

# Circle of Eagles Staff, Brothers and Sisters COVID-19 Resource Manual

February 2022



## COVID-19, Variants, Vaccines, and Booster Shots

[www.coels.ca/covid-19-2022](http://www.coels.ca/covid-19-2022)



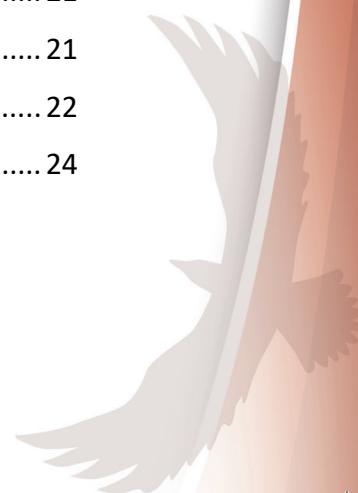
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**Circle of Eagles Lodge Society**



## Contents

Acknowledgements .....	4
Introduction.....	5
What Is COVID-19 and the Main Variants in BC .....	6
COVID-19 .....	6
What are the Main Variants in BC? .....	6
Key Points (from BCCDC website).....	6
COVID-19 Symptoms .....	7
Omicron Symptoms.....	8
Prevention.....	9
Getting Vaccinated .....	9
Get Your Vaccine(s) and/or Booster Shots .....	10
<a href="https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register#register">https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register#register</a> .....	11
Other Ways to Keep Myself Safe .....	12
Wearing a N95 or KN95 Masks .....	12
Physical Distancing .....	13
Washing Your Hands .....	13
Practicing Safe Cough and Hygiene .....	14
Care and Treatment .....	14
Rapid Tests .....	15
How to test using a BTNX COVID-19 Rapid Antigen Test.....	16
COELS Rapid Test Procedure .....	17
Coping with COVID-19: Mental Health, Wellness and Addictions .....	19
Indigenous Specific Mental Health and Addictions Support.....	19
Isolation Procedures .....	21
If you are Exposed to COVID-19.....	21
COVID-19 Positive Test Results .....	21
Proof of Vaccination and the BC Vaccine Card .....	22
Trusted Sources for Information .....	24





General self-isolation supports.....	26
Food Supports .....	26
Housing Supports .....	27
Cultural & Mental Wellness Supports .....	27
Harm Reduction & Substance Use Supports .....	29
Virtual Care during COVID-19 .....	29
Miscellaneous Funding Supports, Income Assistance, and Payment Deferrals .....	29
Self-Monitor & Self-Isolation Information .....	31
Crisis & Support Lines .....	31
First Nation Community Contact List .....	33
<b>Appendix A: References</b> .....	34

## Acknowledgements

COELS would like to acknowledge the COVID-19 Resource Steering Committee members for their guidance, oversight, and assistance with this project.

## Introduction

In March 2020, the novel *Coronavirus-2019* (COVID-19) was declared a global pandemic by the World Health Organization (WHO). Pandemics can last anywhere from 12-36 months showing us the COVID-19 pandemic will be present for some time.

This manual includes resources and considerations for the continued response to COVID-19. Included in this manual is a description of what COVID-19 is, information to maintain safety, information about the COVID-19 vaccines, including booster shots, and up to date provincial protocols and guidelines.

COELS has and will continue to adapt approaches to best support you. All the programs and services will continue following government, public health, and CSC guidelines. As those guidelines change, COELS will adapt our responses and we thank you for your patience and understanding (2).

Please note that some of the activities found in this resource book are current, but the pandemic has had many changes. To keep up with all the latest information, the reader is strongly encouraged to continue to seek further information from trusted sources. If you have concerns, questions, or have allergies please speak to a healthcare provider for further information and clarification.

**Book your Vaccine/Booster Appointment**

**BC COVID Vaccine Hotline**

**1-833-838-2323**



## What Is COVID-19 and the Main Variants in BC

### COVID-19

COVID-19 is a virus that affects your respiratory system causing illness to the lungs and/or other areas of your respiratory system. COVID-19 spreads by droplets from an infected person when they breathe, cough, sneeze, or talk near you and droplets enter your nose, throat, or eyes.

### What are the Main Variants in BC?

Viruses naturally mutate over time and lead to new versions or variants. Variants include different lineages and sub lineages that share similar genetic mutations.

Five COVID-19 Variants of Concern have been detected in BC: Alpha, Beta, Gamma, Delta and Omicron.

### Key Points (from BCCDC website)

- Omicron is the most commonly detected variant in B.C.
- Public health and researchers are studying Omicron closely.
- Omicron has been found to spread more easily between people than previous Covid-19 variants
- People can spread Omicron to others even if they have been vaccinated, especially when they are symptomatic.
- Omicron appears to cause less serious outcomes than other COVID-19 variants among people who have received at least 2 doses of a COVID-19 vaccine.
- Current vaccines provide good protection against severe illness and hospitalizations for Delta and Omicron
- A third vaccine dose may help provide more protection from Omicron
- Breakthrough infections can occur in people who are fully vaccinated
- People who have had COVID-19 can get sick again from new variants.
- Getting vaccinated is important even if you have already had COVID-19.
- Monitoring and research on the new COVID-19 variants is ongoing. This page will be updated regularly as more is known.

## COVID-19 Symptoms

Some of the main COVID-19 symptoms include:

- ⇒ Cough
- ⇒ Fever or chills
- ⇒ New loss of taste or smell
- ⇒ Fatigue or weakness
- ⇒ Muscle or body aches
- ⇒ Shortness of breath/Difficulty breathing
- ⇒ Headache
- ⇒ Diarrhea, vomiting, abdominal pain
- ⇒ Loss of appetite

After exposure, symptoms may develop within 14 days. It is also important to note that while the symptoms are similar to a common cold, the COVID-19 virus is a potentially severe illness, particularly for people with underlying medical conditions and older adults (2).

COVID-19 symptoms can range from mild to severe. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days.

**Go to an emergency department if you**

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
- feel confused

### Normal body temperature

Most people have an average body temperature of about 37°C (98.6°F), measured orally (a thermometer is placed under the tongue). Your temperature may be as low as 36.3°C (97.4°F) in the morning or as high as 37.6°C (99.6°F) in the late afternoon. Your temperature may go up when you exercise, wear too many clothes, take a hot bath, or are exposed to hot weather.

### Fever temperatures

A fever is a high body temperature. A temperature of up to 38.9°C (102°F) can be helpful because it helps the body fight infection. Most healthy children and adults can tolerate a fever as high as 39.4°C (103°F) to 40°C (104°F) for short periods of time without problems. Children tend to have higher fevers.

<https://www.healthlinkbc.ca/illnesses-conditions/infectious-diseases/fever-or-chills-age-12-and-older>

Delta Variant Facts	Maintaining Safety from Variants
<ul style="list-style-type: none"> <li>The Delta variant is currently the most common COVID-19 variant in BC.</li> </ul>	<ul style="list-style-type: none"> <li>Being fully vaccinated provides more protection than a single dose.</li> <li>Getting vaccinated is important even if you have already had COVID-19.</li> <li>As more people are fully vaccinated, it is less likely that COVID-19 variants will spread in the community; this helps protect people who cannot get vaccinated including.</li> <li>For more information on the effectiveness against COVID-19 and the Delta variant can be found <a href="#">here</a>.</li> </ul>
<ul style="list-style-type: none"> <li>It is easily spread between people and leads to more serious outcomes than other versions of COVID-19.</li> </ul>	
<ul style="list-style-type: none"> <li>Some people who have had COVID-19 may get sick again from the new variants, but this is extremely rare.</li> </ul>	
<ul style="list-style-type: none"> <li>As more people are fully vaccinated, it is less likely that COVID-19 variants will spread in the community.</li> </ul>	
<ul style="list-style-type: none"> <li>Monitoring and research on the new COVID-19 variants is ongoing, continue to find updated information <a href="#">here</a>.</li> </ul>	

## Omicron Symptoms

The top five symptoms of Omicron

- ⇒ a runny nose
- ⇒ headache
- ⇒ fatigue
- ⇒ sneezing
- ⇒ sore throat

Unlike other strains of the virus, symptoms of fever, cough and loss of smell were not as common.

The Omicron variant is a new known VoC as of December 2021 has surpassed the Delta variant.

*"With this Omicron variant...the incubation period, or the time between exposure and getting sick yourself and being able to pass it on to others is very small. What we're usually seeing in five to seven days on average is now down to around two or three days."*  
Dr. Bonnie Henry

Provincial health officer Dr. Bonnie Henry says that the incubation period for the Omicron variant is a median of three days, down from an average of six days "even one month ago. That means people who are experiencing symptoms of COVID-19 should self-isolate for one week if they are fully vaccinated, regardless of if they have confirmed the illness with a PCR test.

