



Heskw'en'scutxe Health Services Society

Dedicated to serving Cook's Ferry and Siska Communities

"Take Care Of Yourself"

Health & Wellness Newsletter

May 2020

Message from Acting Health Manager Tina Draney

Hello: ʔéx kʷn̓ / heñteʔ,

I hope this finds you in the best of spirits! The longer days and warmer weather feel good, and during these uncertain times it is important to take care of ourselves emotionally, spiritually, mentally, and physically. Among the many challenges that we face, we must now live with the reality of COVID-19.

We continually face challenges. How we view them defines us. Do we choose to see challenges as obstacles or as stepping-stones? If we choose to see challenges as obstacles, then the challenges we face can feel overwhelming and affect our mental and physical health.

However, if we choose to see challenges as stepping-stones – with each step forward we can achieve a little more, develop further and ultimately actualize more of our goals, we can feel more positive.

The COVID-19 Pandemic has created many challenges for us. It has been difficult not to be able to visit our family, friends, and neighbours. People have lost jobs, others must now home school children while working. We can choose to view these challenges as obstacles that are holding us back, or we can view them as steppingstones to achieve our goal of preventing COVID19 and keeping our friends and family safe.

We must continue on our path of taking steps forward to keep our communities safe.

If you have any cold or flu symptoms that have lasted at least 24 hours **you can now call the Kamloops testing site 250-314-2256 to arrange to be tested for COVID-19.** Please see more details about how to proceed on page 38.

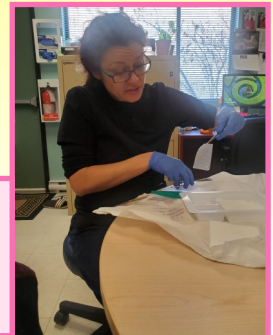
If you have any trouble breathing or your symptoms worsen please call 911.

HHSS is still providing essential services. Our offices will be locked to the public so please call either office with any questions or requests for support.

kʷukʷscémxʷ for your efforts to stay home, only going out for essentials, washing your hands lots, not touching your face, washing high touch surface areas, and self isolating with any cold or flu symptoms. Take care: wʔéxʷ weʔ ʔuʔ



A special kʷukʷscémxʷ to our nurse Scarleth and our health care team! Happy Nurse Month!



For information on any activities taking place this month or to make ride arrangements, please contact one of our offices.

Cooks Ferry Office

Box 188, 3691 Deer Lane, Spence's Bridge, BC, V0K 2L0

Phone: (250) 458-2212

Fax: (250) 458-2213

Client Toll Free: 1-866-458-2212

Email: nadine.methot@hssbc.ca

Siska Office

163 Loop Road

Phone: (250) 455-6601

Fax: (250) 455-6608

Client Toll Free: 1-844-255-6601

Email: corynn.revely@hssbc.ca

Visit our Facebook Page! <https://www.facebook.com/groups/462213130612032/?ref=bookmarks>

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HESKW'EN'SCUTXE HEALTH SERVICES SOCIETY

VALUE STATEMENT

Ten generations from now the members of our society will continue to be healthy spiritually, emotionally, mentally and physically through established awareness, education and prevention programs based on Nlaka'pamux traditions, culture and values complimented by modern medicines and methods.

Heskw'en'scutxe will consciously strive to realize its vision through communications, visibility in the communities, development of programs and continual improvement of the delivery of health services in these areas: home visits; home care for elders; youth companionship to elders; transportation; meals on wheels; community luncheons; and fitness center's

MISSION STATEMENT

Serving the Cook's Ferry and Siska Bands, Heskw'en'scutxe Health Services will direct energies into the well-being of our people through the use of traditional Nlaka'pamux and modern medicines/method; we are working to end our people's dependencies and empowering Nlaka'pamux towards rebuilding healthy families and communities.

THANK YOU FOR BEING AN **AMAZING NURSE**
2020 year of the nurse

k'wuk'wscémx'w to nurse Scarleth and teammates Home Community Care Aids Ashley, Clarissa, and Community Health Representative Annette for all their hard work and commitment to both communities during this pandemic time.

National **Nursing Week 2020** is May 11-17. It always occurs from the Monday to the Sunday of Florence Nightingale's birthday, May 12. The theme this year is **Nurses: A Voice to Lead — Nursing the World to Health**. Press like on our nursing posts during that special week!

Temporary Medical Transportation Changes in Response to COVID-19

Medical Transportation for Routine Appointments

All medical transportation for routine appointments is currently unavailable. Routine appointments include, but are not limited to, regular dentist appointments, eye exams, non-urgent specialist appointments, or diagnostic tests.

Medical Transportation for Urgent Appointments

Medical transportation is only available for urgent appointments that cannot be postponed. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.

All medical transportation for urgent appointments must be submitted as a Benefit Exception request to Health Benefits.

Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

If the Benefit Exception request is approved, medical transportation will be arranged.

If clients **have not** been told to self-isolate, their medical transportation will be arranged by their local patient travel clerk.

If clients **have** been told to self-isolate, their medical transportation will be arranged by Health Benefits. Special travel arrangements will make sure the client stays isolated.

Clients Who Have Been Told to Self-Isolate

Health Benefits is following the provincial criteria for self-isolation set by the [BC Centre for Disease Control](#). Clients should follow self-isolation directions given to them by:

- a government official;
- 8-1-1;
- their local public health office; or
- their primary care provider.

Clients can complete a self-assessment set by the BC CDC at <https://covid19.thrive.health/>.

If a client has severe symptoms such as difficulty breathing, chest pain, or losing consciousness they should call 9-1-1.

Clients Who Have Been Told They Need to Be Tested for COVID-19

If clients have been told by 8-1-1 that they need to be tested for COVID-19, and they need help traveling to the testing location, they should call the BC ambulance non-emergency line at **604-872-5151**.

Clients with At-Risk Household Members

Clients who have been told to self-isolate should follow the BC CDC recommendations for how to self-isolate when living with other people:

Stay and sleep in a room with good airflow that is away from others.

Use a separate bathroom, if possible.

Wear a face mask (surgical/procedure mask) if you are in the same room as anyone.

Avoid face to face contact.

Friends or family can drop off food outside your room or home.

If self-isolating clients have household members who have weak immune systems, chronic medical conditions, or are especially vulnerable seniors, the at-risk household member can request MT benefits to stay elsewhere.

