hunting season is upon us, please let me know as soon as you can for any help and/or assistance you can give to this vital program.

If you have any questions or would like to meet, please contact me at the provided contact information.

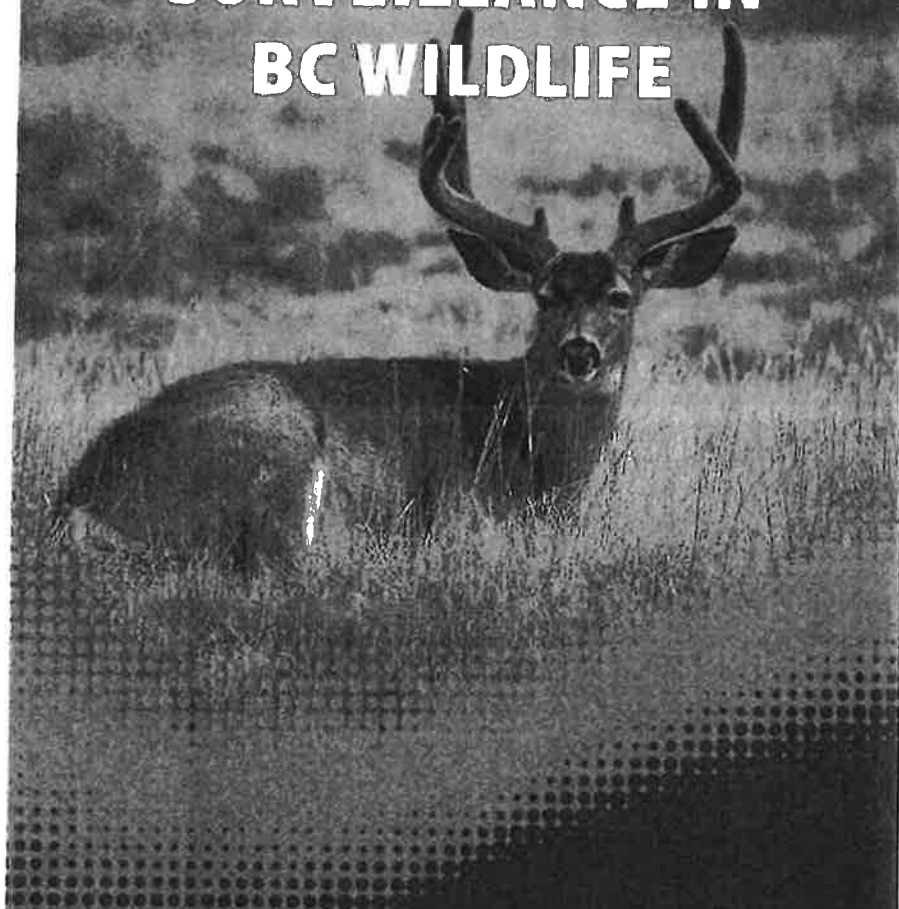
“Covid 19 protocols will be followed: use of hand sanitizer, social distancing and wearing of masks”.

Thank you sincerely,

Beth M. Coutlee, N.R.T., BTB Program Coordinator
British Columbia Conservation Foundation
Ph: (250) 378-0808
Cell: (250) 315-6141
Email: BethCoutlee@gmail.com

Cc: Cait Nelson, MOFLNRO Wildlife Biologist / Wildlife & Habitat
Kerry Baird, B.Sc., Dipl., British Columbia Conservation Foundation

BOVINE TUBERCULOSIS SURVEILLANCE IN BC WILDLIFE



**NICOLA VALLEY AREA:
BE PART OF THE SOLUTION!**



OBSERVE



REPORT



SUBMIT

**FOR MORE INFORMATION:
BC Wildlife Health Program**

Email: cait.nelson@gov.bc.ca | www.gov.bc.ca/bovinetuberculosis

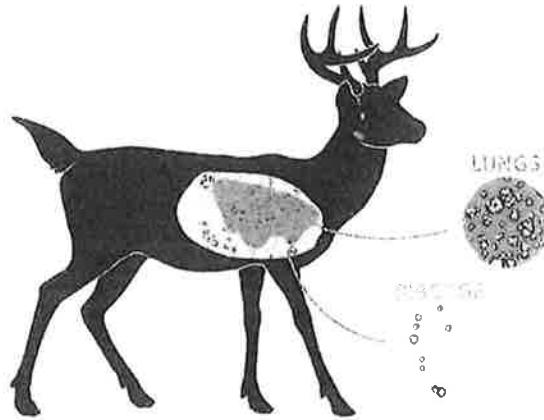


**Canadian Food
Inspection Agency**

WHAT IS BOVINE TUBERCULOSIS?

Bovine Tuberculosis (BTb) is a contagious disease caused by the bacteria, *Mycobacterium bovis*. The disease takes a long time to develop and can affect domestic and wild animals, as well as people. In Canada, it has occurred in bison, moose, deer, elk and cattle. Bacteria are transmitted by close contact between animals, including sharing feed and water.

BTb is challenging to control, has significant effects on agricultural economies, wildlife management and public health, therefore early detection is critical.