*If you have any symptoms of COVID-19 you must assume you have the virus and must take the appropriate measures (not to pass it on)"*

According to the BCCDC:

- Omicron has been found to spread more easily between people than previous COVID-19 variants.
- People can spread Omicron to others even if they have been vaccinated, especially when they are symptomatic.
- Omicron appears to cause less serious outcomes than other COVID-19 variants among people who have received at least 2 doses of a COVID-19 vaccine.
- Current vaccines provide good protection against severe illness and hospitalizations for Delta and Omicron
  - A third vaccine dose may help provide extra protection from Omicron
  - Breakthrough infections can occur in people who are fully vaccinated
- People who have had COVID-19 can get sick again from new variants.
  - Getting vaccinated is important even if you have already had COVID-19.

<https://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/variants>



## Prevention

### Getting Vaccinated

Many people have different reasons they choose to get vaccinated. The table below shows some of the reasons your fellow Brothers, Sisters, and COELS staff chose to get vaccinated.

#### Reasons for Getting Vaccinated

Reason for Vaccination
<b>Got vaccinated to protect their community from COVID-19</b> <ul style="list-style-type: none"> <li>- To keep everyone else safe.</li> <li>- To protect specific people such as family, friends, coworkers, Elders, and immune compromised people.</li> <li>- To contribute to ending the pandemic and stop community spread.</li> </ul>
<b>Got vaccinated to protect themselves from COVID-19</b> <ul style="list-style-type: none"> <li>- To stay safe from and prevent COVID-19 themselves.</li> <li>- To protect themselves from severe reactions to COVID-19 as a result of underlying health issues.</li> </ul>
<b>Got vaccinated because of public health vaccine mandates</b> <ul style="list-style-type: none"> <li>- To follow public health mandates.</li> <li>- To access social activities.</li> </ul>
<b>Got vaccinated to promote safety and health (non-specific)</b> <ul style="list-style-type: none"> <li>- To be safe.</li> <li>- To promote health.</li> </ul>
<b>Got vaccinated to please others or ease concerns of others</b> <ul style="list-style-type: none"> <li>- Was persuaded by others.</li> <li>- Because others were getting vaccinated.</li> </ul>
<b>Other</b> <ul style="list-style-type: none"> <li>- Felt like the right choice.</li> <li>- Because it was accessible and convenient.</li> <li>- Because others accompanied them to ease fears.</li> </ul>



### Get Your Vaccine(s) and/or Booster Shots

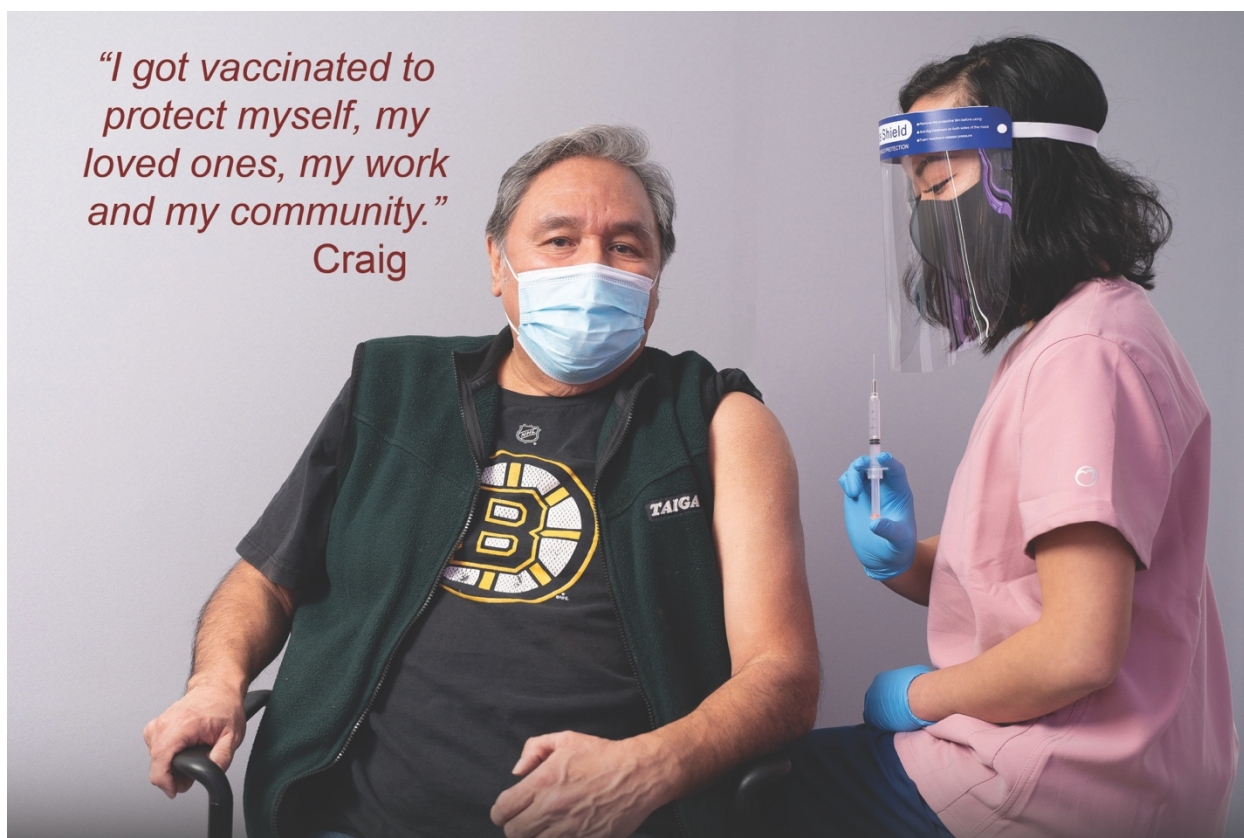
In BC, everyone who is 18 or older will have the opportunity to have a booster dose of the COVID-19 vaccine. Booster doses will be first offered to people who are at most risk. You need to have had both of your initial vaccine doses and have 6 months in between your second vaccine and your booster shot.

The benefit of a booster dose is that it helps to maintain and lengthen protection against COVID-19. By having a booster dose, you are helping to protect yourself and your community from COVID-19.

- A booster dose is an additional shot of vaccine that helps you maintain and lengthen your protection against severe outcomes of COVID-19. When you get a booster dose, you're helping protect you and the people around you from COVID-19. You will receive either the Moderna or Pfizer (mRNA) vaccine. These vaccines are interchangeable.

Compared with people who are fully vaccinated, unvaccinated people are:

- About 8 times more likely to have COVID-19.
- About 32 times more likely to be hospitalized because of COVID-19.
- About 20 times more likely to die from COVID-19. (9)



Ask staff to help you book your vaccination and booster shots.  
All Indigenous people are eligible for their Vaccines and booster shots.

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register#register>

How to get vaccinated for COVID-19

Getting vaccinated is easy and safe. Spread the word and help your friends and family get vaccinated.

English | 繁體中文 | 簡體中文 | Français | বাংলা | Tagalog | 한국어 | Español | العربية | Tiếng Việt | 日本語 | 中文

Last updated: January 25, 2022

### Getting vaccinated is easy

- Register and book with the Get Vaccinated system
- Information for children and youth
- What to expect at the vaccine clinic
- Getting dose 2

### Be prepared and get help

- Information for people who are moderately to severely immunocompromised
- Information about getting the AstraZeneca vaccine
- Need help

### Register and book with the Get Vaccinated system

You can register yourself or someone else, like a parent, grandparent or child. We will never ask you for your SIN, driver's licence number or banking and credit card details.

Once you've registered, you'll be able to book an appointment using your confirmation number. Booking an appointment online or by phone is easy, convenient and guarantees your vaccination at the clinic.

If needed, you can [easily reschedule your appointment online](#).

#### Fastest option: Online

To register online, you must provide:

- First and last name
- Date of birth
- Postal code
- Personal Health Number (PHN)
- An email address that gets checked regularly or a phone number that can receive text messages

Find your PHN on the back of your B.C. driver's licence, BC Services Card or CareCard.

[Register online](#) It takes 2 minutes

You can get a flu shot at any time before or after the COVID-19 vaccine. [Find a flu clinic](#).