All medical transportation for at-risk household member(s) must be submitted as a Benefit Exception request to Health Benefits.

Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

Clients with a Positive COVID-19 Diagnosis

If a client has been diagnosed with COVID-19 and been told to recover at home, their household members can request MT benefits to stay elsewhere.

All medical transportation for the client's household member(s) must be submitted as a Benefit Exception request to Health Benefits.

Clients should submit their Benefit Exception requests to their local patient travel clerk or to Health Benefits by calling **1-855-550-5454**.

Heskw'en'scutxe Health Services Society will maintain medical transportation for clients that are not showing signs of sickness for urgent appointments that cannot be postponed. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.

Cleaning & Gardening Supply deliveries.



We would like to thank Pink Solution who donated to every home on both reserves a 500 ml hand sanitizer bottle.

Pink Solution cleaning products are natural (when possible) and the company mission is to use less packaging which is detrimental to the environment.

Most cleaning products are made of liquid which take lots of amounts of water, plastic bottle, triggers, labels that are not environmental. Pink Solution is a concentrated paste. All you have to do is take some paste to a container and add water and you are ready to start cleaning.



Heskwen'scutxe Health Services Society Roles & Responsibilities

- * Open from Monday to Friday from 8:30 A.M. to 4:30 P.M.
- * For any emergencies outside of office hours, please call your family for support or dial 811 to talk to a nurse or 911 .
- * The Society receives funding from the First Nation Health Authority.
- * Funding and programming is reserved for community members living on reserve.
- * During this time of Pandemic, our services have been reduced due to observing social distancing. As a result, we are striving to offer basic supplies to our clients by providing gardening starters, cleaning supplies,. Oral hygiene products to name a few.
- * We are continuing offering home care community nursing along with our Health Care aids, Community Health representative support.
- * Thank you for letting us help you the best way we can in this unprecedented time.

**PROGRAMS OFFERED IN BOTH OUR COMMUNITIES
WE HAVE 2 NURSING PROGRAMS**

COMMUNITY HEALTH NURSING PROGRAM

- * Communicable disease control (e.g. immunization, tuberculosis screening and treatment, handwashing education, etc.),
- * Maternal-child health (e.g. prenatal, postnatal, and Well Baby clinics),
- * Disease screening (e.g. diabetes and heart disease screening)
- * Harm reduction (e.g. distribution of condoms, injection and inhalation supplies, and naloxone kits).

WHAT IS HOME & COMMUNITY CARE NURSING PROGRAM?

- * Nursing care (e.g. chronic disease management; medication administration; wound, ostomy, and catheter care; post-hospital care; palliative care; etc.)
- * Personal care (e.g. bathing, toileting, foot care and meal preparation)
- * Referral for medical equipment (e.g. walker, shower chair, bedside rail, etc.)
- * Referral for occupational therapy, physiotherapy, dietician, and diabetes educator services.



For Immediate Release | April 27, 2020

IH COVID-19 UPDATE: Expanded testing for people with symptoms

B.C.'s testing COVID-19 strategy has been expanded to include anyone with cold, influenza or COVID-19-like symptoms, however mild.

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include:

- fever
- chills
- cough
- shortness of breath
- sore throat
- painful swallowing
- stuffy or runny nose
- loss of sense of smell
- headache
- muscle aches
- fatigue
- loss of appetite

While testing has expanded, not everyone needs a test. COVID-19 testing is not recommended for people without symptoms.

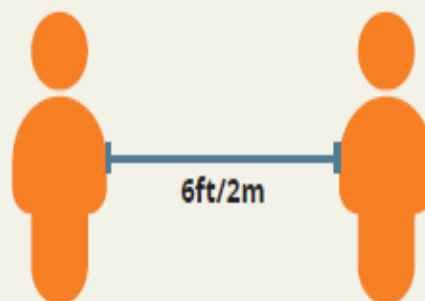
Interior Health has 14 testing and assessment centres located across the health authority: 100 Mile House, Salmon Arm, Williams Lake, Nelson, Trail, Cranbrook, Vernon, Kelowna, Kamloops, Penticton, Revelstoke, Sparwood, Grand Forks, and Golden.

Testing at these centres is by appointment. Anyone who needs a test should call their primary care provider (family doctor or nurse practitioner) or the closest Interior Health community testing and assessment centre directly to arrange a test.

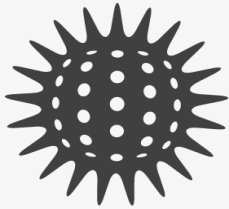
More information, including the contact information for each of the centres in IH and how to obtain your results, is available on our website at <https://news.interiorhealth.ca/news/testing-information/>.

LINES OF DEFENSE AGAINST COVID-19:

COVID 19 is spread by droplets created when an infected person coughs, talks or sneezes. These droplets are large and fall out of the air within 6ft/2m of the person. For this reason, the best way of avoiding infection is to stay 6ft/2m away from a person with respiratory symptoms (such as fever, body aches, coughing, sneezing, sore throat) and minimize the number of people in health centres when delivering services.



PUBLIC SERVICE ANNOUNCEMENT



COVID-19



**THE SOCIETY CAN PURCHASE
BASIC GROCERIES FOR MEMBERS
LIVING ON COOK'S FERRY AND
SISKA RESERVES WHO ARE
100% SELF-ISOLATING; THAT
IS NOT LEAVING & NOT ALLOWING
RELATIVES IN THEIR HOME.**

**PLEASE CALL THE
OFFICES FOR
ADDITIONAL
INFORMATION.**

**COOK'S FERRY 250.458.2212
SISKA 250.455.6601**



First Nations Health Authority
Health through wellness

Physical Distancing

THE DO'S & DON'TS

Physical distancing is the practice of reducing close contact between people to slow the spread of infections and viruses. For COVID-19, the following physical distancing actions are recommended: stay two metres (six feet) away from other people, avoid groups of people, and cancel social gatherings. Physical distancing also means we cannot use our usual social greetings, such as handshakes, hugs and kisses.