IS THERE A RISK TO HUMANS?

Mycobacterium bovis can infect humans but it is rare. It is different than the human disease from *M. tuberculosis*. Human infections resulting from eating or handling infected wildlife **are very rare**.

Please follow these basic principles:

- Thoroughly cook your food
- Routinely wash your hands
- Wear gloves when handling animals

HOW CAN YOU HELP?



Observe:

- Multiple pale (tan or yellow) lumps in lymph nodes, lungs and ribs.
- Animals are thin and may be coughing in late-stage disease.



Report:

If you see lumps in lungs or lymph nodes please photograph and save samples. Contact the BC Wildlife Health Program or the RAPP line at 1-877-952-7277. You may be asked to submit the entire carcass for further testing.



Submit:

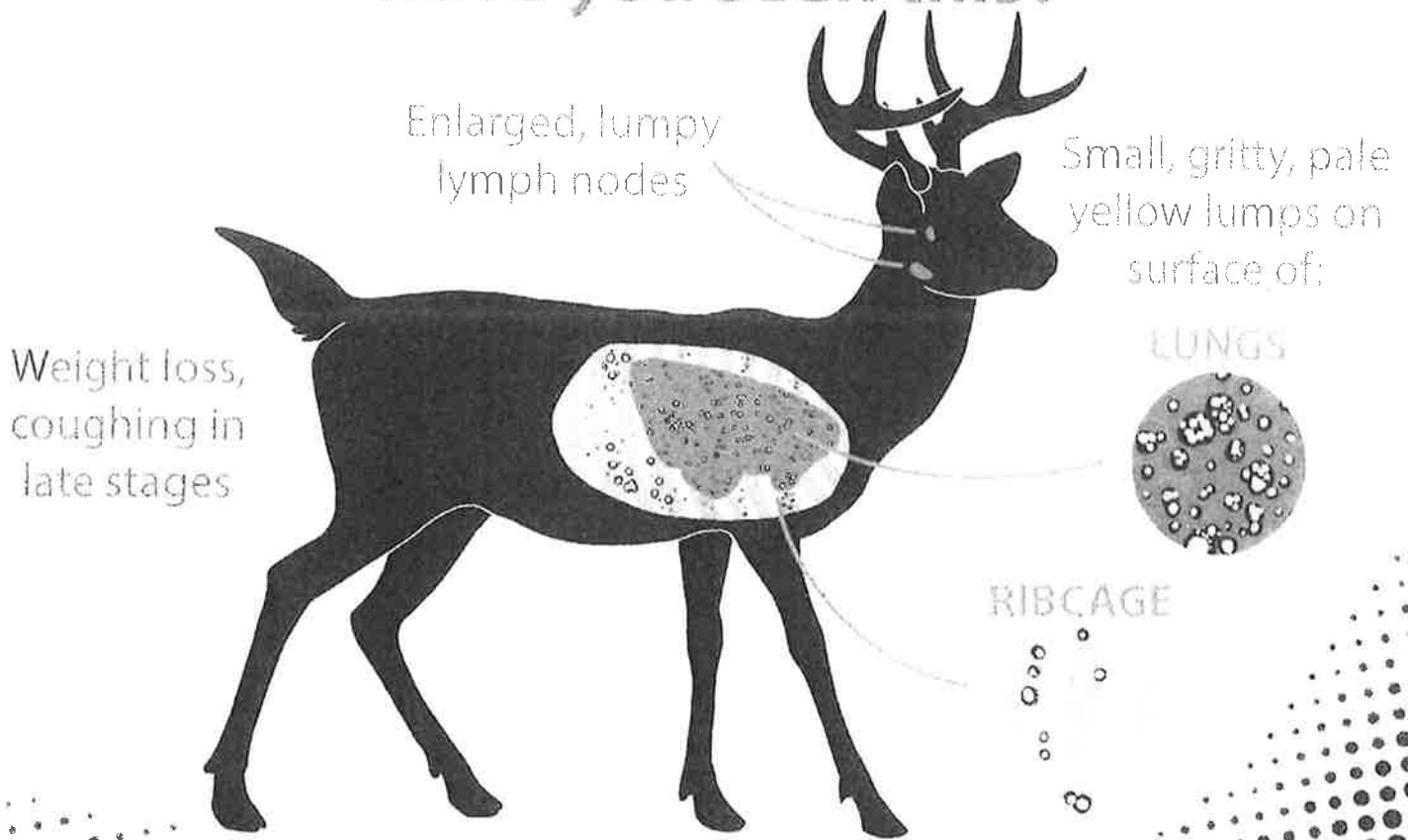
Hunters are requested to submit the head of any deer harvested in **MUs 3-12, 3-19, and 3-20** for BTb testing. Please remove the head with 3" of neck. Submit for sampling at a drop off location.

***Hunter samples are critical for wildlife health monitoring.
Thank you for supporting the program.***

BOVINE TUBERCULOSIS

Bovine Tuberculosis (BTb) can affect livestock, wildlife and people.

Have you seen this?



NICOLA VALLEY AREA:

Be part of the solution!

