



KWAKIUTL EOC NEWSLETTER

97 TSAKIS WAY, P.O. BOX 1440, PORT HARDY, B.C. V0N 2P0
TEL: (250) 949-6625 FAX: (250) 902-2246 EMAIL: eoc@kwakiutl.bc.ca

Kwakiutl Emergency Operations Update

January 14, 2021

"The darkness will pass, so together we should stand strong and protect each other"

- Elder, Richard Dawson

Gilakas'a

The EOC and C&C extend our gratitude to you, our friends, family and fellow community members for continuing to be patient with the ever changing face of the Covid-19 pandemic. Your patience and diligence in following the provincial mandates and community guidelines have been key to keeping Covid cases in our community so low.

Are there any active cases of Covid-19 in Tsakis?

To our knowledge, there are **no active cases in community**. In the case of a positive test result for a community member the Chief Counsellor and Health Director will be notified by FNHA directly. The individual who received the positive result is not identified, only the result. If the individual self identifies to the Kwakiutl Health Centre measures will be put in place to support them and their family for the duration of the illness.

The positive case identified last week was contained through self-isolation and contact tracing and is no longer contagious. We would like to thank the community for remaining calm and sending out well wishes to those impacted by the virus.

Please, if you are experiencing symptoms, call for an appointment to be tested. Viha Call Centre 1-888-268-4319

What Happens if I Test Positive?

If you are unable to self isolate in your home, the Literacy Centre has been outfitted with everything needed to accommodate either yourself, or your family, to stay for the two week

period. Island Health and the Kwakiutl Community Health Nurse will work closely with you to monitor your condition and ensure that your needs are being met. Cluxewe Resort is also on stand-by with cabins available for this purpose. In cases where it is deemed necessary, or the individual would feel safer closer to a larger medical centre, Viha has arranged for lodging in Campell River at the Anchor Inn. Costs for transportation to either Cluxewe or Campell River are not at the expense of the individual.

When is the vaccine coming?

FNHA Regional leadership is working closely with Island Health to plan for the needs in First Nations communities. A provincial commitment to roll out vaccine to all 50 Vancouver Island Nations by the end of March. To date, with initial vaccine supply, Nations who have experienced clusters and have limited access to health and emergency services have been identified for the first allocation. Each nation has the discretion to determine who will receive the vaccine first. It is currently being advocated that the whole Tsakis community be vaccinated together.

If you have questions about the Covid-19 vaccine please contact Community Health Nurse, Renee Williams at 250-230-4407 for resources.

What Phase are We In?

In an effort to maintain consistency between the tri-nations the Kwakiutl EOC has implemented a colour coded phase system, created by the Quatsino First Nation, to clarify what level of restrictions are needed to keep the community safe. Because of our positive Covid-19 case last week, we are currently in phase Orange. I will write in here if we are going to change to yellow.

Is the Security Check Point Going to Change?

Will write in after meeting

When Will the Band Office and Health Centre be open?

Write in after meeting

Kwakiutl First Nation Summary of COVID-19 Phases

Adapted from Quatsino First Nation COVID-19 Phases



Green: Limited Risk (Low)

Spread	COVID-19 is broadly contained and a vaccine and/or effective treatment is available.
Cases	Outbreaks and clusters are rare.
Travel	No Restrictions
Community Transmission	Low to undetectable.



Yellow: Caution (Moderate)

Spread	Cases are increasing linearly and/or Island Medical system has excess capacity.
Cases	Household and close contact transmission could be occurring in British Columbia. Single or isolated small cluster outbreaks which are quickly contained.
Travel	Vancouver Island only. (Except urgent medical needs)
Community Transmission	Low to undetectable.



Orange: Restricted (High)

Spread	Cases are increasing exponentially and/or Case is Present in Tsakis and/or Island Health system may be approaching capacity and/or Community transmission is occurring on the North Island.
Cases	Household and close contact transmission is occurring on Vancouver Island. New clusters are more common, can be controlled through testing/contact tracing.
Travel	North Island: Comox and North only (Except urgent medical needs)
Community Transmission	Community transmission of COVID-19 is likely occurring.



Red: Critical (Extreme)

Spread	Cases (3 or more) present in Tsakis and/or <ul style="list-style-type: none">Island Health Care System at or exceeded capacityOutbreak confirmed in neighbouring Nation or community.
Cases	Transmission is at levels that public health & health systems cannot manage.
Travel	Local: Tsakis and Port Hardy only (Except urgent medical needs)
Community Transmission	Community spread of COVID-19 is not contained and/or there are significant strains on our health care system.

Non-medical information about **COVID-19** is available 7:30 a.m. - 8 p.m., seven days a week at 1-888-COVID19 (1-888-268-4319). Visit bc.thrive.health to download the **COVID-19** BC Support App or conduct a self-assessment. The **BC Centre** for Disease Control is the source of truth for province-wide information, including current COVID-19 case counts.

Health Mandate Compliance:

- Please be advised that RCMP will be called to enforce the current health guidelines mandated by the B.C. Public Health Officers
- If you witness unlawful gatherings, or visitors who should not be here, it is your responsibility and right to call the RCMP at 250 949-6335.

If you need to get tested – call 8-1-1 nurse who will assess whether you need testing. Or call 1 844 901-8442.

PLEASE make sure to fill out Your Safety Plan so that you are prepared.

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 at bc.thrive.health to determine if you or your child need 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.)

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.