Group Gatherings
Sleep-overs
Playdates
Concerts
Theatre Outings
Athletic Events
Crowded Retail Stores
Malls
Workouts in Gyms
Visitors in Your Home
Non-essential Workers
in Your Home
Mass Transit Systems

Visiting a Grocery Store
Getting Take-out
Picking up Medications

Take a Walk
Go for a Hike
Yard Work
Play in the Yard
Clean out a Closet
Read a Good Book
Listen to Music
Cook a Meal
Family Game Night
Go for a Drive
Group Video Chat
Stream a Favourite Show
Phone a Friend
Phone an Elderly Neighbour

First Nations Health Authority
Interior Region Mental Health and Wellness:
Quick Reference Support Lines



Mental Health and Crisis Support Lines

Hope for Wellness Helpline: 1-855-242-3310
Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Indian Residential School Survivors Society
1-604-985-4464/toll-free: 1-800-721-0066

KUU-US Crisis Line Society at 1-800-588-8717
Toll Free Aboriginal provincial crisis line operates 24 hour

Tsow-Tun Le Lum Society: 1-250-268-2463
24 hour support line supporting those struggling with addiction substance misuse, supports for trauma, and /or residential school survivors

Addictions and Substance Misuse Supports

Kids Help Line – 1-800-668-6868
Adults Help Line – 1-800-663-1441
Health Link BC 811
MHSU Interior Health 1-888-353-2283

Domestic Violence or Abuse

If you are in immediate danger call 911

Domestic Violence Help Line at 1-800-563-0808
(free, confidential, 24/7, service in multiple languages)

VictimLinkBC at 1-800-563-0808 toll-free, confidential, multilingual telephone service available across B.C. and the Yukon 24 hours a day, 7 days a week

KUU-US Crisis Line Society at 1-800-588-8717
Toll Free Aboriginal provincial crisis line operates 24 hour

Hope for Wellness Helpline: 1-855-242-3310 Help Line offers 24 hour immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Support for Children and Youth

Kids Help Phone: 1-800-668-6868
Helpline for Children in BC: 310-1234

KUU-US Crisis Line Society Child and Youth Crisis 1-250-723-2040 or toll free 1-800-588-8717 crisis line operates 24 hour

For online resources for Mental Health:

First Nation Health Authority Mental Health and Substance Use:
<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>

Canadian Mental Health Association
<https://cmha.ca/>

First Nation Health Authority /novel coronavirus (COVID-19)
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

If you or someone you know is struggling to maintain Mental Wellness you can reach out for support to either to a hotline, a Mental Health Counsellor Clinician, a Doctor, Health Care Provider or Nurse Practitioner in your area.



Tips for coping with stress at home and actions to take if you or your family members are experiencing violence:

- Be aware that social isolation, quarantine, and distancing can affect you and your family's psychological well-being.
- As much as possible, reduce sources of stress by:
 - Seeking information from reliable sources and reducing the time spent consuming news (1-2 times per day, rather than every hour).
 - Seeking support from family and friends via phone, email, text, etc.
 - Trying to maintain daily routines and make time for physical activity and sleep.
 - Using relaxation exercises (e.g. slow breathing, meditation, progressive muscle relaxation, grounding exercises) to relieve stressful thoughts and feelings.
 - Engaging in activities that in the past have helped with managing adversity.
- Women who are experiencing violence may find it helpful:
 - To reach out to supportive family and friends who can help practically (e.g. food, child care) as well as in coping with stress.
 - To develop a safety plan for their and their children's safety in case the violence gets worse. This includes keeping numbers of neighbors, friends, and family whom you can call for or go to for help; have accessible important documents, money, a few personal things to take with you if you need to leave immediately; and plan how you might leave the house and get help (e.g. transport, location).
 - To keep information on violence against women hotlines, social workers, child protection or nearest police station, and accessible shelters and support services. Be discreet so that your partner or family members do not find this information.

Where to find more WHO resources on violence against women

- [Health care for women subjected to intimate partner violence or sexual violence](#)
- [Strengthening health systems for women subjected to intimate partner violence or sexual violence: A health manager's manual](#)
- [Caring for women subjected to violence: A WHO curriculum for training health-care providers](#)
- [Clinical management of rape and intimate partner violence survivors: Developing protocols for use in humanitarian settings](#)
- [Violence against women infographic](#)
- [Violence against women: Key facts](#)



On Sunday May 10, 2020

How can I celebrate my mother on this special day?

- ◇ Simply wish her a happy **Mother's Day**
- ◇ Tell her you love her, and list a few reasons that you appreciate her so much.
- ◇ Give her the note with flowers or another gift.
- ◇ If you can't give her a note in person, send her a thoughtful email or e-card
- ◇ Post something sweet on her Facebook/ Instagram wall.



Monday May 18, 2020

Happy Victoria Day!

Our offices will be closed

SAME TASTE, LESS WASTE, USE THE TAP AND FILL YOUR HESKWEN'SCUTXE WATER BOTTLE!

HELP THE ENVIRONMENT REDUCE USE TAP WATER INSTEAD OF BOTTLED

Water regulates body temperature, lubricates joints and aids digestion



Our bodies are more than 2/3 water

ONLY ABOUT 15% OF SINGLE USE WATER BOTTLES ARE RECYCLED



3:1 It takes 3 litres of water to produce 1 litre of bottled water

Happy Earth Day!!! April 22, 2020

ýe tək siłáqt (Good day) and (Hello) ʔéx kwń / heńteʔ

We are happy, to inform you that First Nations Health Authority approved our request for funding by providing every community resident living on reserve with an HHSS Contigo water bottle.