If you see anything odd, take photos, save samples, and contact us below.

Please report sick deer to the **BC Wildlife Health Program** or the **Report All Poachers and Polluters Line (1-877-952-RAPP)**.

**FOR MORE INFORMATION:
BC Wildlife Health Program**

(250) 751-3219

✉ cait.nelson@gov.bc.ca

🌐 www.gov.bc.ca/bovinetuberculosis


Going hunting?

Scan the QR Code below to find out how to submit samples for BTb testing.



HUNTERS

PLEASE SUBMIT DEER, ELK & MOOSE HEADS:

GOOD SAMPLE	The PERFECT Sample	BAD SAMPLE
Freshly dead or frozen immediately after death		Rotten, green, and/or stinks
Not shot in head		Shot in head or head is severely damaged
Hunter contact and location (MU) information		No information on where found or killed
One year of age or older		Less than one year old
Part of neck still attached – we need lymph nodes in the throat		Cut too close to jaw bone

*** If possible, please remove antlers (due to limited freezer space) ***

Instructions for drop off:

- Complete information on ear tag provided
- Fasten ear tag to ear with zap strap
- Place head with ear tag into garbage bag and place in freezer
- Check website via the link or QR code below for results and updates



CWD-0001 Ear tag

NAME: _____ PHONE: _____

LICENCE or PERMIT # _____

SPECIES (check one):
 Mule Deer Elk Caribou
 White-tailed Deer Moose Other: _____

SEX: M F AGE CLASS: YRLG ADULT AGE ESTIMATE: _____

KILL DATE: _____



KILL LOCATION (MU &/or describe): _____

HOW KILLED: Hunted Other (describe): _____

Was this animal normal? YES NO

If no, describe signs: _____

CWD-0001

www.gov.bc.ca/bovinetuberculosis

For more information, please contact:

Beth Coutlee
 Bovine Tuberculosis
 Program Coordinator
 Merritt, BC
 (250) 378-0808

Cait Nelson
 Wildlife Health Biologist
 BC Wildlife Health Program
 Cait.Nelson@gov.bc.ca
 (250) 751-3219

INFORMATION BULLETIN

For Immediate Release
Sept. 28, 2020

Ministry of Forests, Lands, Natural Resource Operations
and Rural Development
BC Wildfire Service

Kamloops Fire Centre to rescind open burning prohibitions

KAMLOOPS – Effective at noon Pacific Time on Wednesday, Sept. 30, 2020, all open burning and the use of fireworks, sky lanterns, binary exploding targets, burn barrels and burn cages will once again be permitted throughout the Kamloops Fire Centre’s jurisdiction.

Local governments may still have their own burning restrictions in place, so people should always check with local authorities before lighting any fire of any size.

The BC Wildfire Service takes several factors into account before rescinding its open burning prohibitions. This includes balancing the needs of the public with the need to mitigate the risk of human-caused wildfires. With recent and forecast weather conditions that include cooler temperatures, higher humidity and substantial precipitation, the fire danger rating has dropped to “low” in most of the Kamloops Fire Centre.

Anyone lighting a Category 3 open fire must first obtain a burn registration number by calling 1 888 797-1717. A Category 3 fire is a fire that burns material more than two metres high or three metres wide, or stubble or grass over 2,000 square metres, or more than two piles of any size. A poster explaining the different categories of open fires is available online: <http://ow.ly/jdO5301kS32>

People who do open burning should use caution and be aware of local conditions that might impact their ability to burn safely and control their open fires. Anyone who lights an open fire must also comply with B.C.’s air quality control legislation.

The BC Wildfire Service urges people to take the following precautions with any allowed outdoor burning:

- Ensure that enough people, water and tools are on hand to control the fire and stop it escaping.
- Do not burn in windy conditions. The weather can change quickly, and wind may carry embers to other combustible material and start new fires.
- Create a fire guard around the planned fire site by clearing away twigs, grass, leaves and other combustible material right down to the soil.
- Never leave a fire unattended.
- Make sure that your fire is fully extinguished and the ashes are cold to the touch before leaving the area for any length of time.

The Kamloops Fire Centre would like to thank the public for its continuing help in preventing wildfires. To report a wildfire, unattended campfire or open burning violation, call 1 800 663-5555 toll-free or *5555 on a cellphone.

For up-to-date information on current wildfire activity, burning restrictions, road closures and air quality advisories, call 1 888 3-FOREST or visit: www.bcwildfire.ca

Follow the latest B.C. wildfire news:

- on Twitter: <http://twitter.com/BCGovFireInfo>
- on Facebook: <http://facebook.com/BCForestFireInfo>

Contact:

Fire Information Officer
BC Wildfire Service
Kamloops Fire Centre
250 554-5965



September 25, 2020

Greetings,

Please share the following links and resources as widely as possible. Materials can be shared in community newsletters, printed and distributed, or shared among leadership and health care providers.

