



Indigenous Health

Summer 2020

Trusted sources of COVID-19 information

There's a lot of information online about COVID-19. Here are some trusted sources of information you can turn to.

- [First Nations Health Authority](#)
- [Northern Health](#)
- [National Collaborating Centre for Indigenous Health](#)
- [BC Centre for Disease Control](#)
- [BCCDC Common COVID questions](#)
- [Government of BC](#)
- [Public Health Agency of Canada](#)
- [Government of Canada](#)
- [World Health Organization](#)

NH has also released the [“Coronavirus \(COVID-19\): Northern Health guide for your community”](#)

to help keep you informed. Along with existing tips and rules around things like physical distancing and recognizing symptoms, the guide includes information on BC's Restart Plan, guidance on mass gatherings, changes to NH services, and more.

For more information, health advice, or virtual screenings and assessments, Northern BC residents can call the Northern Health COVID-19 Online Clinic and Information Line at 1-844-645-7811, to speak to a nurse, physician, or nurse practitioner. Clinic hours of operation are:

- Monday to Friday: 10 am to 6 pm
- Saturday, Sunday, and statutory holidays: 10 am to 2 pm

Other options for health information and advice continue to be available, including calling your primary care provider, contacting HealthLink BC (8-1-1) at any time, or the BC Government COVID-19 Helpline: 1-888-COVID19 or 1-888-268-4319.

Highlights

Trusted sources of COVID-19 information

FNHA-NH First Nations COVID-19 Working Group

FNHA launches mobile app

National Indigenous History Month

Celebrate creatives from Northern BC

Featured Indigenous Language



FNHA-NH First Nations COVID-19 Working Group

[The First Nations Health Authority-Northern Health](#) (FNHA-NH) COVID-19 Planning Working Group (Working Group) was formed to collaborate and coordinate COVID-19 responses for rural and remote First Nations communities in Northern BC. The overarching goal of the Working Group was to support Northern First Nations communities in preparing for and addressing COVID-19 by creating specific tools and processes for communities, health service delivery professionals, and organizations. The work was collaborative and partnered at multiple levels and included participation from both organizations, northern physicians, Red Cross, and other partners.

The work is based on the **beliefs that there is a wide range of opportunities to care for people in community, and that if people are confident in their ability to self-isolate and receive care in their community, this will affect their decision to stay or leave community.**

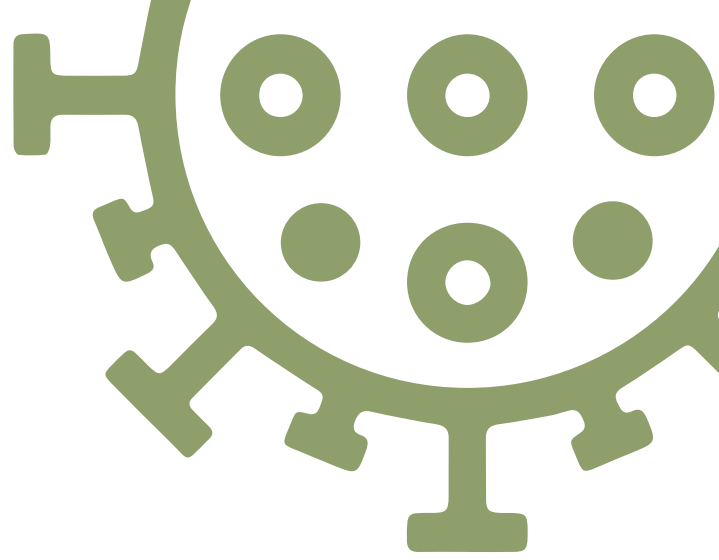
This working group was struck under the Northern Health Emergency Operating Centre (NH EOC), of which the First Nations Health Authority was a member. This group reported out to the NH EOC on a regular basis.

This working relationship endures beyond the COVID-19 response. The work together will be undertaken in a way that:

- Is culturally safe;
- Respects and protects First Nations decision-making and control;
- Embodies FNHA directives and leadership statement; and
- Provides the necessary information for decision-making by First Nations community leaders.

The following guiding principles are intended to ensure people can stay safely in their homes and in their community. These include:

- Ensuring the safety of First Nations individuals in communities;