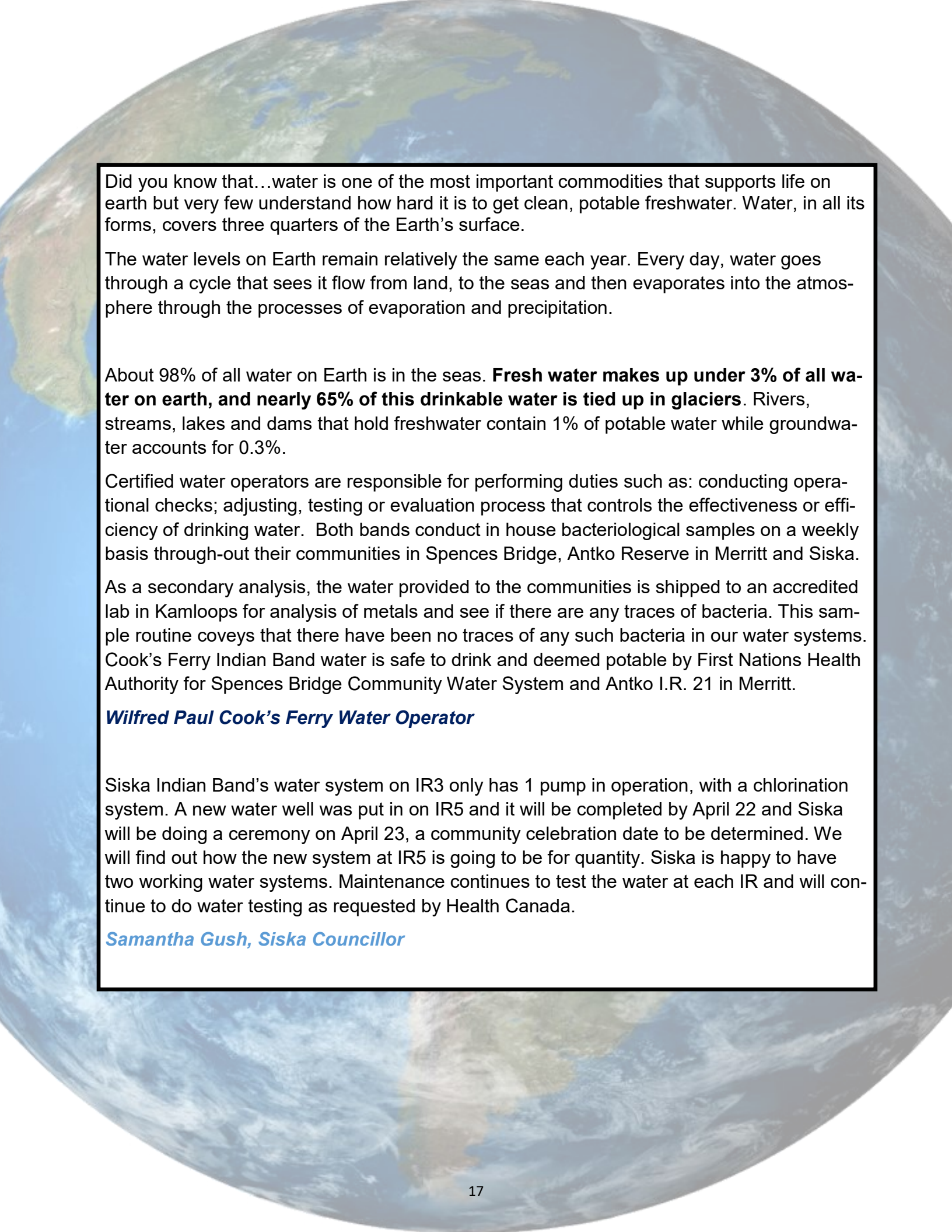
The water bottle is BPA free. Studies have demonstrated that purchased bottled water is not any better than tap water especially when the bottles are exposed to hot and cold temperatures. Furthermore, by reusing your bottle you are helping to reduce waste that is generated as only about 15% of store-bought water bottles end up being recycled. Please help our oceans and landfills by refraining from using one-time bottles.

This bottle is easy to use and if cleaned properly does not get moldy inside the spout. Please see pictures below as to how to fully clean the inside. A little soap and hot water are sufficient.

How to wash your water bottle lid

Use soap and hot water to wash the inside of the lid and prevent any mold buildup





Did you know that...water is one of the most important commodities that supports life on earth but very few understand how hard it is to get clean, potable freshwater. Water, in all its forms, covers three quarters of the Earth's surface.

The water levels on Earth remain relatively the same each year. Every day, water goes through a cycle that sees it flow from land, to the seas and then evaporates into the atmosphere through the processes of evaporation and precipitation.

About 98% of all water on Earth is in the seas. **Fresh water makes up under 3% of all water on earth, and nearly 65% of this drinkable water is tied up in glaciers.** Rivers, streams, lakes and dams that hold freshwater contain 1% of potable water while groundwater accounts for 0.3%.

Certified water operators are responsible for performing duties such as: conducting operational checks; adjusting, testing or evaluation process that controls the effectiveness or efficiency of drinking water. Both bands conduct in house bacteriological samples on a weekly basis through-out their communities in Spences Bridge, Antko Reserve in Merritt and Siska.

As a secondary analysis, the water provided to the communities is shipped to an accredited lab in Kamloops for analysis of metals and see if there are any traces of bacteria. This sample routine conveys that there have been no traces of any such bacteria in our water systems. Cook's Ferry Indian Band water is safe to drink and deemed potable by First Nations Health Authority for Spences Bridge Community Water System and Antko I.R. 21 in Merritt.

Wilfred Paul Cook's Ferry Water Operator

Siska Indian Band's water system on IR3 only has 1 pump in operation, with a chlorination system. A new water well was put in on IR5 and it will be completed by April 22 and Siska will be doing a ceremony on April 23, a community celebration date to be determined. We will find out how the new system at IR5 is going to be for quantity. Siska is happy to have two working water systems. Maintenance continues to test the water at each IR and will continue to do water testing as requested by Health Canada.

Samantha Gush, Siska Councillor

MENTAL WELLNESS SUPPORT SERVICES AVAILABLE TO THE NATION

Heskw'en'scutxe Health Services Society

Ricardo Pickering, MC (Counselling Psych), RP, CCC

Mental Wellness Outreach Clinician

ANNOUNCEMENT:

Ricardo will be seeing clients on Thursdays from 9:00 am to 1:00 pm.

Please call the office to book an appointment. He will be returning on April 2 and will be doing phone counselling until the Pandemic is over.



Nlaka'pamux Mental Health Services

Elizabeth Perdok-Wabose BSc. M.Ed. CPTCC

Mental Health and Addictions Clinician

Elizabeth comes to both offices by appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 108 Mobile: 250 378.7596

Email: perdok-wabose.e@nlxfn.com



Nlaka'pamux Mental Health Services

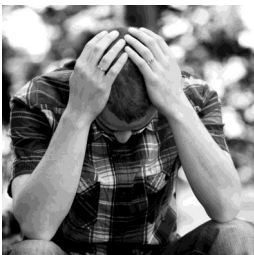
Wanda Dexel

Mental Health and Addictions Clinician

Elizabeth comes to both offices by appointment only. You do not need a referral to book an appointment.