Public Health Notices and Articles:

- [Immunizations Keep Adults Healthy Too!](#) A message from Dr. Helena Swinkels, Office of the Chief Medical Officer and Marion Guenther, Clinical Nurse Specialist for Immunizations, CDPPH office of the Chief Nursing Officer (Sept. 17)
- [FNHA/FNHC/FNHDA Public Health Notice: Nations Urged to Protect Each Other by Cancelling or Postponing Gatherings and Ceremonies](#) (Sept. 11)
- [My Heart Breaks: A personal reflection for International Overdose Awareness Day](#) by Riley David, Regional Addictions Specialist for Vancouver Coastal Region, FNHA (Aug. 28)

Videos:

- **September 11:** Three new videos from Dr. Nel Wieman
 - [Overall wellness impact of COVID-19](#): Runtime: 3:55 minutes
 - [Responding to overdose with compassion](#): Runtime: 30 seconds
 - [Mental health and COVID-19](#): Runtime: 43 seconds
- **September 4:** Two new videos
 - [Esk'etemc community experience](#): A video by Lisa Doff, a Speech-Language Pathologist with The Asante Centre. Runtime: 2:18 minutes
 - [Esk'etemc Health Centre](#): A video by Renee McKeown, LPN with the Esk'etemc Health Centre

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>

FNHA's COVID-19 Web Portal can be found here: www.FNHA.ca/coronavirus

The FNHA created the COVID-19 web portal to help community members, First Nations leadership and health care providers in accessing the information needed to keep themselves and others safe.



For the most relevant information, including FAQs for community members and FAQs for health care providers, visit one of our three COVID information pages:

- [Information for First Nations individuals](#)
- [Information for health professionals](#)
- [Information for community leaders](#)

FNHA's e-newsletters

You can sign up for the FNHA's e-newsletter to ensure you get regular updates and information here: <https://www.fnhanewslettersignup.ca/>

FNHA App

Stay updated on COVID-19, Health Benefits updates and more with the new FNHA App. [Learn more.](#)

**In health and wellness,
The First Nations Health Authority Communications Team**



First Nations Health Authority
Health through wellness

Prevent Coronavirus (COVID-19)

**PLEASE DO NOT
ENTER OUR HOME FOR
THE PROTECTION OF THE
PEOPLE WHO LIVE HERE**

IF YOU ARE EXPERIENCING:

**Cough • Fever • Respiratory symptoms
Or believe you may have been exposed to
COVID-19 or any other type of
respiratory illness**

**If you have any questions,
call a health care provider
or 8-1-1**

**For more information and resources, visit www.fnha.ca/coronavirus
COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health**



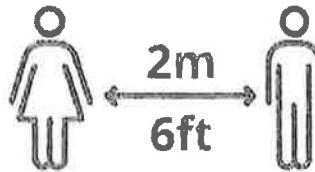
First Nations Health Authority
Health through wellness

Stay Strong. Stay the Course.

Protect yourself and your loved ones

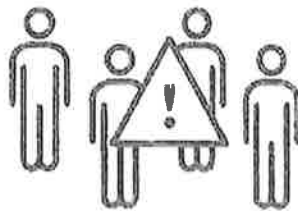


Wash your hands frequently for at least 20 seconds.

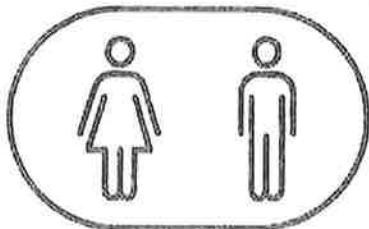
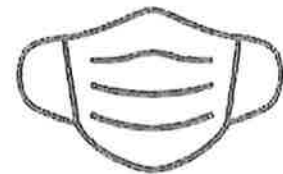


Maintain physical distancing.

Avoid gathering in large numbers.



Wear a mask whenever physical distancing is not possible.



Be cautious if you expand your bubble.

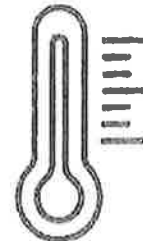


If you feel unwell, stay home.

Be kind to each other.



Testing is available for those who need it, but not everyone needs to be tested.



“ This is not the time to lower our guard. What we’ve been doing is working. Keep it up! ”

- Dr. Shannon McDonald
FNHA Acting Chief Medical Officer



First Nations Health Authority
Health through wellness

Prevent COVID-19 (Novel Coronavirus) by Cleaning your Phone

Clean your phone twice daily or as needed.

Turn off your phone and unplug all cables.

Use gloves before cleaning your phone (optional).

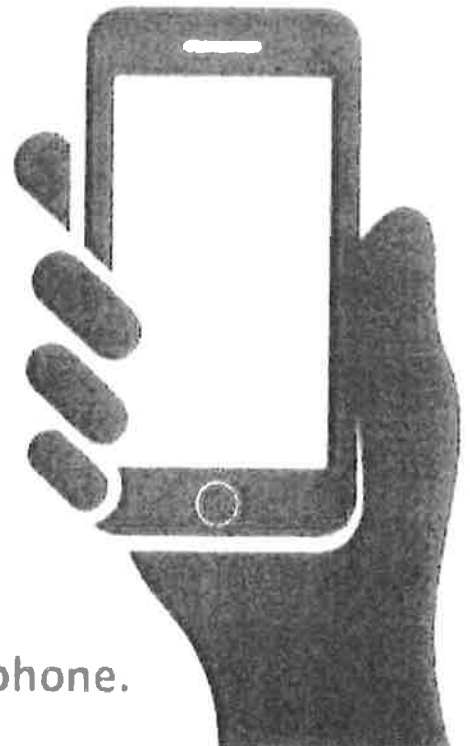
Always check manufacturer guidelines before cleaning your phone.

