

NEWSLETTER



APRIL
2020
EDITION



Q'wemtsin Health Society • 250-314-6732
130 Chilcotin Road, Kamloops BC V2H 1G3



Q'wemtsín
HEALTH SOCIETY

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April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NP at qhs Naturopath at sib	2 Office Closed	3 Office Closed
6 NP at qhs Naturopath at qhs Foot care at qhs	7 Dr. at qhs	8 NP at qhs Naturopath at qhs	9 NP at sib Craniosacral at sib Diabetic Ed. at sib	10 Office Closed
13 Office Closed	14 Dr. at qhs Foot care at sib	15 NP at qhs Naturopath at sib	16 NP at sib Resp. Therapist at sib Craniosacral at qhs Diabetic Ed. at qhs	17 Dr. at qhs Resp. Therapist at qhs Craniosacral at wpcib
20 NP at qhs Naturopath at qhs Foot care at qhs	21 Dr. at sib	22 NP at qhs Naturopath at qhs	23 NP at sib Craniosacral at sib Diabetic Ed. at qhs	24 Dr. at qhs Craniosacral at qhs
27 NP at qhs Naturopath at qhs Foot care at qhs	28 Dr. at qhs	29 NP at qhs Naturopath at qhs	30 NP at qhs Craniosacral at qhs Diabetic Ed. at qhs	

COVID-19 ACTION PLAN MEMO

Weytk Community Members:

This memo is to inform the community members of TIB, SIB, and WP/CIB the plan of action that the board members along with our Kukpi7s and council have developed.

Currently QHS is working on a **package of information** that will inform families how to take necessary steps to slow down the spread of COVID-19.

Along with this package we will be assembling a **cleaning package** that will provide supplies to disinfect our homes to the best of our ability. The packages will be distributed to our elders and those that are vulnerable due to pre-existing conditions first. As supplies become available, we will make the package available to all our homes.

Currently Canada and the Province are limited and do not have the capacity to test people that have developed symptoms. The province is in control of who is tested and when. The GP and NP at QHS take direction from the provincial health authority on testing and they do not have any authority over this. If you have symptoms please call QHS and the GP or the NP will advocate for testing, but again they do not make the decision, they can only recommend clients for testing.



Phone: 250.314.6732
130 Chilcotin Road
Kamloops, BC V2H 1G3

Fax: 250.314.6742
qhs@qwemtsin.org
qwemtsin.org

We are recommending elders ensure they have prescriptions filled and get extra medications if possible so they do not have to leave their homes.

Our Kukpi7, councilors and QHS will be having a daily teleconference to communicate and further plan as this situation is changing day to day.

March 16, 2020



SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT
1**

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

**FACT
2**

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

**FACT
3**

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT
4**

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**FACT
5**

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
 - Cough
 - Shortness of breath
- Seek medical advice if you
- Develop symptoms
- AND
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



Please wash your hands before and
after entry. If you're sick and have flu
like symptoms....
DO NOT ENTER



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COVID-19 ANNOUNCEMENT

March 17, 2020

To Our Clients,

In order to limit the spread of the COVID-19 virus QHS will only be delivering essential services starting today until it is safe to resume business as usual.

It is recommended that limited contact is the most effective way to stop the spread and therefore all appointments will be postponed until the situation improves.

The GP & NP will be using telehealth options to ensure clients receive prescriptions and refills.

There will be nurses and staff available to respond to questions by phone.

We will post new information on our website and facebook.

Please stay at home and keep you and your family safe!



Mammogram Day

Skeetchestn Health Clinic

Tuesday,
April 28 | 10:00 AM – 3:00 PM

To register please call Sarin at
250-314-6732 or the Skeetchestn
health clinic 250-373-2580

KNOW THE FACTS

ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

What Can I Do to Stop the Spread of Germs?

Wash your hands. Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your coughs and sneezes. When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.

General cleaning. Clean surfaces that are touched often (e.g., counters, table-tops, doorknobs, toilets, sinks, taps, etc.) as often as needed. Apply firm pressure to surfaces while cleaning. Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used.

Avoid sharing household items if you are sick. Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. Wash them with soap and water. Don't share your toothbrush and replace after being sick.

Flush the toilet with the lid down and always wash your hands after going to the bathroom. Some germs may be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

Wear a face mask. When you are sick, wearing a face mask (surgical or procedure mask) may help to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care.



COVID-19 Information links

BC COVID 19 Symptom Assessment Tool. Please go to this link if you think you have any symptoms.