Office: 250 378.9772 ext 109 Mobile: 250 378.7631

Email: dexel.w.e@nlxfn.com



Nlaka'pamux Mental Health Services

Vincent Abbott, Drug & Alcohol Counsellor

Vincent is in CF every Wednesday (see calendar insert)

Please call him directly to book your appointment or drop in for a visit.

Office: 250 378.9772 Mobile: 778 254.0055

Email: abbott.v@nlxfn.com

Fight Depression and Anxiety with a Therapy Garden

Learn about the therapeutic properties of horticulture and gardening.

Being in a garden, surrounded by beautiful plants and doing simple, manual tasks such as deadheading, weeding and watering can calm the mind and lift the spirit, says Karen Kennedy, a horticulture therapist with a private practice in the Cleveland area and a faculty member at the Horticulture Therapy Institute (htinstitute.org). In her work helping people who have been “touched by cancer,” either as a patient or caregiver, Kennedy shares some horticulture therapy techniques and tips for creating a therapeutic garden.

SYMBOLIC GESTURES: Plant things that are meaningful to you and evoke happy feelings. Maybe you associate lilacs with your mother because they bloom around Mother’s Day, or cucumbers in your garden because you have fond memories of making pickles with your grandmother. The more positive associations you can create in your garden, the more opportunities you’ll have to change your outlook, Kennedy says.

SECRET GARDEN: Another key element of a therapeutic garden is creating privacy and the ability to lose yourself in a plant-rich environment. Try to carve out a quiet, private space where you can sit, relax and admire the garden without being seen or disturbed.

GOOD SCENTS: Stop and smell the roses—literally. Scent is a powerful sensory stimulus that can calm us and help us connect more deeply with nature. Trail fragrant plants such as roses. Plant calming chamomile or thyme in pathways so they release a pleasing fragrance when you walk on them.

EASY DOES IT: Horticulture therapists modify healing gardens to help ease the task of gardening and make it more enjoyable. If you have a bad back or limited mobility, consider creating tall raised beds or container gardening.

COLOR CODED: Warm colors—reds, oranges and yellows—can pick us up when we’re feeling lethargic or depressed; use them in active areas of the garden where you want to eat or entertain. Cool blues and purples are calming and perfect for parts of the garden where you want to unwind. Use color in plantings as well as garden structures, furniture and accessories.

Benefits of Horticulture Therapy

In a recent study published in the *Journal of Nursing Care*, researchers found that Korean women living in a rural area benefitted significantly from horticultural therapy. The women who underwent 12 weeks of therapy (two 90-minute sessions a week)—including numerous activities such as viewing flowers, growing sprouts and making crafts with natural materials—experienced significantly improved psychological well-being and an improved sense of hope, as compared with a control group. The women also developed interpersonal relationships, reported positive sentiments and improved self-expression during the course of therapy.

Several studies point to the positive effects of gardening on children. In 2011, researchers in Ohio learned that a gardening program at a juvenile rehab center helped kids see themselves in a better light and helped them better manage behavioral and emotional problems. Most of the children involved in the study said they wanted to continue gardening after the program ended. *Article from Mother Earth Living, May/June 2016*

Healthy Food Bag & Shopping Days Programs cancelled until further notice



Medication Pick up in Lytton

We will continue picking up clients medications on Wednesdays. If you are not already on our list, please call Chris at the Pharmacy as he needs your confirmation that we can pick up your medication.

Medication will be delivered during these special times.



Dental Emergencies and Covid-19

If you have dental pain and your dentist cannot see you, please call Brenda Isaac , Registered Dental Therapist with FNHA. Brenda is happy to provide assistance. Brenda can refer to a dentist who can provide prescriptions if required.

At this time all dental clinics are closed and only a few are fully equipped to provide emergency dental services. There are no clinics listed for Lytton, Lillooet, or Merritt. The closest clinics fully equipped are in Kamloops and there are only 3 clinics. A phone assessment will be done first to determine what the need is.

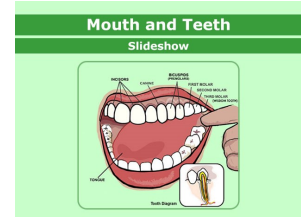
You can go to the BCDA website and click on COVID-19, then click on Emergency Clinics and you will find a list of dental clinics fully equipped to provide emergency services.

Brenda Isaac
Registered Dental Therapist
Cell: 604-798-0497



Keep a basic dental care routine during a Pandemic

Basic dental care involves brushing and flossing your teeth regularly, seeing your **dentist** and/or **dental hygienist** for regular checkups and cleanings, and eating a mouth-healthy diet, which means foods high in whole grains, vegetables and fruits, and dairy products.



Why is basic dental care important?

Practicing basic dental care:

Prevents tooth decay.

Prevents **gum (periodontal) disease**, which can damage gum tissue and the bones that support **teeth**, and in the long term can lead to the loss of teeth.

- Shortens time with the dentist and dental hygienist, and makes the trip more pleasant.
- Saves money. By preventing tooth decay and gum disease,
- Reduce the need for **fillings** and other costly procedures.
- Helps prevent bad breath. Brushing and flossing rid your mouth of the bacteria that cause bad breath.
- Helps keep teeth white by preventing staining from food, drinks, and tobacco.
- Improves overall health.
- Makes it possible for your teeth to last a lifetime.

Are there ways to avoid dental problems?

Keeping your teeth and gums healthy requires good nutrition and regular brushing and flossing.

Brush your teeth twice a day—in the morning and before bed—and floss once a day.

This removes **plaque**, which can lead to damaged teeth, gums, and surrounding bone.

Use a toothpaste that contains **fluoride**, which helps prevent tooth decay and **cavities**. Ask your dentist if you need a mouthwash that contains fluoride or one with ingredients that fight plaque. Look for toothpastes that have been approved by the Canadian Dental Association.