STEP 1: CLEAN (removing germs and dirt)

Use a soft, lint-free cloth with warm soapy water. Avoid getting moisture in openings.

STEP 2: DISINFECT (killing germs)

Gently wipe the exterior of your phone using a 70 per cent isopropyl alcohol wipe. Do not use bleach.



Wash your hands after cleaning your phone.

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



First Nations Health Authority
Health through wellness

Staying Connected during the Pandemic

Drawing on Indigenous Strengths to Stay Connected and Well

The current COVID-19 pandemic may remind us of past stories or activate blood memories of relatives impacted by colonization and intergenerational trauma. Some of our relatives may have been deliberately exposed to infectious disease or experienced inadequate health care and health resources.

In First Nations culture, we have traditionally supported each other by sharing stress collectively. We often carry the stress of relatives in our bodies, so that they do not need to carry their stresses alone. Through connecting this way, we thrive in the best of times and survive in the worst of times. Sharing stress collectively also means we may experience increased feelings of fear, worry, anger, shame and other challenging emotions.

For support, we can lean into our cultural strengths, knowing that First Nations in BC have a long history of resilience. We have traditions and practices that ground us in the present and keep us well – spiritually, mentally, physically and emotionally.

Our holistic practices can help ease feelings of personal, collective, and inter-generational stress during the pandemic. Taking care of our wellness will calm us while we fulfill critical roles within our families and communities.

We have many cultural strengths to draw upon to stay connected and keep well, even while we practice social distancing. Here are a few ideas:

- **Support those around you** – Call an Elder or a young person every day to check in. Send an email or text to a loved one. Make a video call so people know you are thinking of them.
- **Get out on the land and reconnect with nature** – Harvest traditional medicines and foods. Take a walk. Get out on the water.
- **Seek wisdom from knowledge keepers and traditional healers** – Learn about traditional healing practices and medicines. Many of our medicines strengthen and cleanse our bodies and minds. Note that there are no cures for COVID-19 at this time. Many of our knowledge keepers and traditional healers are available online and by telephone.
- **Prioritize your wellness** and focus your energy by using prayer, meditation, daily affirmations and mantras such as 'I am resilient'.
- **Embrace this time to spend with your children** – In traditional education and child-rearing practice, we taught our children daily about our history, culture, language, and life skills. We learned as families.

Spending time with children - here are some ideas:

- **Build structure into your days at home.** Both children and caregivers do better with a routine. Try to build in quiet-time activities children can do in the same room as you. Also, block off periods of time for physical activity or time outdoors. Remember that young children are not able to sit quietly for long periods of time.
- **Tell stories.** Share your knowledge about your culture, call an Elder who will tell stories, or read to your children.
- **Learn and share traditional knowledge.** Learn outdoor survival skills. Share what you know about the plants, animals and land around you. Learn and practice ways to harvest, prepare, and preserve traditional foods – and involve your kids in this process.
- **Incorporate ceremony.** Smudge every morning, do sunrise ceremony, and check in with others to reaffirm your love and relationships.
- **Kind words and thoughtful gestures help.** Use non-physical ways to show love to people while practicing social distancing.
- **Practice your traditional songs and language.** Visit www.firstvoices.com for online language resources.
- **Integrate life skills.** Teach young ones how to do daily household chores, cooking, cleaning and yardwork. You could even learn to garden as a family.
- **Play!** Children learn so much through play and are especially happy when their parents and caregivers join in the fun.
- **Model self-awareness and mindfulness.** Scan your body and name where you are carrying your feelings. Then set unhelpful feelings down into the land.

“The land – forests, mountains, earth and water – has informed all of our cultural and ceremonial practices. The land defines our identities and relationships with it. It has capacity to hold safely much more than we can hold as human beings alone. We can offer what we cannot hold, or what does not belong to us, to the land to take care of.”

Confidential, Culturally Safe Support:

KUU-US Indigenous Crisis Phone Line:
1-800-558-8717

Hope for Wellness Indigenous Online Chat:
www.hopeforwellness.ca

Telephone-based Health and Cultural Support:

Indian Residential School Survivors Society:
604-985-4465 or toll free 1-800-721-0066

Tsow-Tun-Le-Lum:
1-250-268-2463 or toll free 1-888-590-3123

For more information and resources, visit www.fnha.ca/coronavirus



First Nations Health Authority
Health through wellness

Supporting People with Alcohol Dependency during COVID-19

Reducing Alcohol Consumption Abruptly can be Dangerous



During the pandemic, most of us are living more isolated lives to prevent the spread of the virus. We are either home alone or spending time only with the family members who live in the same household. This situation can be especially challenging for individuals who are dependent on alcohol.