### Information for children and youth

#### Ages 12 to 17

Under the [Infants Act](#), you can give consent as a mature minor to receive health care, like getting a vaccine. If you feel more comfortable getting vaccinated with a trusted adult, they can come with you to your vaccination. When you arrive at the clinic, you will complete a check-in process. It's also a good idea to bring one piece of child identification, for example:

- BC Services card
- B.C. driver's licence
- School ID card
- Birth certificate
- Bank card

#### Ages 5 to 11

Parents who [register their child](#) will be invited to book an appointment. Health authorities are operating child-friendly clinics, with extended hours after school and in the evenings.

[Learn more about vaccines for children ages 5 to 11](#)

### What to expect at the vaccine clinic

We recommend you review information on [COVID-19 vaccine safety from HealthlinkBC](#) before your clinic visit. You can expect to be at the clinic for 30 to 60 minutes in total.

#### Arrive prepared

Get ready for your appointment:

- You do not need to fast. Be sure to drink water
- Bring your booking confirmation and photo ID
- Wear a short-sleeved shirt and a mask. You will be provided a mask if you need one
- Arrive a few minutes before your scheduled appointment time

You can bring one person with you for support. All clinics are wheelchair accessible.

#### During the appointment

At the clinic you will:

- Check-in with your photo ID and booking confirmation. For modesty, you can ask for a private location to get your shot
- Get either the Pfizer or Moderna vaccine dose. A choice will not be offered
- If it's your second dose, the clinic will try to match you with the same vaccine
- Wait in an observation area after your shot for about 15 minutes

After your appointment, review [COVID-19 Vaccination Aftercare \(PDF, 953KB\)](#) from the BCCDC.

### Getting dose 2

To get the most effective protection against serious cases of COVID-19, you need two doses of vaccine. You're not fully protected until you've had both doses.

Approximately 56 days after your first dose, you will get an invitation by text, email or phone call to book your second dose appointment. Like your first appointment, you'll select a location, date and time.

You are encouraged to bring your [immunization record card](#) or show your [online immunization record on Health Gateway](#) at your appointment.

- [Find out how to get AstraZeneca for your second dose](#)

### Information for people who are moderately to severely immunocompromised

People with moderately to severely compromised immune systems will generally have lower antibody responses from two COVID-19 vaccine doses. Studies show that giving a third dose to complete the initial vaccine series can help these individuals create antibodies to protect them from COVID-19.

People who are moderately to severely immunocompromised and meet the criteria will receive a third dose of vaccine.

[Moderately to severely immunocompromised dose 3 criteria](#)

You will be contacted by the provincial Get Vaccinated system about how and when to book a third dose, about 4 weeks after you receive your second dose.

- If you've selected email or SMS communication, you'll be sent a link to book an appointment online
- If you've asked to be contacted by phone, a call centre agent will call you to book an appointment

If you believe you meet the criteria of people who are moderately to severely immunocompromised and haven't been contacted, get in touch with your health care provider.

You don't need a third dose to be considered fully vaccinated on your [BC Vaccine Card](#).

### Information about getting the AstraZeneca vaccine

An mRNA vaccine (Pfizer or Moderna) is offered at all vaccine clinics. If you received AstraZeneca for your first dose, there are no safety concerns if you want to get the Pfizer or Moderna vaccine as your second dose.

A limited supply of AstraZeneca will soon be available at a small number of clinics in B.C. You can go on a waiting list to get AstraZeneca for dose 1 or 2. Before making your decision, we recommend you review [information on second dose vaccine choice from the BCCDC](#).

#### Getting AstraZeneca for dose 1

- Register with the Get Vaccinated system
- Call 1-833-838-2323 to be put on the waiting list
- Your local health authority will contact you to book an appointment

#### Getting AstraZeneca for dose 2

If you received AstraZeneca for your first dose, your local health authority will contact you to book an appointment for a second dose of the same vaccine.

### I need help

[Expand All](#) | [Collapse All](#)

- [I've already had COVID-19](#)
- [I need to reschedule my appointment](#)
- [I lost my registration confirmation number](#)
- [I made a mistake in my registration](#)
- [I got dose one or two in another province or country](#)

Did you find what you were looking for? [Yes](#) [No](#)

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## Other Ways to Keep Myself Safe

There are many ways we can keep ourselves, our families, and our communities safe and healthy. A highly effective way to maintain safety is through receiving the COVID-19 vaccine. Additionally, even if we have been vaccinated (partially, fully, and booster shots), there are still health measures and protocols we can follow to help keep each other safe.

**The basics still stand true as follows: IF you are feeling sick with a cough, fever, or sore throat**, stay home, inform COELS staff on shift and you may be directed to contact 811. You can also do the self-assessment tool online at <https://bc.thrive.health/covid19/en>. If you have difficulty breathing, call 911.

### Other steps include:

- Wear a mask in indoor public spaces
- Handwash frequently with soap for as long as it takes to sing your ABC's. twice, or to equal 20 seconds.
- Use sanitizer often.
- Practice social distancing, at least 6 feet/2 meters from others.
- Wash your masks and have several masks to be able to alternate.
- Avoid touching MEN (**M**-outh, **E**-yes, **N**-ose).
- Cleaning your home with household cleaning and disinfectant products .
- Visiting others outdoors or in small groups

## Wearing a N95 or KN95 Masks

Since the spread of Omicron, cloth masks are no longer recommended. All Staff, Brothers and Sisters should double up on their masks or wear a KN95 mask or N95 mask. Masks help reduce transmission of COVID-19 when they fit comfortably over the mouth and nose with no gaps around the face.





## Physical Distancing

Since the beginning of COVID-19 one of the precautions that has been encouraged is to physical distance. People are asked to keep 2 metres or 6 feet away from one another. Practicing this in combination with wearing a mask and sanitizing & washing hands regularly help reduce the spread of respiratory illnesses like COVID-19.



Maintain  
physical distance

## Washing Your Hands

Another precaution is washing your hands often and practicing good hand hygiene. Washing your hands regularly will help reduce the chances of spreading germs like COVID-19. You need to wash your hands with soap and hot water for at least 20 seconds (or sing your ABC's twice) for it to be most effective. Soap actively destroys the surface of the virus and reduces how much is left on your skin. Alcohol-based hand rubs/Sanitizers can be used to disinfect your hands when soap and water are unavailable.



# REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



**1**  
Wet hands with warm water



**2**  
Apply soap



**3**  
For at least 20 seconds, make sure to wash:



**4**  
Rinse well



**5**  
Dry hands well with paper towel



**6**  
Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

1-833-784-4397 @ canada.ca/coronavirus phac.info.aspc@canada.ca



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada





### Practicing Safe Cough and Hygiene

When you need to cough it is good practice to cough into your elbow rather than your hand. This helps isolate your germs to that area and you don't risk touching things after with your hands and spreading germs. Avoid touching MEN (M-outh, E-yes, N-ose). Disinfect your room and house regularly to eliminate germs. Wash your laundry regularly to help eliminate germs that you may be carrying around. Good hygiene and cleanliness will help with preventing carrying and passing the virus.

### Care and Treatment

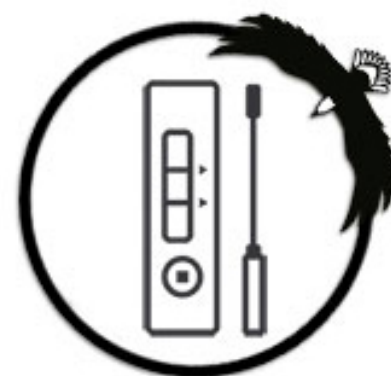
Stay home if you have any symptoms:

- ⇒ Cough
- ⇒ Fever or chills
- ⇒ New loss of taste or smell
- ⇒ Fatigue or weakness
- ⇒ Muscle or body aches
- ⇒ Shortness of breath/Difficulty breathing
- ⇒ Headache
- ⇒ Diarrhea, vomiting, abdominal pain
- ⇒ Loss of appetite

## Rapid Tests

Rapid antigen tests are a test that you can perform yourself at home to find out if you have COVID-19. The results for this test are ready in less than 20 minutes.

Performing a rapid test involves collecting a sample from each nostril using a swab. You do not place the swab all the way in the sinus cavity; you only place it a few centimeters inside your nose; this should **not** hurt. Currently COELS has BTNX COVID-19 Rapid Antigen Tests. If you need to have a test provided we will give instructions but here is an outline below.



Feeling sick  
get a rapid test

### Resources

For further information about rapid testing and next steps, use the QR code or visit: [bccdc.ca/covid19rapidtesting](https://bccdc.ca/covid19rapidtesting)



### Procedure Card | COVID-19 Antigen Rapid Test Device



REF: COV-19C25

**IMPORTANT:** Bring all testing materials and specimens to room temperature (15-30°C) before use. Process specimens as soon as possible after collection.