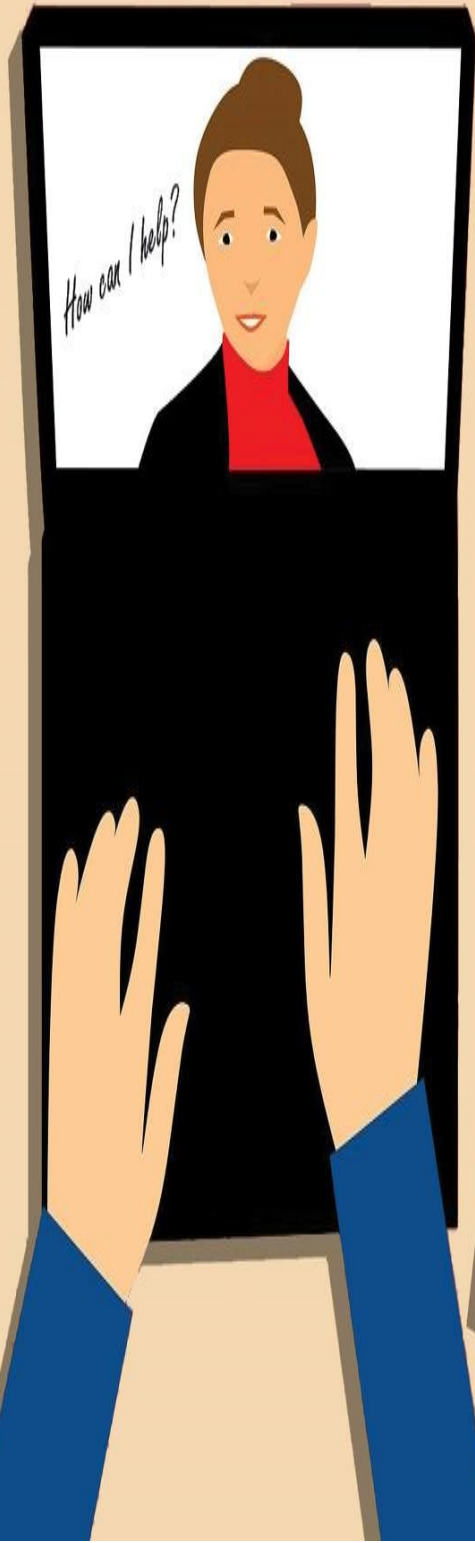
- Avoid foods that contain a lot of sugar. Sugar helps plaque grow.
- Avoid using tobacco products, which can cause gum disease and **oral cancer**.
- Exposure to tobacco smoke (second-hand smoke) also may cause gum disease as well as other health problems.
- Practice tongue cleaning. You can use a tongue cleaner or a soft-bristle toothbrush, stroking in a back-to-front direction. Tongue cleaning is particularly important for people who smoke or whose tongues are coated or deeply grooved.
- Schedule regular trips to the dentist based on how often you need examinations and cleaning.

All First Nations Citizens in BC

Rural Coordination
Centre of BC



VIRTUAL DOCTOR OF THE DAY



Need to see a doctor?
Book your virtual appointment

1 855 344 3800

7 days a week
8:30am-4:30pm



***You will need:**

- laptop
- tablet
- or smartphone
- internet connection

telephone-only is also available



First Nations Health Authority
Health through wellness



First Nations Health Authority
Health through wellness

Do you need to see a doctor?

Introducing the First Nations Virtual Doctor of the Day



The First Nations Health Authority (FNHA) has launched a new program to enable more First Nations people to access primary health care closer to home – or in this case – actually in the home!

The First Nations Virtual Doctor of the Day program is for First Nations people and their family members who do not have access to a doctor or who may have lost access due to the COVID-19 crisis.

About the doctors

Each doctor who participates in the First Nations Virtual Doctor of the Day program is evaluated by an adjudication committee in partnership with the Rural Coordination Centre of BC. Doctors need to apply and be accepted into the program. Priority is given to doctors of Indigenous ancestry and doctors with positive working relationships with First Nations people and their families. All participating doctors are trained to follow the principles and practices of cultural safety and humility.

How to set up an appointment

If you do not have a doctor or nurse practitioner or you cannot connect with your usual care provider, call 1.855.344.3800 to book an appointment with the First Nations Virtual Doctor of the Day.

A Medical Office Assistant will connect you to a doctor using the Zoom video conferencing app. It is best if doctors can see patients using video conferencing. However, if a person has no internet access, or does not have safe access to a computer or mobile phone, the program can arrange for a phone appointment.

The free service is available seven days a week from 8:30 a.m. - 4:30 p.m.

To allow those in greatest need to access the service, the FNHA encourages clients with existing primary care providers to continue to connect with those providers.

To learn more about the program before making an appointment, visit fnha.ca/virtualdoctor

My first ribbon skirt a long time ago was part of my butterfly regalia, I included turquoise ribbons to represent the spiritual path that we all travel as we walk the red road through life. It was a privilege and a blessing to be first a fancy dancer and then to pick up traditional and then old style jingle and to have a coming out for each one as a pow wow dancer.

Today many women are finding connectivity to tradition and strengthening cultural roots through the creation and wearing of ribbon skirts for Ceremony and for every day. We recognize that when we wear our skirts that we are honoring ourselves and our ancestors. These skirts although lovely and bright and often sporting inspired designs represent so much more than shining hanks of ribbon adorning beautiful patterned or colorful plain cotton skirts.

Our Ribbon skirts represent First Nations Values, Family, relations and the way that we as a group of women connect to something larger called a community that walks upon mother earth.

As we walk and the hems of our garment brush the grass we receive a blessing. Our skirts become parts of cherished memory when we have worn them as part of sacred ceremonies that support the shifts that represent a life.

When you create a ribbon skirt for yourself or as an honoring gift for someone special be prayerful. Allow your color choices and the symbols you choose to add to your skirt help to lend strength for the walk that is taken through life. Some will choose to create red skirts and dresses with red ribbons to honor the memory of those who have been taken too soon.