ALCOHOL CAN BE A COPING MECHANISM

Some of our family members may be using alcohol as a way to cope during this crisis, while others may be drinking heavily on a daily basis or in binges and need access to alcohol. Some family members may feel pressured to reduce their alcohol consumption or to stop drinking altogether. Others may no longer have access to alcohol and might seek out other sources to self-medicate.

We need to support each other with compassion and lateral kindness during this time of uncertainty. Reduced alcohol use can lead to physical and psychological symptoms. An abrupt loss of access to alcohol can lead to a state of acute alcohol withdrawal or, in severe cases, a life-threatening medical emergency.

TIPS FOR SUPPORTING PEOPLE WITH ALCOHOL DEPENDENCY

- Learn to spot the signs of alcohol withdrawal and how to manage symptoms.
- Explore options to manage alcohol withdrawal by talking to your community health workers.
- Be open to the idea that a loved one continuing their regular use of alcohol in appropriate quantities may be the safest option at this time, particularly if your community has limited access to medical professionals.
- Learn about drinking safely during the pandemic [here](#).

MILD TO MODERATE SYMPTOMS

Mild to moderate symptoms of alcohol withdrawal can appear as early as 2–12 hours after a person stops drinking. The symptoms usually peak 24–72 hours after their last drink and may last for several days. Symptoms include:

- Anxiety or nervousness
- Irritability
- Feeling depressed
- Feeling tired
- Shakiness
- Mood swings
- Not being able to think clearly
- Having nightmares
- Large pupils
- Sweating
- Headaches
- Difficulty sleeping
- Nausea and/or vomiting
- Loss of appetite
- Faster heart rate
- Pale skin
- Uncontrollable twitching

Lying down in a quiet room with dim lighting, being in a positive and supportive environment, eating healthy foods, and drinking lots of fluids can ease symptoms. If symptoms are causing discomfort, consult with a health professional. A doctor may be able to prescribe medications to help withdrawal symptoms and manage alcohol cravings.

SEVERE SYMPTOMS

Severe symptoms of alcohol withdrawal usually emerge 2–5 days after a person stops drinking. Symptoms include:

- Fever
- Extreme agitation
- Extreme confusion
- Hallucinations – feeling, seeing, or hearing things that are not there.
- Seizures – a person may fall down, shake, stiffen, vomit, drool, lose bowel control, stare off into space or have jerky body movements. After a seizure ends, a person may feel sleepy and will not remember what happened.

If these symptoms appear, seek medical attention immediately.

Hospitalization may be necessary. Severe symptoms can result in death if untreated.

For more information about COVID-19, visit www.fnha.ca/coronavirus



First Nations Health Authority
Health through wellness

COVID-19 - Smoking and Vaping: What's the Risk?

FREQUENTLY ASKED QUESTIONS



Do people who smoke have a higher chance of developing severe complications if they become infected with COVID-19?

- Yes. People who smoke, especially those who have respiratory, cardiovascular or other conditions caused by smoking, seem to be at higher risk of developing severe symptoms of COVID-19 infection, requiring ICU admission, and/or requiring mechanical ventilation.
- As smoking adversely affects the immune system, it decreases the body's natural ability to heal from infections and increases the risk of lower respiratory tract infection, including COVID-19.

Is there a link between vaping and COVID-19?

- Vaping can cause lung damage as well as other respiratory health problems, and may put you at higher risk for developing severe COVID-19 symptoms.
- Because vaping is a new phenomenon, and we do not yet know all the long-term effects or how it correlates with COVID-19, it is best to stay away from vaping or make your best attempts to significantly reduce your use.

NOTE: Research is ongoing into the negative impacts of smoking and vaping on people who develop COVID-19 illness. We will have more information to share as research develops.

How can I lower my risk of getting severe COVID-19 signs and symptoms in relation to smoking and vaping use?

- Good respiratory and cardiovascular health is essential for COVID-19 patients to positively respond to medical treatment and successfully recover from the disease.
- Quitting or reducing smoking and vaping is the best thing you can do to protect your respiratory and cardiovascular health at this time.
- Ensure there are smoke- and vapour-free spaces in the community, thus reducing second-hand smoke/vapour exposure.

- Do not smoke or vape around Elders, those with chronic illness, or those who are immunosuppressed (this includes pregnant women); these groups are at the highest risk of having poor outcomes related to COVID-19 infection.
- Do not share your smoke or vape with anyone. Doing so can transfer the virus to others.
- Remember physical distancing. Stay at least two metres (six feet) apart if smoking or vaping in a group.

NOTE: Even if you are not in the "higher risk" category, it is important to remember that there is still risk for everyone, even young, healthy people.

Where can I get more information and support?