Step 1: Set Up	Step 2 - Option B: Nasal Swab	Step 3: Test Procedure
<p><b>Step 1.1</b> Before collecting the sample, place the extraction tube into the tube stand so it stands upright.</p> <p><b>Step 1.2</b> Gently mix the extraction buffer bottle.</p> <p>Empty the entire contents of one single use extraction buffer vial into the extraction tube. <b>Or</b> Without touching the buffer bottle to the extraction tube, add <b>10 drops</b> into the extraction tube.</p>	<p><b>Step 2b.1</b> Remove the swab from its packaging.</p> <p><b>Step 2b.2</b> Tilt patient's head back 70°. Insert the swab through the anterior nares in contact with nasal septum at least 0.5 inches inside the nostril until mild resistance is encountered at the middle turbinate.</p> <p><b>Step 2b.3</b> Using a circular motion, the nasal orifice should be swabbed for a minimum of five seconds.</p> <p><b>Step 2b.4</b> Compress the nostril with the fingers to trap the swab tip and rotate the tip for a minimum of five seconds.</p> <p><b>Step 2b.5</b> Remove and repeat for the other nostril <b>with the same swab</b>.</p>	<p><b>Step 3.1</b> Insert the swab with the collected specimen into the extraction tube. Swirl the swab, mixing well. Squeeze the swab 10-15 times by compressing the walls of the tube against the swab.</p> <p><b>Step 3.2</b> With the swab still inside, securely place the extraction tube upright into the tube stand. Let the swab stand in the solution for <b>2 minutes</b>.</p> <p><b>Step 3.3</b> Remove the swab while pressing the swab head firmly against the inner wall of the tube to release as much liquid as possible. Dispose of the used swab in accordance with the appropriate biohazard waste disposal protocol.</p> <p><b>Step 3.4</b> Attach nozzle to sample extraction tube. Invert the tube and add 3 drops of the extracted solution into the sample well of the test device by gently squeezing the tube. Start the timer. Wait for coloured line(s) to appear. Read results at <b>15 minutes</b>.</p>
<p><b>Step 2 - Option A: Nasopharyngeal Swab</b></p> <p><b>Step 2a.1</b> Remove the swab from its packaging.</p> <p><b>Step 2a.2</b> Gently insert the sterile swab into the nostril parallel to the palate, not upwards. The distance should be equivalent to that from the ear to the nostril of the patient, indicating contact with the nasopharynx, or until resistance is encountered. Gently rub and roll the swab, leave in place several seconds to saturate tip with secretions. Slowly remove the swab while rotating it.</p>		<p><b>Results Interpretation</b></p> <p>C T Positive</p> <p>C T Negative</p> <p>C T Invalid</p>

This reference sheet is not a replacement for the Product Insert. Read the instructions prior to use and follow the directions carefully.

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V1.1-10202021

Video resource link:

<https://www.youtube.com/watch?v=SWPa39AuFkY>



## How to test using a BTNX COVID-19 Rapid Antigen Test

### You will need

- 1x sterile swab
- 1x test tube
- Plastic vial with buffer liquid
- Test tube rack or a small glass
- 1x test device
- Timer and garbage can

### Step 1 - Prepare for the test

- Blow your nose and discard the tissue
- Do not use this test if you have a nose bleed
- Wash your hands with soap
- Gather all testing equipment

### Step 2 - Get the tube ready

- Twist the top off the buffer liquid vial.
- Squeeze all the buffer liquid into the test tube.
- Place the filled test tube in the test tube holder or a clean glass or cup.

### Step 3 - Collect the sample

- Remove the swab from the packaging. Touch only the plastic handle.
- Tilt your head back.
- Insert the cotton end of the swab **straight back** (not up) into one nostril for 2.5 cm or when you meet resistance
- **Turn the swab** against the inside of your nose for **5 seconds**.
- **Press the side of your nose with your finger to trap the swab. Rotate the swab for 5 seconds**
- **Repeat** same steps in your other nostril.

- Do not use the swab for testing if there is any blood on it. Blow your nose and use a clean swab. If you have had a nose bleed wait 24 hours before testing.

### Step 4 - Perform the test

- **Gently** insert the cotton end of the swab into the test tube:
- Swirl the swab gently in the liquid and squeeze the swab with the sides of the tube 10-15 times.
- Place the tube in the glass or test tube rack and leave with the swab in the solution for **2 minutes**.
- With the swab inside, **pinch the outside of the tube** with your fingers to get the remaining liquid out of the swab tip.
- Remove the swab and put in the garbage.
- Attach the nozzle to the tube.

### Step 5 - Test device

- Open a test device and place it on a flat surface.
- Slowly squeeze 3 drops onto the circle on the test device.

### Step 6 - Get your results and clean up

- Set a timer for 15 minutes. Readings after 20 minutes may not be accurate.
- Do not move the test device during this time.
- Check your result. Your result could be:
  - Positive
  - Negative
  - Invalid
- Put all testing equipment in the garbage
- Wash your hands.

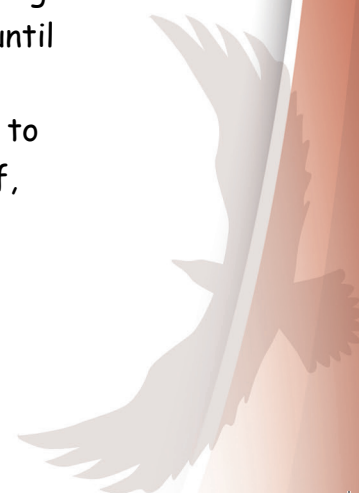


## COELS Rapid Test Procedure

COELS has received a very limited supply of COVID-19 rapid tests. Currently there are managers, staff, family members, Brothers and Sisters who have tested positive for COVID-19 at the Healing Lodges, as well as in their homes. Currently we have access to a very limited number of COVID-19 rapid tests.

The following procedure will be followed:

1. Managers, staff, Brothers and Sisters will be given priority to the rapid tests.
2. Only those who are displaying symptoms will be given a rapid test. See list of COVID symptoms
3. Staff will notify their immediate supervisor if they show any symptoms as listed below and stay at home.
4. Brothers / Sisters will notify staff if they show any symptoms as listed below and isolate in their room until further instruction.
5. Contact the COVID Coordination, Jason at [jason@coels.ca](mailto:jason@coels.ca) or 604-879-1949 for a rapid test.
6. The COVID-19 Coordinator will arrange that a rapid test be delivered by himself and/or a delegated staff person.
7. The test results need to be shared with the COVID coordinator and Management as soon as possible so that we can reduce contact exposure.
8. If a family member tests positive at home, staff and/or Brothers/Sisters need to monitor for symptoms. Staff will continue to show up for work but will immediately self-isolate at the onset of any symptoms.  
Brothers/ Sisters will continue to stay at the Lodges and at the onset of any symptoms isolate in their room until further instruction.
9. Tracking Sheet will record:
  - a. Who has taken the rapid test? List name(s).
  - b. The date the test was done; and
  - c. The results of the test.
  - d. These will be shared with the CEO and DOO on a weekly basis.
10. Person(s) will self-isolate in a safe location away from the Lodges following COELS COVID isolation procedures for a minimum of five days and/or until their symptoms go away.
11. Person(s) will notify their supervisors prior to returning to work and/or to the Lodge. COVID Coordinator or designate will be in contact with staff,



Brothers / Sisters daily during the first five days. Groceries and medicines can be arranged if needed through the COVID-19 Coordinator.

12. These procedures will be followed as long as COELS has access to rapid tests.
13. COVID Coordinator will ensure that the procedures are being followed. If there are any issues, they will be brought to the attention of the CEO and DOO.



## Get your COVID-19 Vaccines and booster shots!



*"I got my  
COVID vaccines  
and booster shot to  
protect myself and  
those around me."*  
Rob



#covidboostershot



Get your  
booster shot



Wear a mask



Maintain  
physical distance



Stay home  
when sick



Feeling sick  
get a rapid test



**Circle of Eagles Lodge Society**  
www.coels.ca    /circleofeagleslodge



## Coping with COVID-19: Mental Health, Wellness and Addictions

The pandemic has resulted in many changes that may have impacted our mental health. Living through a pandemic is stressful and it is normal to feel worried or anxious. It is important that we acknowledge and care for our mental health as we navigate the COVID-19 pandemic. You may have a lot of difficult feelings around the pandemic, including stress, uncertainty, fear, loss, and maybe even hopelessness. It is important for you to know that you are not alone.

The extremely contagious nature of COVID-19 means that we have to keep physically distant from others. But we can stay close emotionally. This is the time to lean on each other, and to reach out if we need support. There are many simple and accessible steps we can take, to take care of our mental health and well-being during this collective challenging time.