Whatever you choose let it be right for you, walk tall and walk proud, your beautiful skirts are prayers in motion. *Meriel Barber*

Sewing or Making Clothes

1. Scissors	kəl kəl mɪn
2. Bobbin (sewing machine)	nziqíntn
3. Needle	pétk ^w etn
4. Sinew	tínx
5. Thread a needle	tux ^w pete
6. Sew s.t.	łəq ^w ?úm
7. Sewing	słq ^w ú?
8. Cloth or Fabric	síl
9. Skirt	(s) k ^w úsp
10. Dress	tetúx ^w
11. Sewing basket	n?éy ks tn
12. Measuring stick	(n) cwés mn
13. Belt or waistband	qíp éws tn



Make a ribbon skirt with Meriel Barber

Measurements: waist _____ hips _____ length of skirt _____

1. Need 2 meters of fabric, if your waist is more than 50 "you need 3 meters.
2. Wrap the fabric around your waist and take a step forward, measure what fabric is needed and rip off what is not needed.
3. Measure the length for skirt and add what you want for hem, cut off any excess. (include waist and hem)
4. Fold in half and cut or rip. Now you have 2 pieces
5. Measure biggest part of body (hips) fold fabric, so you have two lengths fold in half, remember now you have 4 layers of fabric on center fold.
6. Measure your waist and cut the elastic to that measurement and fold in half and fold in half again.
7. Place the elastic on the fabric (waist) and mark with fabric chalk.
8. Place yard stick on the chalk at waist and at the bottom and cut with a rotary cutter.
9. Measure 5" from bottom of skirt and mark or press.
10. Measure the ribbons (4) and the heat bond to go across the skirt.
11. Place the heat bond with the rough side on the ribbon and iron and take the strip off and place on the skirt as marked, above the line.
12. Do the same on the other side of skirt. Zigzag or straight stitch the ribbon.
13. From a scrap fabric make a pocket 5"x 9", make a small seam and with right sides together leaving about 1 1/2" on top sew the seams or zigzag sides. Then place into waist seam where you want it.
14. Mark or fold the waistline, press and sew, including the pocket into the seam leaving a small area for safety pin to thread the elastic into waist band. Stitch the elastic back and forth to hold.
15. Press the hem seam and sew.
16. The hummingbird pattern is to be basted first, then sew on your skirt at your leisure.



Congratulations

You have just made a simple ribbon skirt. I hope you make one for every occasion and make your own designs.

Instructions provided by Michelle Michelle

How to access mental health services using Telehealth

To slow the spread of COVID-19 and support BC's physical distancing rules, the First Nations Health Authority (FNHA) is temporarily restricting all in-person mental health appointments. Instead, clients and mental health providers are encouraged to use telehealth for counselling sessions. Mental health benefits coverage remains the same.

What is Telehealth?

Telehealth is the use of telecommunications and virtual technology to deliver health care services.

Counselling sessions delivered using telehealth can be done **over the phone** or using **videoconferencing** (e.g. Zoom, Skype, FaceTime). FNHA does **not** consider texting and emailing to be telehealth.

How Do I Set Up a Telehealth Appointment?

Step 1: Contact your mental health provider to see if you can schedule a virtual counselling appointment. When you talk to your provider, you should discuss what telehealth option they like and also explain what you feel the most comfortable with.

As long as you are seeing a mental health provider who is registered with Health Benefits, all telehealth sessions are fully covered.

Step 2: Prepare for your telehealth appointment:

- Have a fully charged device.
- Try to find a private room where you feel comfortable, and where you will not be overheard by other members of your household.
- Use a headset or earbuds to avoid echos and protect your privacy.

Step 3: Follow any instructions from your provider about downloading or logging on to the videoconferencing system.

*It is important to remember that not being available for the call or video as planned is considered a no-show appointment. Providers can charge clients for no-show appointments.

If you have any questions or need additional support to access mental health services using telehealth, please call Health Benefits at **1.855.550.5454**.

Privacy

In general, telehealth is less private than in-person appointments. Each video conferencing system (e.g. Zoom, Skype, FaceTime) has its own privacy and data security policies. Also, unlike an in-person appointment where you are in a private office, there may be less physical privacy in your home. If there are other people in your household, you may have to take extra steps so that they do not overhear your conversation.

FNHA Health Benefits expects all mental health providers to follow the telehealth guidelines of their professional body. You should talk to your provider if you have any concerns about your privacy. If you feel that your provider has not taken the necessary steps to protect your privacy, you can submit a formal complaint to quality@fnha.ca.

Accessibility

You should use the telehealth option that you feel the most comfortable with, but it is also important to think about what technology is accessible to you. For example, if your internet does not always work or you're not sure if you will have private access to a computer, it may be better to schedule a phone call instead of using Skype.

Your Rights as a Clients

You can choose to hold your counselling sessions over telehealth or reschedule for an in-person session at a later date. Even if you start using telehealth, you can stop at any time.

If it is your first appointment with a new provider, remember that you can decide if the provider is the right fit for you. You have the right to switch to another provider at any time.

Contact from Health Benefits

Health Benefits will be auditing some providers to ensure they are billing appropriately for telehealth appointments during this time. If you schedule any telehealth appointments, please be aware that Health Benefits may contact you to confirm your session. Please see Health Benefits' privacy statement [here](#).

YOU have the power to prevent COVID-19

YOU can protect our most vulnerable!



Practice SOCIAL DISTANCING



Go digital: keep up with friends and family online.

Stay home as much as you can.



If you have to go out:

- Don't hang out in groups
- Stay 6 feet away from others
- Don't shake hands or hug
- Don't share food or drinks



And don't forget to **wash your hands.** A LOT.

THERE'S ONLY ONE THING YOU NEED TO UNDERSTAND ABOUT HOW A COVID-19 CORONAVIRUS* SPREADS

*Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

1. Keep your distance.

2. Avoid crowds



(0.5m to 2m will keep you safe from large droplets.)



(People who are infected can show no symptoms, but are still infectious.)

Sometimes a sick person's saliva can get on other things...



HANDS DOORS DEVICES MOUSE CUPS PENS HANDRAILS UTENSILS

And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.

Time to harvest! Remember to keep your social distancing while being out in nature, especially around bears!



Did you know?

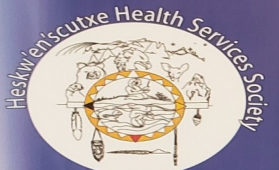
The Nlaka'pamux calendar centers on the behavior of the deer, which is a primary food source. Hence, the first moon traditionally started during the rutting season of the deer.

What is a Blue Moon?

Approximately every three years there are two full moons in one calendar month. The second full moon has been come to be known as a "Blue Moon."

The next time two full moons occur in the same month will be 2012.

Utilizing our Resources in our Nlaka'pamux Area



Harvest time: May vary depending on elevation
 Harvest method: Leave 20%-30% of the ripe fruits on the plant for regeneration, and harvest 50 to 100 meters from public roads as pollution from vehicles can be a concern.
 Identification concern: Make sure you positively identify the plant before harvest. Some poisonous plants look similar to non-poisonous species.



"Blue Moon"
 Translucent lunar and solar year into harmony.