We know it isn't easy to quit; these are stressful times, and stress causes us to want to smoke or vape even more. But please understand that it's important to try to quit or at least reduce at this time. Try using our [Land-Based Quit Tips](#) to help reduce your stress and anxiety:



Be kind to Yourself



Drink Medicinal Teas



Do a Traditional Craft or Activity



Ask the Creator For Strength

For more tips and support for quitting or reducing, visit:

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

QuitNow BC:
www.quitnow.ca or call 1-877-455-2233

For more information on COVID-19:

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

BC Lung Association:
www.bc.lung.ca/how-we-can-help/covid-19

BC Centre for Disease Control:
covid-19.bccdc.ca



First Nations Health Authority
Health through wellness

Using Cannabis Safely during the Pandemic

A harm reduction approach will minimize the spread of COVID-19

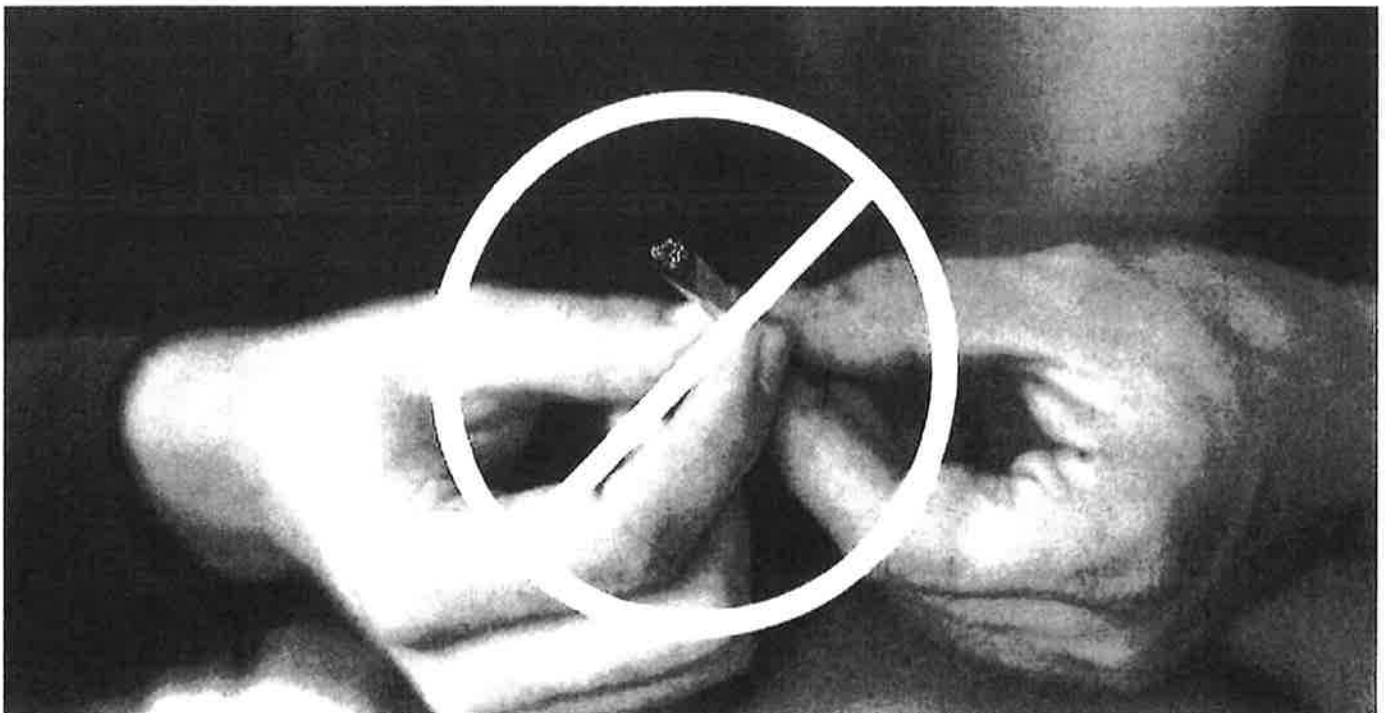
You may be wondering how to consume cannabis safely and responsibly in the midst of a pandemic. Using cannabis the way you did before the pandemic may no longer be as safe and could even help the virus spread. Here are some harm reduction tips for using cannabis safely.

Prepare your own cannabis

For your safety, prepare for yourself the cannabis you are going to consume. Being the only person to touch the cannabis and the device you will use to consume it is critical in preventing the spread of the virus.