<https://covid19.thrive.health/>



BC COVID-19 Symptom Self-Assessment Tool

Powered by  thrive health

This self-assessment tool, developed with the BC Ministry of Health, will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.

Who should be tested for COVID-19?

People with respiratory symptoms who are:

- Hospitalized, or likely to be hospitalized
- Health Care Workers
- Residents of long term care facilities
- Part of an investigation of a cluster or outbreak

Who does not need to be tested for COVID-19?

- People without symptoms
- Patients with mild respiratory symptoms who can be managed at home, including returning travellers with an onset of illness within 14 days of return to Canada

The BC Ministry of Health strongly urges anyone who has symptoms - including a fever, cough, sneezing, sore throat, or difficulty breathing - to [self-isolate](#) for 14 days. To protect yourself while out in public, wash your hands frequently and maintain a distance of about 2 metres from others. For more information on COVID-19, refer to [HealthLink BC's COVID-19 website](#).

Last updated: 3/16/2020 11:00 pm PDT

The province has created a phone service to provide **non-medical** information about COVID-19, including the latest information on travel recommendations and social distancing. Information is available in more than 110 languages, 7:30 am - 8 pm at **1-888-COVID19** (1-888-268-4319) or via text message at **604-630-0300**.

Are you experiencing any of the following:

- Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
- Severe chest pain
- Having a very hard time waking up
- Feeling confused
- Losing consciousness

No

Yes

COVID-19 Information links

BC Centre for Disease Control

<http://www.bccdc.ca/>



BC Centre for Disease Control

Our Services

Health Info

Our Research

About

Contact

Health Professionals

Donate

Careers

Better health through promotion, protection & prevention

The BC Centre for Disease Control, a program of the Provincial Health Services Authority, provides provincial and national leadership in disease surveillance, detection, treatment, prevention and consultation.

[Learn more about the BCCDC >](#)

Popular topics

[COVID-19 Self-assessment for testing >](#)

[COVID-19 for the public >](#)

[COVID-19 for health care professionals >](#)

[Continue to the BCCDC website >](#)

[Emergency Numbers](#)

[Compliments & Complaints](#)

[Healthlink BC](#)

[Current Outbreaks](#)

[Staff Resources](#)

Interior Health Authority

<https://www.interiorhealth.ca/Pages/default.aspx>

Interior Health
Every person matters

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Novel Coronavirus (COVID-19)
Get the latest news and updates.

FIND HEALTH CARE

JOIN OUR TEAM

COVID-19 Information links

World Health Organization

<https://www.who.int/>



Health Topics ▾

Countries ▾

EMERGENCY

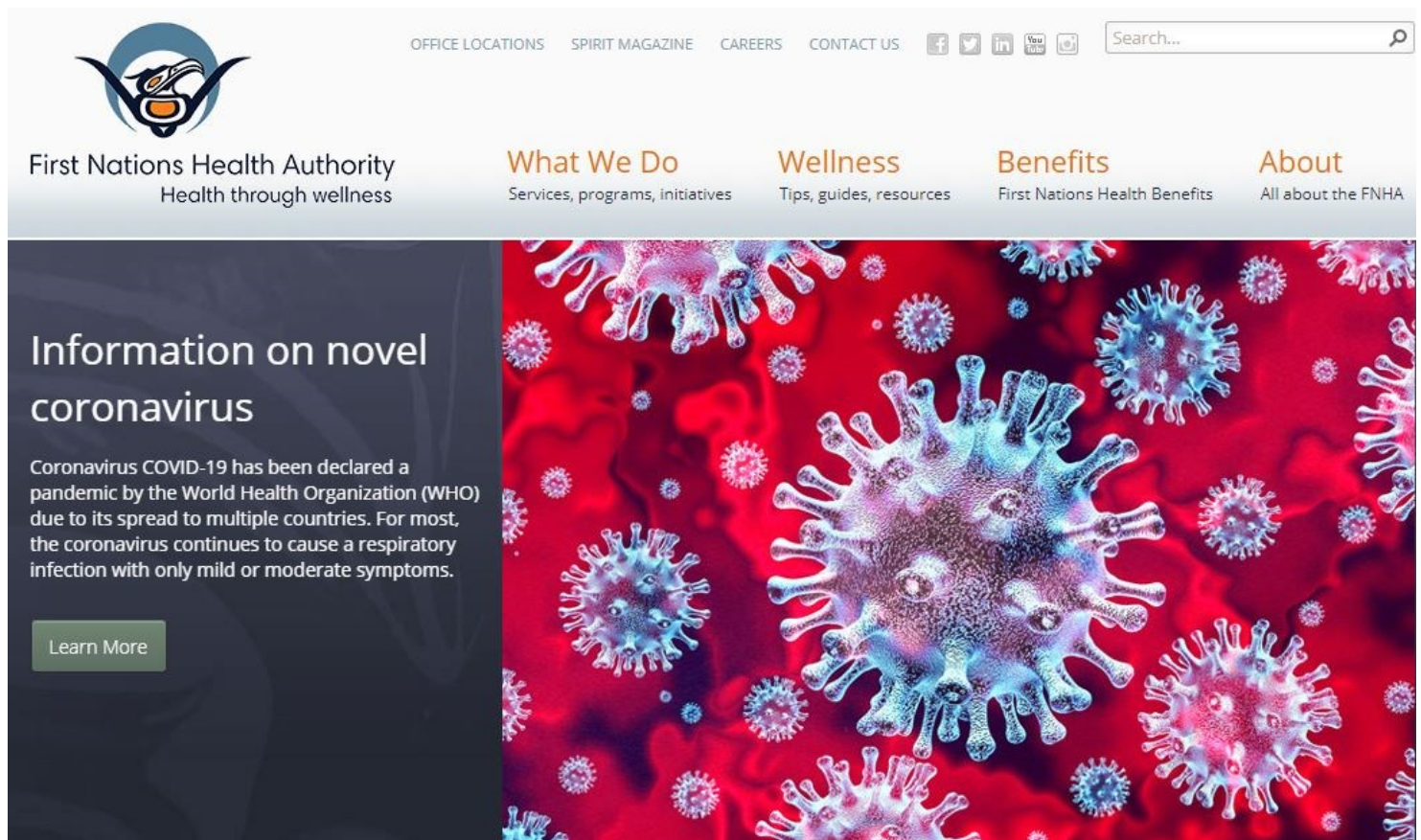
**Coronavirus
disease (COVID-
19) outbreak**