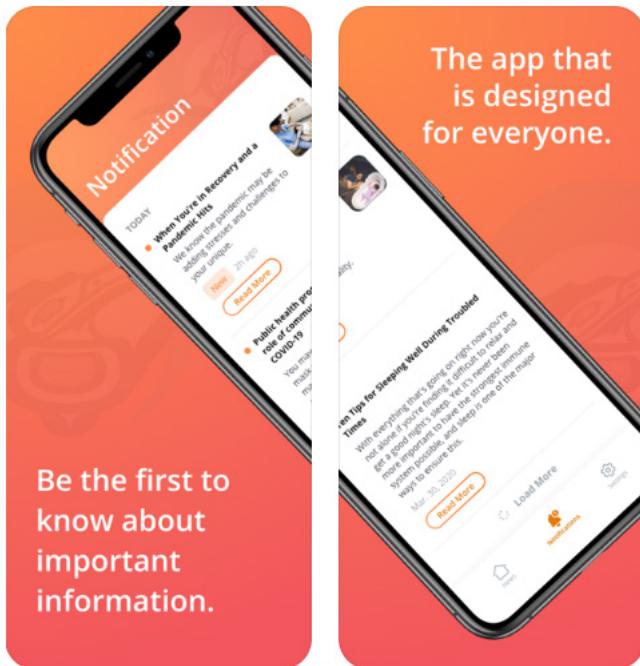
- Providing care for people in community as long as possible;
- Ensuring appropriate supports and care for individuals symptomatic for COVID-19 and may also have underlying health conditions;
- Ensuring appropriate supports and care for other individuals relocating from rural and remote First Nations communities; and
- Ensuring appropriate supports and care for individuals symptomatic of COVID-19, people with underlying health conditions, and other individuals returning to community.

The Working Group focused on three areas:

1. Creating a community profile planning tool that provides key information for planning and partnering with First Nation communities;
2. Clinical pathways, based on different scenarios, that provide maps for individuals who may choose to remain or leave community; and
3. Transportation options to support individual's choice to remain or leave their home community, as well as, return to community if they were required to leave.

The work and products developed by the FNHA-NH COVID-19 Working Group influenced the overall approach to rural and remote and First Nations communities across the province.

FNHA launches mobile app



In response to feedback received from communities, FNHA has announced the launch of the new [FNHA Mobile App](#).

The Mobile App is an opportunity to receive direct information to support the health, wellness, and safety of BC First Nations. The current COVID-19 pandemic has emphasized the importance and value of immediate access to urgent and evolving information, and the

Mobile App serves as a simple platform for important updates and resources.

The app provides a direct link to FNHA services and information, and will help to keep you up to date on FNHA's COVID-19 resources, as well as, other holistic health information, support, and tools.

Beyond the pandemic, the Mobile App will be a helpful companion on your wellness journey. It focuses on health and wellness, including physical and mental health. Depending on the settings you choose, the Mobile App can send emergency notifications and alerts about urgent, health related events.

Download the FNHA Mobile App from the [Apple App Store](#) or [Google Play Store](#). View the [Frequently Asked Questions](#) to find out more, or visit fnha.ca/app.

June is National Indigenous History Month

National Indigenous History Month honours the history, heritage and diversity of Indigenous Peoples in Canada. It is also an opportunity to recognize the strength of present-day Indigenous communities.

National Indigenous History Month is also a time to learn about and acknowledge critical contributions First Nations, Inuit, and Métis peoples have made in shaping this country.

This month recognizes the importance and sacred nature of cultural ceremonies and celebrations that usually occur during this time. While celebrations and events for National Indigenous History Month may be different this year than those in the past, we can still share and learn

Virtual Events

International Youth Day
August 12

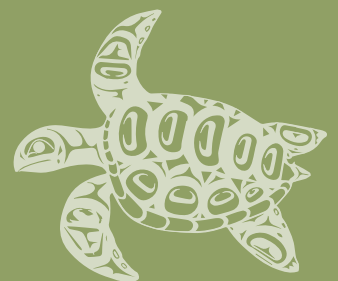
World Humanitarian Day
August 19

International Overdose Awareness Day
August 31

Prostate Cancer Awareness Month
September

World Alzheimer's Month
September

World Suicide Prevention Day
September 10



from stories, traditions, and culture in new ways that keep us connected. This learning can occur year round.

INDIGENOUS HEALTH

NATIONAL INDIGENOUS PEOPLES DAY

June 21



National Indigenous Peoples day was on June 21.

While celebrations and events for National Indigenous Peoples Day were different this year than those in the past, many found creative ways to virtually share and learn from stories, traditions and culture across the North.

Celebrate creatives from Northern BC

[July 24 was International Self-Care Day.](#) While self-care looks different to everyone, one way to unwind and take some time for yourself is to check out some of the amazing creative talent produced right here in Northern BC.

Self-care is a lifelong habit and culture. It is the practice of individuals looking after their own health based on the knowledge and information available to them. Taking the time to engage the creative side of your brain and be inspired by

local talent is an act of self-care!

Here is a selection of musicians and authors to check out:

Kym Gouchie – Musician

Kym is a national-award winning Lheidli T'enneh Musician. Her music brings awareness to Indigenous and women's issues, promoting reconciliation and community building. Kym premiered her a new documentary and live album, "For the People: Kym Gouchie & Northern Skye Live in Concert" on June 21 in hour of Indigenous Peoples Day. You can check it out [here](#).

Saltwater Hank – Musician

Born in Prince Rupert, and a member of the Gitga'at community, Tsimshian folk artist Saltwater Hank has always had a major affinity for the Northwest Coast. His songs are reminiscent of old country, blues, and folk tunes circa the 1930s, but with a progressive tone and centred on Northwestern B.C. You can stream Saltwater Hank's albums on [Bandcamp](#).