FNHA (First Nations Health Authority) has produced a series of videos and fact sheets designed to help you support your mental health and wellness during this difficult time. These resources aim to explain the nature of the pandemic and the impact it might be having on your mental health. They also provide specific suggestions for dealing with the mental health and wellness issues raised by the pandemic.

To view these videos, go to the FNHA website:

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

For available support programs through the Canadian Mental Health Association, please see this website for more information: <https://cmha.bc.ca/covid-19/>

## Indigenous Specific Mental Health and Addictions Support

If you would like to speak to an experienced and culturally safe counsellor for Indigenous specific support, you can:

- Call the Hope for Wellness Help Line at 1-855-242-3310 (toll free) 24/7.
- Connect to the online Hope for Wellness chat at <https://www.hopeforwellness.ca>

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.



Experienced and culturally competent Help Line counsellors can help if you:

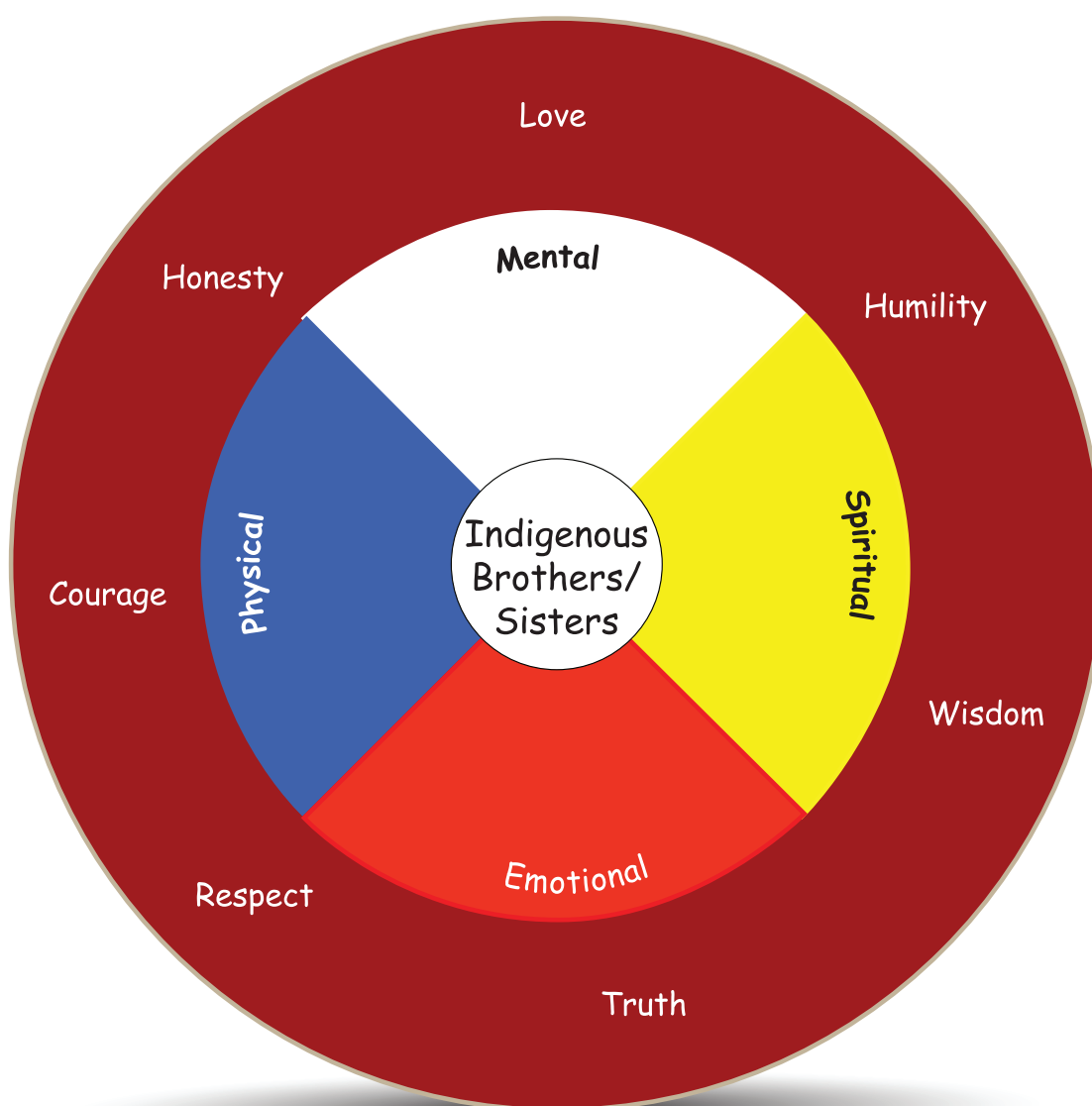
- want to talk
- are distressed
- have strong emotional reactions
- are triggered by painful memories

If asked, counsellors can also work with you to find other wellness supports that are available near you

Phone and chat counselling is available in English and French. On request, phone counselling is also available in:

- Cree
- Ojibway
- Inuktitut

It's important to look after your medicine wheel.





## Isolation Procedures

### If you are Exposed to COVID-19

This section shares information on what happens if you or a family get COVID-19 or are exposed to someone with COVID-19.

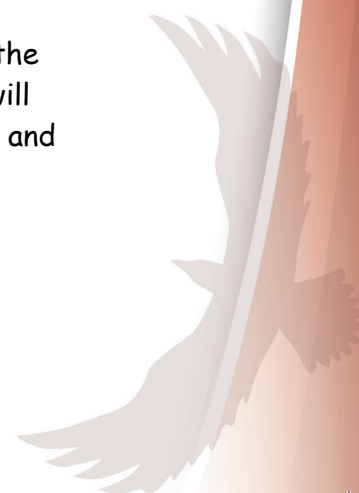
### COVID-19 Positive Test Results

If you receive a positive COVID-19 test result, it is important to stay calm and to know that you will have a lot of support from COELS, CSC and through Public Health.

COELS, CSC and Public Health will work together to ensure that you are safe as well as ensure the safety of everyone else at the Healing Lodges. The following steps will generally be followed:

1. Brother or Sister tests positive -Staff will follow the isolation protocols and procedures
  - a. The Brother or Sister will immediately self-isolate in their room.
  - b. Staff will notify Admin, the CEO, Director of Operations, House Manager.
  - c. Ensuring that food is brought to the Brother's or Sister's room.
  - d. Posting a sign on the closest bathroom for use ONLY by the Brother or Sister that tested positive.
  - e. Practicing Universal Precautions while serving or interacting with the Brother or Sister.
2. CSC and Public Health will determine if the Brother and Sister are to self-isolate.
3. CSC will identify where the Brother or Sister will self-isolate, Brothers will be moved to another facility such as a trailer in North Vancouver, Tim's Manor and/or other locations.
4. Sisters who are homeless, will be placed at a COVID-19 hotel and other community supports.
5. Brother or Sister will move back into the Healing Lodges once their self-isolation is completed.
  - self-isolate (for at least five days from the first day you had symptoms if you are fully vaccinated, or at least 10 days if you are not).  
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/covid-19-rapid-testing/>

COELS is not able to provide a safe space currently for individuals to self-isolate in the Healing Lodges. Your cooperation and understanding as you go through this incident will ensure that you are safe and that those that live and work within the Healing Lodges and by extension their families are safe as well.



## Proof of Vaccination and the BC Vaccine Card

In order to access many events, services, and businesses, we are required to show a proof of vaccination. This requirement has just been extended until June 30, 2022. Here are the steps to get your proof of vaccination and the BC Vaccine Card, which is also sometimes called a "QR code".

A QR code is a machine-readable code consisting of an array of black and white squares, typically used for storing URLs or other information for reading by the camera on a smartphone. A QR code is a type of barcode that can hold more information than the familiar kind scanned at checkouts around the country. The "QR" stands for "quick response," a reference to the speed at which the large amounts of information they contain can be decoded by scanners.

### Step 1: Log in

To log in securely, you need to provide your:

- Date of birth
- Personal Health Number (PHN)
- Date you got dose 1 or dose 2

If you already have a Health Gateway account, log in with your BC Services Card App.