- 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 at appointment must wear a mask Please see www.islandhealth.ca ,click “COVID symptoms and testing” and scroll down for a video on what to expect for children, and/or instructions for adults/youth (13 – 18)

Although gargle testing is available for those ages 4 and up, please note that “rapid testing” is not available for the gargle test; may take 24 – 48 hours. Rural indigenous community members are eligible for rapid testing, so please indicate in your assessment if you live on-reserve.

Remember these **golden rules** to keep each other safe in our new normal:



Stay in your bubble, with those that live in your home.

↔ Keep a 2-metre distance



Wash your hands often



Wear your mask in all indoor public places, and where physical distancing from those you don't live with is difficult. Your mask must cover your nose and mouth, snug to your face.



Stay home and away from others if you have cold or flu symptoms

More info: <https://www2.gov.bc.ca/.../covid-19-provinci.../bc-restart-plan...>

First Nations Health Authority Information on the COVID-19 Pandemic

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

Open Letter from First Nation Health Authority and Island Health CEOs:

January 14, 2021

We are deeply saddened by the racist commentary which has arisen within the community in response to the hardship being experienced by Cowichan Tribes. The First Nations Health Authority (FNHA) and Island Health strongly condemn these inappropriate actions. We commit to ensuring this racism has no place in our support for Cowichan Tribes. We would also like to raise our hands in gratitude to the many community and health care leaders in the Cowichan Valley who stood up and called out this unacceptable intolerance. We must continue to stand together in our refusal to allow racism in all its forms. This is a very difficult time for Cowichan Tribe members, their families and friends. Island Health, Cowichan Tribes and the First Nations Health Authority are continuing to work in partnership to ensure a culturally safe response and approach to managing COVID-19 cases in the community.

They can be assured Island Health is committed to listening and understanding how we can best support the response guided by Cowichan Tribes and the FNHA. Cowichan Tribes and Island Health nurses continue to actively work to identify close contacts of confirmed cases. Any symptomatic close contacts are being tested to identify new cases as quickly as possible in our collective and continued support of the health and wellness of the residents of the community. The Medical Health Officer, Public Health, Cowichan Tribes and the FNHA are working collaboratively to ensure there are appropriate resources and staff to support testing, case follow up, supports for successful isolation, and cultural

supports. This work includes reinforcing the public health measures and layers of defense we know can be effective in reducing the risk of transmission of COVID-19. These are responses that have been successful in managing other similar community clusters and they are the interventions we must continue to diligently implement. • Stay home if you are sick and seek testing • Wash your hands frequently • Wear a mask in all indoor public spaces • Significantly reduce your contacts • Do not socialize outside of your household • Do not hold or attend events or gatherings Island Health has secured 600 doses of Pfizer vaccine for Cowichan Tribes members who are most at risk from COVID-19, those aged 60 and older, and immunizations will begin today.

However, we know vaccine is not an immediate remedy and a couple of weeks are required for protection to develop. That is why the most critical steps we can take right now are the ones proven to make an immediate difference in slowing the transmission of COVID-19. As Dr. Henry has said, we will need to observe these public health measures until a sufficient level of immunization is achieved throughout the province. COVID-19 knows no boundaries and now, more than ever, we need to be kind to each other and support each other. We will get through this, together

In Wellness,

Richard Jock Chief Executive Officer First Nations Health Authority
Kathy MacNeil President & Chief Executive Officer Island Health

Messages from our Elders:

From the heart of Wata to each and every beautiful Kwakiutl,

'Thank You to the highest power, Gilakas'la, Gigame-ump, Keep your hand upon us, bless us all, I pray for power and strength to carry us forward and walk us through this challenging time together, remembering our ancestors and all their love and hopes they have in us. Leaving their teachings to take care of one another in that good way. Its not going to be like this for ever.

Find peace within and prepare for all the celebrating we will do in the Big House when we can gather in safety again. Stay safe and relaxed, knowing there is healing and comfort all around you, in the Big House, in our songs, in our dances, in the cedars, in the water, in the sky above and the medicine all around, but still we need to be careful. The wisdom and love you need is in your bones. Our Red Head piece is our reminder.'

Remember the highest power and feel the good all around you, feel it in the winds and the rains that cleanse and bring renewal.

For our relative who has Covid, 'Gilakasla Gigame-ump, put your hand on the people that are sick (with Covid and others who need healing), sooth their fears and help them to return to strength. And be with them during this time'

In the past the elders respected each other, treated each other with respect. If you hurt each other you continually spread the disease. I love each and everyone of you. I miss your smiles. Stay well and healthy. I pray for you. Love Wata.

If you are an elder or family member of an elder who would like to extend a message to the community please email it to eoc@kwakiutl.bc.ca or drop it off at the health centre.

What You Need to Know about the Covid-19 Vaccine

<https://www.fnha.ca/about/news-and-events/news/what-you-need-to-know-about-the-covid-19-vaccine>

Government of British Columbia

January 8, 2021

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

The order is in effect from November 19, 2020 at midnight to February 5, 2021 at midnight.

B.C. COVID-19 update: 59, 072 total cases and 1031 deaths since the start of the pandemic. There are currently 4, 810 active cases <https://news.gov.bc.ca/23353>

Vancouver Island update: 1, 186 total cases and 14 deaths since the start of the pandemic. There are currently 199 active cases.


[B.C. COVID-19 Dashboard \(arcgis.com\)](#)


 <http://gov.bc.ca/COVID19>

 Latest data in BC <http://www.bccdc.ca/health/diseases-conditions/covid-19/data>

 COVID-19 financial supports www.gov.bc.ca/covidgovernmentbenefits

Non-medical Qs

 Call 1-888-COVID19

 Text 604-630-0300 Medical Qs only 811