Eden Robinson – Author

Eden Robinson is a Haisla writer from Kitimaat. Eden has won national and international acclaim for her dark, gothic fiction. Eden has written five fiction novels. Her novel Monkey Beach is currently being adapted into a movie while her Trickett series is going to be adapted into a TV show. Check out Eden's bibliography [here](#).

Helen Knott – Author

Helen Knott is a Dane-Zaa and Nehiyaw woman and social worker from the Prophet River First Nations residing in Fort St. John. She is a writer, activist, poet, and advocate with works published in Red Rising Magazine, the Malahat Review, CBC Arts, and many others. Her most recent book, "[In My Own Moccasins](#)" examines the pain that comes from addiction, intergenerational trauma, and her own path to healing.

FEATURED INDIGENOUS LANGUAGE

You might have noticed that each newsletter features an Indigenous language from Northern British Columbia. But, did you know that there are also several apps available for download to your iOS or Android device? These apps have been developed in partnership with participating communities and First Peoples' Cultural Council.

Language apps are great for learning on the go and can make learning more accessible for those who do not have access to in-person lessons. A full list of available language apps can be found on the **First Voices** website.

In addition to these language apps, First Voices also has a “keyboard” app that includes software for over 100 languages that will allow you to text and email using the necessary characters and letters that are not available in an English keyboard.



The **Skidegate Haida language app** is a media-rich bilingual dictionary and phrase collection comprised of words and phrases archived at the online Aboriginal language database FirstVoices.com.

Word and phrase definitions are illustrated with audio recordings, and images. Users can generate their own thematically organized flashcards and bookmark words or sentences to create their own lists.

Here are some of the **phrases** you could learn using the app:

kahl tl'inu, giyuu dii sdahll.

I want ice cream.

kayd tlaajii gu gud hlt'alga iijii.

The eagle's nest is on the tree branch.

'll skinxaay.ya gan.

He/She woke up.

'La gwa 'laa guu?

Are they well?

Dii k'uulu danhll gan.

My knee was swollen.

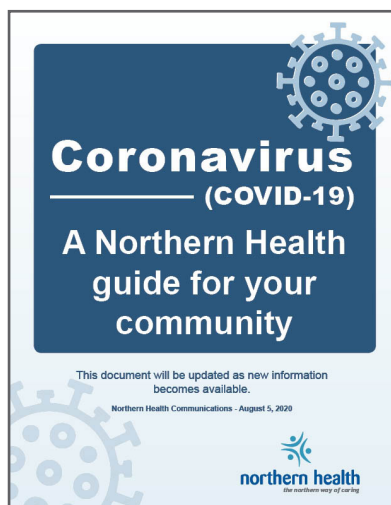
Ging gang ll guuda jaaw.wasdll.

She/He regained consciousness.

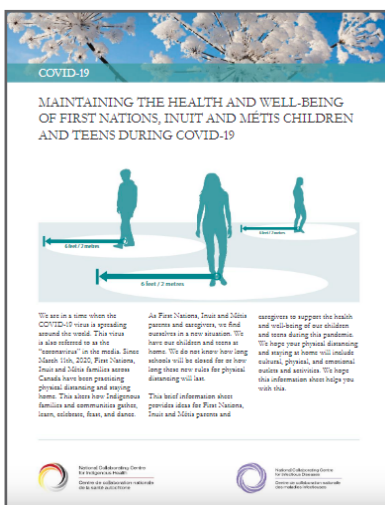
Resources



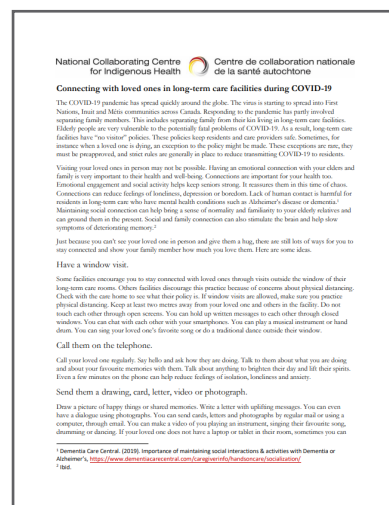
Coronavirus: A Northern Health guide for your community



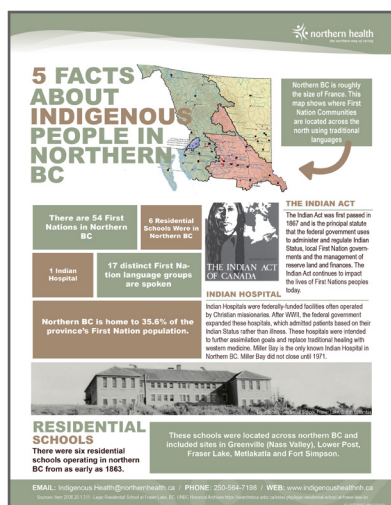
Maintaining the health and well-being of First Nations, Inuit and Métis children and teens during COVID-19



Connecting with loved ones in long-term care facilities during COVID-19



5 facts about Indigenous People in Northern BC



Culturally respectful relationships



Cultural safety booklet