### Step 2: Save or print

Once logged in, you have 3 options:

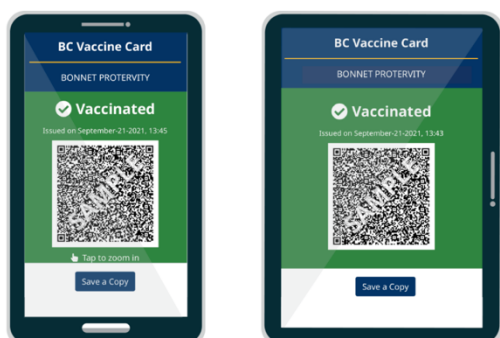
- Select "Save a copy" and save it to your phone's photo album or computer folder
- Save a screenshot to your device
- Print a copy on paper
  - It is requested that you have a digital copy on your phone. If you have circumstances/conditions, then it is important you carry a printed copy
  - When you print this, you need to make sure that your QR Code is clear as it will be scanned to confirm vaccination

### Step 3: Show your card

Have your card ready when entering a business. They'll look at your vaccine card and also check your government ID.

Image 1: What the BC Vaccine Card looks like

#### Digital card

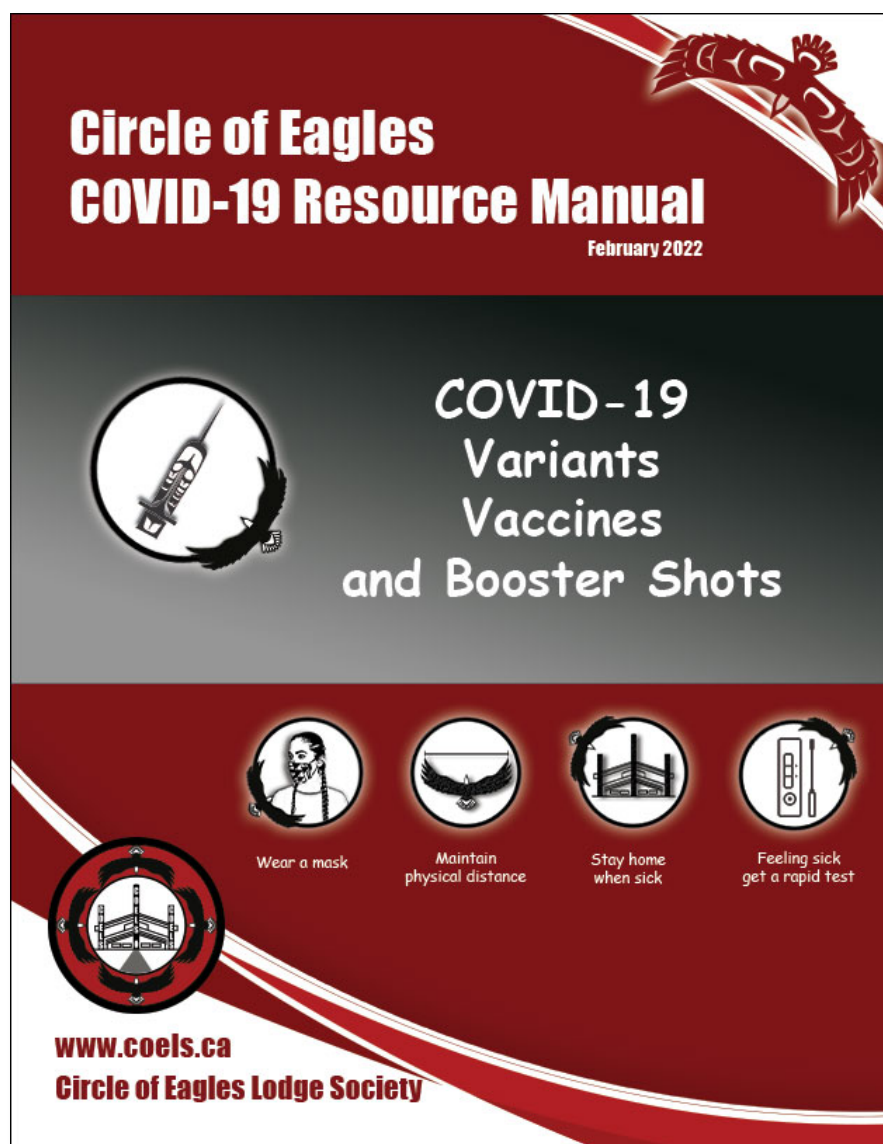


#### Paper card



Retrieved from the Gov BC website.

For more in depth information check out our website for the resource manual.



## Trusted Sources for Information

There is a lot of information that we need to know about COVID-19 and not all of it is reliable.

Some tips to best navigate the information include:

### 1. Assess the source

Who shared the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source. To check for fake social media accounts, look at how long profiles have been active, their number of followers and their most recent posts. For websites, check the "About Us" and "Contact Us" pages to look for background information and legitimate contact details.

### 2. Go beyond headlines

Headlines may be intentionally sensational or provocative to get high numbers of clicks. Read more than just the headline of an article - go further and look at the entire story. Search more widely than social media for information - look at print sources such as newspapers and magazines, and digital sources such as podcasts and online news sites. Diversifying your sources allows you to get a better picture of what is or is not trustworthy.

### 3. Identify the author

Search the author's name online to see if they are real or credible.

### 4. Check the date

When you come across information, ask yourself these questions: Is this a recent

story? Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?

### 5. Examine the supporting evidence

Credible stories back up their claims with facts - for example, quotes from experts or links to statistics or studies. Verify that experts are reliable and that links actually support the story

### 6. Check your biases

We all have biases, and these factor into how we view what's happening around us. Evaluate your own biases and why you may have been drawn to a particular headline or story. What is your interpretation of it? Why did you react to it that way? Does it challenge your assumptions or tell you what you want to hear? What did you learn about yourself from your interpretation or reaction?

Think about whether your own biases could affect your judgement on what is or is not trustworthy.

### 7. Turn to fact-checkers

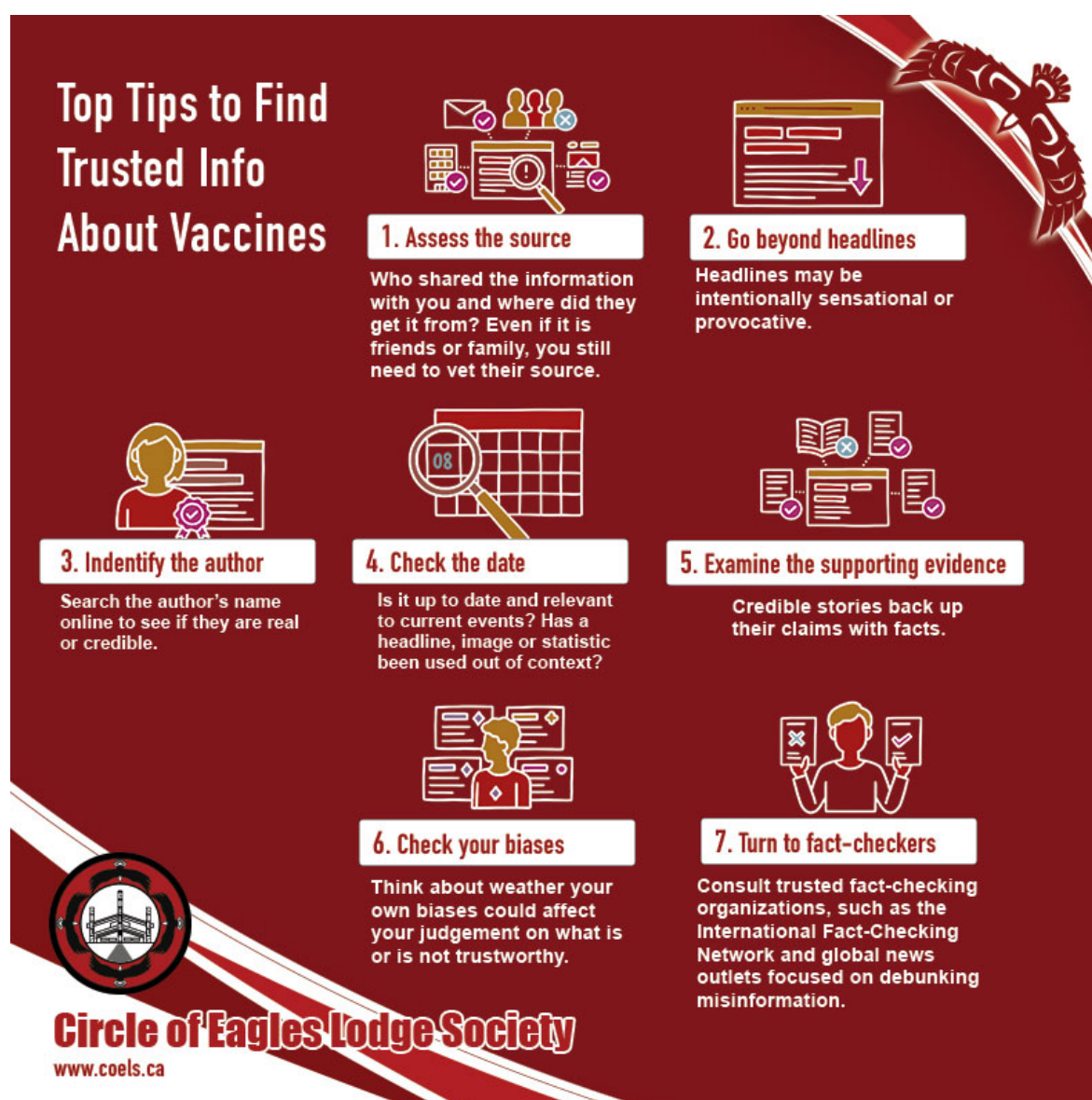
When in doubt, consult trusted fact-checking organizations, such as the International Fact-Checking Network and global news outlets focused on debunking misinformation, including the Associated Press and Reuters.