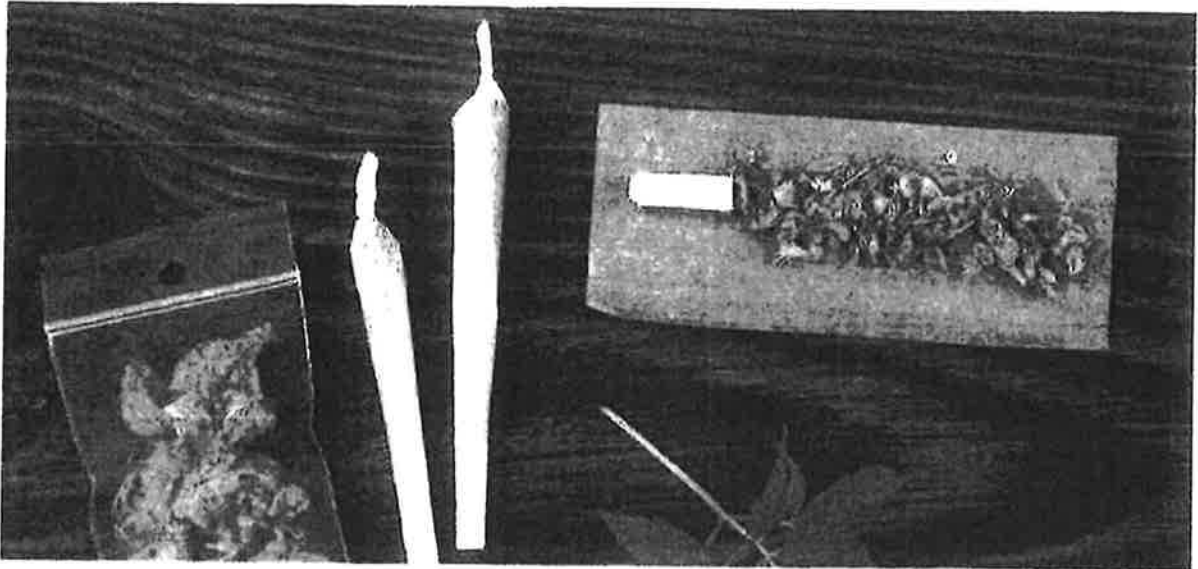
Avoid sharing joints, vapes, pipes and bongs

Sharing is a big part of the culture of using cannabis. Unfortunately, the virus can be spread if you share a joint, vape, pipe or bong with your friends. Not sharing with other people during the pandemic is the safest option when consuming cannabis.



If you are preparing pre-rolled joints for others:

- Wash your hands with soap and water for at least 20 seconds. If that's not possible, use an alcohol-based hand sanitizer.
- Wear a mask. Learn how to use a facemask and how to make your own [here](#).
- Use a sponge and water to seal the joint – do not lick it.
- Put the pre-rolled joints into plastic bags – this will reduce handling and limit the spread of the virus.



If you are receiving pre-rolled joints from someone:

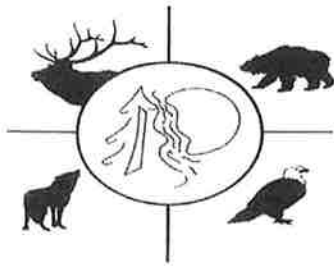
- Try to keep your physical distance (2 metres) during the exchange.
- Consider waiting 72 hours before smoking (so that the virus becomes inactive).
- Wash your hands before and after smoking the pre-rolled joints.

Avoid smoking and vaping cannabis

Smoking and vaping may increase your risk of developing severe COVID-19 symptoms. This is a good time to try consuming cannabis in a way that does not affect your lungs. You could use edibles and tinctures instead.

Buy Cannabis from Licensed Producers and Retailers

- Licensed cannabis producers and retailers are following guidelines for handling and packaging cannabis products that minimize human contact with the substance, reducing the chances that the virus has contaminated the cannabis products.
- You can order cannabis online for delivery to your home or it may be available for pick-up at your local cannabis dispensary.
- During the pandemic, cannabis retailers are allowed to be open but they may have reduced hours and will likely only allow a limited number of people into stores at one time due to physical distancing protocols.



Coldwater Indian Band

PO Box 4600, Merritt, B.C., V1K 1B8

2249 Quilchena Avenue, Merritt, BC

Phone: (250) 378-6174

Fax: (250) 378-5351

Band Administrator, Public Works, Lands Wills &
Estates, Housing, Economic Development,
Education

#301-230th Street Coldwater Reserve

Phone: (250) 378-6174

Fax: (250) 378-6153

Chief and Council (Executive Assistant), Finance, Social
Development

Work Opportunity

Hello,

I am looking to get some quotes to get one or two members to do cleanup for BC Hydro access route. It would be one or two days of work. It also would keep non-reserve members from entering the Coldwater Reserve. You would have to come up with a quote for the job. The member that dose the work would be paid directly from BC Hydro. You are required to have a working truck to haul away the objects.

The work involves:

- 3X bushes/ shrubs cut back (cut just above the ground surface to allow for continued growth the following year).
- 1 old garden bed wood wall removed.
- 1 Game pole structure, hanging off of fir tree also requiring trimming up to 14' in height.
- 1 truck frame.
- Multiple engines and assorted vehicle parts to be removed.
- clear combustibles for Fire safety.

If you are interested in making a quote, you can call me at the Coldwater Band Office for more details. (250) 378 – 6174

Sincerely,
Kristopher Oppenheim
Lands, Wills, & Estates Administrator
Coldwater Indian Band

NOTICE

Coldwater Band Membership

BC Hydro will have a crew out and about clearing vegetation (trees) on Coldwater Indian Reserve #1 and Paul's Basin IR#2 that is too close to the powerlines. Starting October 5, 2020

Prevention is key to lessen the power outages in the future

Should take about 2 weeks to complete, if you have any concerns about trees close to your house please call me at the office and I will forward to the crew lead.