



Snuneymuxw

First Nation

www.snuneymuxw.ca

January 4, 2021

Dear Snuneymuxw,

I am writing to update you that our Nation has confirmed four (4) more test positive cases for covid-19 in our community, for a total of sixteen (16) active cases. The affected persons are in isolation. Island Health nurses are conducting daily check-ins with the affected families and our Snuneymuxw Health Team are providing support to the families as well.

Now more than ever, it is extremely important for everyone in our community to significantly reduce interactions with people outside of the household and decrease movement within the community. By doing this, all of us can help to contain the spread of the virus and do our best to prevent further transmission.

Our community is interconnected in a deep way and we have a large family network. For these reasons, and much more, the culturally appropriate rapid emergency response measures currently in place enhances protection for everyone.

What we are seeing now is more and more people are going to take the covid-19 test. This is a positive trend that we want to see happen at this time. In the coming days there will be a mobile covid-19 testing site located in our community for a short period of time. Please keep a watchful eye for communication about the date, time and location of this temporary testing site.

Remember, that it was in the middle of March 2020 when we closed our community down until the end of May. For approximately ten (10) months since then, residents of Snuneymuxw were virus-free. This is something to be proud of and a source of community pride. The health and safety measures that you practice in your personal and professional lives, prove to be beneficial. But, people in other First Nation communities or around the world may not have been so fortunate, and we offer our heartfelt prayers and strength to them.

In addition to everything going on, we are working to ensure food security for our community. I want to assure you that our Nation will support access to food for families to sustain themselves. Plans are in motion to arrange for essential groceries to be assembled and delivered to Snuneymuxw families who are most in need. Many local organizations have offered to help – and deliver bulk orders of food boxes to our community. On behalf of our Nation, I thank them for their good heart to support our people.

Updates will be published daily and the next one will be tomorrow. Please be safe, reach out to our Nation at any time, and be kind to one another.

Sincerely,



Chief Mike Wyse



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Information for anyone concerned that they may have been exposed to or is experiencing symptoms of COVID-19

Symptoms

The symptoms most commonly found with COVID-19 infection include:

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|--|---|
| <ul style="list-style-type: none">• Fever• Chills• Cough or exacerbation of chronic cough• Shortness of breath• Sore throat• Runny nose• Loss of sense of smell or taste | <ul style="list-style-type: none">• Headache• Fatigue• Diarrhea• Loss of appetite• Nausea and vomiting• Muscle aches |
|--|---|

Less common symptoms of COVID-19 infection include stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain and skin rashes or discoloration of fingers and toes.

Testing:

If an individual has no symptoms, they do not require a test. Testing is recommended for anyone with cold, influenza or COVID-19-like symptoms, even mild ones.

Complete a self-assessment

Anyone who is concerned that they may have been exposed to, or is experiencing symptoms of COVID-19 should first use the online self-assessment tool:

<https://bc.thrive.health/>

The self-assessment tool is also available as part of <https://bc.thrive.health/> which provides regular updates, trusted resources and alerts to your mobile device.

Book a test appointment

The Island Health COVID-19 Testing Call Centre is available for individuals experiencing symptoms of COVID-19.

CALL CENTRE HOURS OF OPERATION: MONDAY - SUNDAY, 8:30 A.M. – 8:00.P.M.

You will now be asked to leave a callback number rather than wait on-hold. Calls will be processed in priority order during business hours but you may receive a call back after Call Centre hours, as we work to keep up with demand. Please ensure you provide a phone number that you can be reached at after our hours of operation. You will need your personal health number (or your child's) available when Call Centre staff return your call.

1-844-901-8442 (8:30 A.M. – 8:00 P.M.)

The Call Centre will help you determine if you need to be sent for a test at the Testing Site in Nanaimo:

Nanaimo	VIU Campus, 900 Fifth St, Nanaimo Exit 5A off Fifth St – next to the Navy League Buildings	9:00am to 4:00pm Mon-Sun
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Appointments for COVID-19 testing **must be pre-booked** through the Island Health Call Centre. They are not providing tests for walk-up or drive-in clients without an appointment.

Mouth Rinse / Gargle Testing

Individuals (ages 4+) with COVID-19 symptoms can be tested using a gargle test or a nasopharyngeal swab. Both are good options and will tell you if you have COVID-19. The gargle test method involves swishing and gargling sterile salt water and spitting it into a collection tube. Before calling to book an appointment, please use the self-assessment tool to determine if you or your child needs a COVID-19 test. If a test is recommended, call 1-844-901-8442 to book an appointment (daily 8:30 a.m. - 8:00 p.m.).

What to Expect and How to Prepare

Individuals wanting the option of having a saline gargle test need to review the instructions before coming in for testing, as there is some preparation required.