For more information about navigating COVID-19 information, misinformation, and disinformation, please see this website: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/how-to-find-trusted-information-about-vaccines>

In a recent survey completed by COELS Brothers, Sisters, and staff, the top identified trusted source of COVID-19 information is from health authorities. Accessing information from your local health authority is a reliable and trusted source of relevant, and up-to-date information for your local COVID-19 information.

- Circle of Eagles Lodge Society <https://coels.ca/covid-19-2022/>
- For more information about COVID-19 from the Vancouver Coastal Health Authority, please see this website: <http://www.vch.ca/covid-19>
- For more information about COVID-19 from the First Nations Health Authority, please see this website: <https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>



## Top Tips to Find Trusted Info About Vaccines

- 1. Assess the source**  
 Who shared the information with you and where did they get it from? Even if it is friends or family, you still need to vet their source.
- 2. Go beyond headlines**  
 Headlines may be intentionally sensational or provocative.
- 3. Identify the author**  
 Search the author's name online to see if they are real or credible.
- 4. Check the date**  
 Is it up to date and relevant to current events? Has a headline, image or statistic been used out of context?
- 5. Examine the supporting evidence**  
 Credible stories back up their claims with facts.
- 6. Check your biases**  
 Think about whether your own biases could affect your judgement on what is or is not trustworthy.
- 7. Turn to fact-checkers**  
 Consult trusted fact-checking organizations, such as the International Fact-Checking Network and global news outlets focused on debunking misinformation.

**Circle of Eagles Lodge Society**  
[www.coels.ca](http://www.coels.ca)

# COVID supports in VCH region

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*Please note: services may be listed under multiple headings to help with navigation*

Other supports may be available to Patients through VCH and the COVID Outreach Team

## General self-isolation supports

Support & contact information	Brief Description & Eligibility
First Nations Health Authority (FNHA) <a href="#">Health Benefits Self-Isolation Support</a> team 1-888-305-1505	self-isolation support (travel, meals, accommodation) 8:30am-4:30pm 7d/wk <i>*Status First Nations</i>
Individual Nations Community level support see <a href="#">First Nations contact listing</a>	community-level supports may be available. <i>*Status First Nations</i>

## Housing Supports

Support & contact information	Brief Description & Eligibility
Pacific Association of First Nations Women emergency housing subsidies - Online application: <a href="https://tinyurl.com/reachinghomegfb">https://tinyurl.com/reachinghomegfb</a> OR <a href="https://pafnw.wordpress.com/covid-19/">https://pafnw.wordpress.com/covid-19/</a>	Will be placed on a wait list, with follow up if support becomes available  <i>*Lower mainland residents only. Open to Indigenous women and children</i>

## Cultural & Mental Wellness Supports

Support & contact information	Brief Description & Eligibility
Tsow-tun-le lum: 1-888-403-3123 (toll-free) Or contact via <a href="#">Facebook messaging</a>	Cultural support & counselling by phone or video
Indian Residential School Survivors Society Resolution Health Support Workers Executive Director: Angela White <a href="mailto:angelawhite@irsss.ca">angelawhite@irsss.ca</a>	Emotional support services during isolation  <i>*Urban, Indigenous, and directly affected by COVID</i>
Indian Residential School Survivors Society Virtual cultural support <a href="#">Online request form</a>	Traditional healing and medicines by phone or video  <i>*Urban, Indigenous, and directly affected by COVID</i>
Pacific Association of First Nations Women <a href="#">COVID-19 support group</a>	by phone or video (zoom) <i>*Indigenous folks of all genders and ages</i>
Pacific Association of First Nations Women COVID-19 Counselling <a href="#">Online application</a>	Counselling by phone or video (zoom)  <i>*Indigenous folks of all genders and ages</i>
VCH Aboriginal Health Virtual cultural support <a href="mailto:info.aboriginalhealth@vch.ca">info.aboriginalhealth@vch.ca</a> 1-877-875-1131 (toll-free)	Cultural and emotional support by phone or video provided by VCH Elders/Knowledge Keepers <i>*Indigenous folks of all genders and ages in need of additional support</i>
FNHA <a href="#">Virtual Substance Use and Psychiatry Service</a> <a href="#">Virtual Psychiatry Service referral guide</a>	Referral-based (no-cost) service Substance Use and Addictions Medicine: Monday to Friday 9:30am-5:30pm Psychiatry: Monday to Friday 10am-3pm. <i>*Available to all BC First Nations people and their families, even if family members are not Indigenous</i>
Spirit of the Children Society Cultural teaching (virtual) 604-524-9113 <a href="mailto:reception@sotcs.ca">reception@sotcs.ca</a>	Virtual cultural teachings (zoom) Mondays 4-5pm  <i>*Youth aged 7-18</i>

Broadway Youth Resource Centre Queer, Trans, & Two-Spirit zoom social Lindsay McKinnon <a href="mailto:lmckinnon@pcrs.ca">lmckinnon@pcrs.ca</a> 778-877-0993	Weekly zoom socials  <i>*Youth aged 14-24 who identify as queer, trans, or two-spirit</i>
QMUNITY Youth drop-in <a href="mailto:youth@qmunity.ca">youth@qmunity.ca</a>	Virtual drop-in (zoom) Mondays 4-5pm  <i>*queer youth aged 14-25</i>
Spirit of the Children Society <a href="#">Youth Hub (virtual)</a> 604-524-9113 <a href="mailto:reception@sotcs.ca">reception@sotcs.ca</a>	Virtual youth group (zoom) Wednesdays 4-5pm  <i>*Youth aged 13-18</i>
Foundry Virtual counselling 1-833-308-6379 <a href="mailto:online@foundrybc.ca">online@foundrybc.ca</a> OR <a href="#">book an appointment online</a>	Free virtual counselling (phone or video) 1:15-9pm Monday-Friday  <i>*Youth aged 12-24</i>
WAVAW <a href="#">Indigenous Counselling</a> 604-255-6344	Phone counselling and support groups using a holistic approach utilizing traditional teachings and ceremonies Also do Community referrals <i>* Indigenous people of marginalized genders, including trans and cis women, as well as trans, non-binary, and Two Spirit people seeking health, wellness, and safety</i>
WAVAW <a href="#">Counselling</a> 604-255-6344	One-to-one counselling and support groups <i>*survivors of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people who have experienced sexual assault</i>
2 Spirits of BC <a href="#">Online Talking Circle</a> <a href="mailto:admin@fourfeathers.net">admin@fourfeathers.net</a>	Online Talking Circle (Zoom) Tuesdays @ 7pm <i>*Indigenous 2-Spirits living in BC</i>
Support Network for Indigenous Women & Women of Colour <a href="https://www.sinwwoc.ca">https://www.sinwwoc.ca</a>	Free counselling for low income, racialized women

### Links to additional mental wellness and cultural resource listings

Link/Source	Brief Summary
<a href="#">Virtual Mental Health Supports During COVID-19</a> (Government of Canada)	- List of virtual mental health supports available
<a href="#">COVID-19 Mental Health and Cultural Supports</a> (FNHA)	- Full list of Mental Health Support available for community members, community leaders - List of cultural support
<a href="#">Staying Connected During the COVID-19 Pandemic</a> (FNHA)	- Poster



<a href="#">Mental Health &amp; Wellness Resources</a> (FNHA)	- Links to videos, fact sheet, poster, news article
<a href="#">Database of youth support programs and services in communities across Canada</a> (Kids Help Phone)	- Service locator for youth support programs and services

## Harm Reduction & Substance Use Supports

Support & contact information	Brief Description & Eligibility
Western Aboriginal Harm Reduction Society Outreach WAHRS Coordinator: Tracey Draper <a href="mailto:wahrsdtes@gmail.com">wahrsdtes@gmail.com</a> (604) 374-3594	Delivery of harm reduction supplies, food, and hydration  <i>*Indigenous folks in the DTES area</i>