Find out more >

COVID-19 Information links

FNHA (First Nations Health Authority)

<https://www.fnha.ca/>



First Nations Health Authority
Health through wellness

What We Do
Services, programs, initiatives

Wellness
Tips, guides, resources

Benefits
First Nations Health Benefits

About
All about the FNHA

Information on novel coronavirus

Coronavirus COVID-19 has been declared a pandemic by the World Health Organization (WHO) due to its spread to multiple countries. For most, the coronavirus continues to cause a respiratory infection with only mild or moderate symptoms.

[Learn More](#)

Public Health Agency of Canada

<https://www.canada.ca/en/public-health.html>



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Public Health Agency of Canada

The Public Health Agency of Canada empowers Canadians to improve their health. In partnership with others, its activities focus on preventing disease and injuries, promoting good physical and mental health, and providing information to support informed decision making. It values scientific excellence and provides national leadership in response to public health threats.

We are a federal institution that is part of the [Health portfolio](#).

Follow:   

Resource Numbers

Emergency Assistance

Ambulance/Fire/Police.....	911
Health Link BC.....	811
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network.....	1-888-353-2273
(depression, poverty, abuse, homelessness, suicide)	
Public Health Agency of Canada COVID-19 info line.....	1-833-784-4397
Service BC COVID-19 info line.....	1-888-268-4319
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops Street Services.....	250-314-9771
Kamloops R.C.M.P. Victim Services.....	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter.....	250-374-6162
Children Who Witness Abuse.....	250-376-7800
Outreach Service.....	250-320-3110
(Mobile service for women and children who have experienced abuse)	
Native Court Worker.....	778-375-3289

Aboriginal Services

Q'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services 300 Chilcotin Road.....	250-314-9669
285 Seymour Street.....	250-461-7237
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society.....	250-376-1296
Secwepemc Cultural Education Society.....	778-471-7778
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre.....	250-554-4556
Kamloops Native Housing Society	250-374-7643
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201

First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	info@fnha.ca

RCMP

Tk'emlúps Detachment.....	250-314-1800
Kamloops City Detachment.....	250-828-3000
(Complaints General inquiries)	
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District.....	250-828-3111
TRU Law Legal Clinic.....	778-471-8490
(Free Legal Advice)	

Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous.....	250-374-2456
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233
Alcohol & Drug Information & Referral Services.....	1-800-663-1441

Kamloops Walk-in Clinics

Urgent Primary Care Clinic.....	250-314-2256
Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-371-4905

Royal Inland Hospital

Information.....	250-374-5111
Admitting.....	250-314-2450
Emergency.....	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald.....	250-314-2100 (ext. 3109)
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