- Adults and Youth (13-18 years of age): See the gargle test instructions for adults and youth: <https://www.islandhealth.ca/sites/default/files/covid-19/documents/gargle-instructions-handout-youth.pdf>
- Children: Watch a video about what to expect during the test and see gargle test instructions for child and caregiver:
 - <https://www.youtube.com/watch?v=ZvqjkbD-moA&feature=youtu.be>
 - <https://www.islandhealth.ca/sites/default/files/covid-19/documents/gargle-instructions-handout-child-caregiver.pdf>
 - For younger children, practice the swish, gargle and spit technique using water at home at least two hours before going to the collection centre.
- One hour prior to the gargle test, do not eat, drink (including water), chew gum, vape or smoke.
- Everyone, including children, must wear a mask when attending the test collection site.
- Go directly home after the test; stay home from school or work, and do not see visitors. Family members should follow the guidance for caregivers: <https://www.islandhealth.ca/sites/default/files/covid-19/documents/gargle-instructions-handout-child-caregiver.pdf>

Waiting for test results for families and patients

While waiting for test results, the person with symptoms needs to stay home and isolate from other household members (other than a direct caregiver if required).

Household members who do not have symptoms, and/or are not directly caring for a sick child, do not need to stay home and can continue their normal activities, while maintaining a physical distance of 2-metres from others, wearing a mask where appropriate and washing hands frequently.

If any close contacts develop symptoms, please stay home and call 8-1-1 or visit <https://bc.thrive.health/> for information.

Start making a list of people you were in close contact with, as of two (2) days (48 hrs.) before you began experiencing symptoms. Include their names and contact information.

What if I test negative for COVID-19?

After a negative COVID-19 test, there are self-isolation requirements:

Self-isolation for people without symptoms

Self-isolation means staying home and avoiding situations where you could come in contact with others. This means:

- no visitors
- do not go to work, school, public areas, places of worship, stores, shopping malls and restaurants
- cancel or reschedule appointments
- if you must leave home for medical care, do not take buses, taxis or ride-sharing
- use delivery/pick up services for groceries or other needs
- avoid face to face contact (1-2 metres (3-6 feet) of another person)



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Mask Use at Checkpoints

A friendly reminder to everyone moving through the checkpoints to **please wear a mask in your vehicle**. This is in place for the safety of both the occupants of the vehicle, and the security staff who will be wearing their masks as well.

During times like these, we want everyone to be and feel safe, so please ensure that your mask is readily available and that you are wearing it when communicating with the security staff.



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Emergency Contacts

Community safety during the spread of the coronavirus is the utmost importance. To ensure that we do everything we can to collectively protect our community, reduce interactions with people outside the household and movement within community. You are respectfully asked to stay-at-home except for essential needs. The provincial health orders are minimum standards and given Snuneymuxw First Nation is culturally unique from the province of British Columbia, we are working to exceed these minimum standards to save lives.

For general concerns and questions, please feel free to reach out to Chief Mike Wyse at any time:
250-716-6401
MichaelW@snuneymuxw.ca

For general COVID-19 questions or concerns, please feel free to reach out to Emmy Manson, Wellness Administrator:
778-971-0715
emmym@snuneymuxw.ca

For general Snuneymuxw Hulit Lelum information, please feel free to reach out to Marina White, Health Manager:
250-668-5244
marinaw@snuneymuxw.ca

For nursing and medical questions, please feel free to reach out to Connie Paul, Home and Community Care Nursing Manager:
250-713-9937
conniep@snuneymuxw.ca

For community care, please feel free to reach out to Cheryl Mooney, Community Care Nurse:
250-668-2644
cherylm@snuneymuxw.ca

For mental health and addictions support, please feel free to reach out to Peter Pederson, Mental Health and Addictions Manager:
250-714-9993
peterp@snuneymuxw.ca

Kuu-us 24/7 Crisis Line:
Child/Youth: 250-723-2040
Adult/Elder: 250-723-4050
Toll Free: 1-800-588-8717



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FLOOD WATCH ALERT REMOVED

IR#3 – Raines Rd.

01/04/2021 17:00

The flood watch in effect for the Nanaimo River was removed this morning at 9:15am.

Snuneymuxw First Nation is removing a flood watch alert to all residents of IR#3. Please continue to be mindful that conditions may change, and Snuneymuxw First Nation may need to reissue an alert.



TSOW-TUN LE LUM

Helping House
is offering outreach services

We understand this time of isolation can be a lonely, fearful, and difficult time. We are here to help.

Our Cultural Support Team and Counselling staff are here to provide confidential support by phone, email, facetime, zoom, etc. Please reach out to us so we can assist you.

**Toll-Free phone number:
1-888-403-3123**

**Call our OFFICE at
250-390-3123**



Monday - Friday: 9:00am - Noon / 1:00pm - 4:00 pm

**Or reach out on our
Facebook Page:
Tsow Tun Le Lum RHSW Support**