## Virtual Care during COVID-19

Link/Source	Brief Summary
FNHA <a href="#">Virtual Doctors of the Day</a> 1-855-344-3800 to book an appointment <a href="#">Poster for community members</a>	Virtual primary healthcare 8:30am-4:30pm 7d/wk  <i>*Available to all BC First Nations people and their families, even if family members are not Indigenous</i>
FNHA <a href="#">Virtual Substance Use and Psychiatry Service</a> <a href="#">Virtual Psychiatry Service referral guide</a>	Referral-based (no-cost) service Substance Use and Addictions Medicine: Monday to Friday 9:30am-5:30pm Psychiatry: Monday to Friday 10am-3pm. <i>*Available to all BC First Nations people and their families, even if family members are not Indigenous</i>

## Miscellaneous Funding Supports, Income Assistance, and Payment Deferrals

Support & contact information	Brief Description & Eligibility
Indian Residential School Survivors Society Funding supports Executive Director: Angela White <a href="mailto:angelawhite@irsss.ca">angelawhite@irsss.ca</a>	Funding supports for every day necessities (medicine, food, etc.) Limited funding available - have family name, contact information, number of adults/children, and summary of needs ready <i>*Urban, Indigenous, and directly affected by COVID</i>

<p>Métis Nation BC (MNBC) Emergency COVID supports Apply through online portal: <a href="http://www.mnbc.ca/covid">www.mnbc.ca/covid</a></p> <p>OR contact Regional Health Coordinator: Arathy Menon <a href="mailto:amenon@mnbc.ca">amenon@mnbc.ca</a> 604-202-2873 (cell)</p>	<p>Emergency COVID supports may be available if other resources have been exhausted via online portal application system</p> <p><i>*MNBC (Métis) citizens</i></p>
<p>Métis Chartered Communities (MCC) (North Fraser &amp; Powell River) President, Métis Nation Powell River: Tabatha Berggren <a href="mailto:presidentmnpr@gmail.com">presidentmnpr@gmail.com</a> 604-223-5856</p> <p>OR contact Regional Health Coordinator: Arathy Menon <a href="mailto:amenon@mnbc.ca">amenon@mnbc.ca</a> 604-202-2873 (cell)</p>	<p>Some supports available through MCC presidents</p> <p><i>*Self-identified Métis living in qathet Regional district (formerly Powell River Regional District); Richmond; and Vancouver</i></p>
<p>Province BC Recovery Benefit Online application <a href="https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit">https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit</a></p>	<p>one-time payment of up to \$1,000 (families) and up to \$500 (individuals) <i>*eligible individuals with net income up to \$87,500 and eligible families with net income up to \$175,000</i> <i>full eligibility criteria on website</i></p>
<p>Government of Canada <a href="#">Support for individuals</a></p>	<p>Information on:</p> <ul style="list-style-type: none"> <li>• Employment insurance (EI)</li> <li>• Canada Recovery Benefit (CRB)</li> <li>• Canada Recovery Sickness Benefit (CRSB)</li> <li>• Canada Recovery Caregiving Benefit (CRCB)</li> <li>• Mortgage payment deferral</li> </ul>
<p>Government of Canada <a href="#">Transitioning from CERB</a></p>	
<p>BC Hydro Customer Crisis Fund (CCF) 1-800-BC-HYDRO <a href="#">apply online</a></p>	<p>Bill deferral, payment plans, as well as crisis funding is available. <i>*Residential customer experiencing a temporary financial crisis</i></p>
<p>ICBC Monthly payment deferral 1-800-665-6442 <a href="#">Apply online</a></p>	<p>Monthly payment deferral by up to 90 days</p>

## Self-Monitor & Self-Isolation Information

Link/Source	Brief Summary
<a href="#">Self-isolation post COVID-19 testing</a> (BCCDC)	- Resource on self-isolation
<a href="#">How to self-isolate - Handout</a> (VCH) <a href="#">How to self-monitor - Handout</a> (VCH)	- Hand on posters
<a href="#">Guide for Caregivers and Household Members of those with COVID-19</a> (VCH)	- Information for caregiver and household member living with someone self-isolating
<a href="#">How to self-isolate at home when you may have been exposed to COVID-19 and have no symptoms</a> (3 pager PDF)(Public Health Agency of Canada)	- General resources - 3-pager on self-isolation considerations
<a href="#">Be Prepared (COVID-19)</a> (Health Canada)	- Poster on how to plan for self-isolation/self-monitor
<a href="#">Health Benefit Self-Isolation Support</a> (FNHA)	- Available seven days a week from 8:30 a.m. to 4:30 p.m. Call 1-888-305-1505 - For eligible individual to secure self-isolation in or near community
<a href="#">Visiting the Hospital</a> (VCH)	- Latest information on visiting a VCH hospital
<a href="#">COVID infection control - client transportation</a> (FNHA)	- Guide on steps to support client transportation

## Crisis & Support Lines

Support & contact information	Brief Description & Eligibility
Indian Residential School Survivors 24 hour Crisis Line 1-866-925-4419	<i>*Available for anyone experiencing pain or distress as a result of their residential school experience</i>
Kuu-Us Crisis Line 24 hour Crisis Line 1-800-588-8717 (toll-free) 250-723-2040 (youth line) 250-723-4050 (adult line)	<i>Indigenous and First Nations specific crisis line BC only</i>
Battered Woman's Support Services Crisis Line 1-855-687-1868 (toll-free)	Monday-Friday 10am-5pm (Wednesday until 8pm) <ul style="list-style-type: none"> <li>• Emotional support &amp; Safety planning</li> <li>• Referrals to transition houses, lawyers, medical services, community support</li> </ul> <i>*Services open to all women (specific supports available for immigrant and Indigenous women)</i>

<p>Kids Help Phone  1-800-668-6868 (toll-free)  <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a> OR text  686868 (texting service)  <a href="https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone">https://www.facebook.com/CrisisTextLinepoweredbyKidsHelpPhone</a> (crisis text line via facebook messenger)</p>	<p>24 hour phone service connecting kids to counsellors and crisis responders currently available in English, French, and Arabic</p> <p><i>*Open to all children and youth</i></p>
<p>Suicide Crisis Line  1-800-784-2432  <a href="http://www.YouthInBC.com">www.YouthInBC.com</a> (online youth chat)  <a href="http://www.CrisisCentreChat.ca">www.CrisisCentreChat.ca</a> (online adult chat)</p>	<p>24 hour crisis line available in over 140 languages  Online chat service: noon-1am</p> <p><i>*Open to anyone experiencing thoughts of suicide</i></p>
<p>Métis Crisis Line  1-833-Metis-BC (1-833-638-4722)</p>	<p>24 hour phone support for immediate crisis intervention and mental wellness supports</p> <p><i>*Self-identified Métis folks living in BC</i></p>
<p>Women Against Violence Against Women 24 hour Crisis and Information Line  604-255-6344</p>	<p>24 hour non-judgemental support, can provide information on available WAVAW services or referrals to other community programs/organizations</p> <p><i>*survivors of sexualized violence</i></p>
<p>Trans Lifeline Hotline  1-877-330-6366</p>	<p>Peer support phone service run by trans people for trans and questioning peers  guaranteed call operators 7am-2am</p> <p><i>*those in need of someone trans to talk to</i></p>



## First Nation Community Contact List

Region	Community	Nurses
Central Coast	Heiltsuk (Bella Bella)	Mitch Savage ( CHN/Nurse Supervisor) <a href="mailto:mitchels@heiltsukhealth.com">mitchels@heiltsukhealth.com</a> Phone: (250) 957-7944
Central Coast	Kitasoo/ Xai'xais (Klemtu)	Kathryn Chapman (Nurse in Charge) Note: Nurse in Charge changes, best to call ahead of time and confirm. <a href="mailto:Kathryn.Chapman@fnha.ca">Kathryn.Chapman@fnha.ca</a> Phone: (250) 839-1221
Central Coast	Wuikinuxv (Rivers Inlet)	April Shea, (Home Care Nurse) <a href="mailto:wkn_nurse@wuikinuxv.net">wkn_nurse@wuikinuxv.net</a> Phone: (250) 949-8625 ext 226/225
Central Coast	Nuxalk (Bella Coola)	Kirsten Milton (Health Director) <a href="mailto:health@nuxalknation.ca">health@nuxalknation.ca</a> Phone: (250) 799-5809 Sophie Mack (Community Health Nurse) <a href="mailto:sophie.mack@fnha.ca">sophie.mack@fnha.ca</a> Phone: (250) 267-5486
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