Year Round	S7istk Winter Dec 21 - Mar 19	Sqápc Spring Mar 20 - Jun 20	Spénc Summer Jun 21 - Sep 22	Lwe'yst Fall Sep 23 - Dec 20	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
					Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
S-k'a'k'ew'	Prickly Rose															
K'am'k'm'em'qs	Baldhip Rose															
Cu'xehus	Rainbow Trout															
Sam'fhus	Brook Trout															
Pálpésk'u tókswew'í	Lake Trout															
Wi'ze	Black Tree Lichen (Black Moss)															
Sq'oq'yáe	Snowshoe Hare (Rabbit)															
Spáq'lic	Burbot															
Lk'á'ápn	Bitterroot															
Sóx'm	Arrow-Leaved Balsamroot															
Swé'wliq	Stinging Nettle															
No nlaka'pamux	Watercress															
Táwáw	Spring Beauty (Indian Potato)															
Q'lewe'?	Nodding Onion															
No nlaka'pamux	Asparagus (Wild)															
K'éce'?	Labrador Tea															
K'éce'?	Trapper's Tea															
Mu'le'?	Chocolate Lily															
K-yi'ze	Chinook Salmon (Spring)															
Ski'ki'x má'qí'?	Thunder Mushroom (Lightning/Rain)															
Mémit	Lake Whitefish															
Som'fhus	Dolly Varden															
Ntu'?	Lodgepole Pine															
Má'cá'?	Caribum (Sap)															
Céwéte'?	Blackcap (Black Raspberry)															
Hék'u'?	Barestem Desert Parsley (Indian Celery)															
Kekniy	Cow-Parsnip (Indian Rhubarb)															
	Kokanee Salmon															
Héni'?	Pink Salmon (Humpback)															
Sq'oq'yé'p	Strawberry (Wild)															
Sx'a'7es	Sockeye Salmon															
Sáq'm	Saskatoon															
Sá'wam	Soapberry															
S7é'y'icq'	Raspberry (Wild)															
Sxé'á'p	Gooseberry															
Só'le'?	Tall Oregon-Grape															
Som'fhus	Bull Trout															
X'ix'ek'	Oval-Leaved Blueberry															
C'alc'a'le	Black Mountain Huckleberry															
Zalk'u'?	Chokecherry															
Pu'n'p	Rocky Mountain Juniper															
?imix'	Cascade Huckleberry															
Stxé'e	Elk															
Y'á'xkn	Moose															
Sx'ole'?	Male Deer															
Zex'pe'?	White-Tailed Deer															
É'pnte'?	Oyster Mushroom															
Má'qí'?	Sand Mushroom															
Qá'nes	Pine Mushroom															
Nk'í'k'í'xqin	Shaggy Mane Mushroom															
Cé'wék	Tiger Lily															
Sm'á'mth	Blue Grouse															
Cá'q'c'q'	Spruce Grouse (Food Hen)															
Tók'x'e'?	Ruffed Grouse (Willow)															
Có'le'?	Steelhead Trout															



Time to pick the following in May: Bitterroot, Arrow-Leaved Balsamroot, Stinging Nettle, Watercress, Spring Beauty (Indian Potato), Nodding Onion, Asparagus (wild), Labrador Tea, Trapper's Tea, Chocolate Lily, Thunder Mushroom, Dolly Varden, Lodgepole Pine, Blackcap, Barestem Desert Parsley (Indian Celery) and Cow-parsnip.

IT'S A BABY BOY!



Our heartfelt congratulations to Belinda Charlie and Timothy Pierre for the birth of their baby boy Gabriel Ronald Pierre born at 4:01 a.m. on April 18th, 2020. Baby



Healing powers of bitterroot



The most important health benefits of bitterroot include its ability to relieve pain, eliminate respiratory irritation, calm the nerves, purify the skin, detoxify the body, regulate blood sugar, and settle upset stomachs.

Most people in our communities dry the root and make a powder that is added to boiling water and sipped as a tea. It is an overall good tonic for the body. If you are taking medication, always consult with your doctor to make sure there are no counter effects in using traditional medicine.

ASPARAGUS SEASON

Scramble eggs on toast with asparagus and bacon bits



BACON

You ruined it with the green stuff.



An easy guide to cleaning your windows

- 1. Forget the glass cleaner.** To break down any built-up film on really dirty windows, give them a good scrub with a sponge and a simple mixture of water and dish soap.
- 2. Go natural(ish).** While vinegar and water provides a natural alternative to harsh chemicals, many people find that it can leave streak marks. Mix together 2 cups of water, 1/4 cup of vinegar and 1/2 tsp of dishwashing detergent.
- 3. Make an 'S' pattern.** The best way to wash windows is to start at the top and work your way downwards. Wipe off any excess water with a squeegee or a microfibre cloth.
- 4. Wait for an overcast day.** Direct sunlight can sometimes dry windows too quickly, which results in streaks on the glass.



With the COVID-19 Outbreak, many parents have expressed some challenges in home-schooling their children. Do not be hard on yourselves, remember that just over 150 years ago kids did not go to school. They learned everything they needed to know from their parents, grandparents, cousins and life went on! Teaching kids basic life skills such as cooking, cleaning are also very important.



Consider these seven reasons why children should help out around the house:

1. Chores help teach life skills. They're young now, but they won't be kids forever! Laundry, cooking and budgeting are just some of the skills your kids will need once they finally move out. These are also things that schools do not fully teach, making learning them at home even more important.

2. Chores help kids learn responsibility and self-reliance. Assigning children regular chores helps teach them responsibility. Tasks that personally affect your kids, such as cleaning their room or doing their own laundry, can help them become more self-reliant at the same time. Your kids or grandkids may also take pride in being considered mature enough to take care of themselves.

3. Chores help teach teamwork. Being a productive member of a team can be modelled for children through housework. Members of your family "team" are accountable to each other, and there are consequences when you don't meet each other's expectations. Learning these lessons at home, where mistakes are more easily forgiven, can help kids develop strong teamwork skills to use at school or work.

4. Chores help reinforce respect. It takes moving away from home for most of us to fully appreciate all the hard work our parents did around the house. Our children are likely no different, but assigning them chores may help this insight come a little quicker. Kids may become more aware of the messes they make if they're tasked with cleaning up around the house, and more respectful of the work that goes into maintaining a home.

5. Chores help build a strong work ethic. This trait is valued by teachers and bosses, so why not instill a work ethic in your kids from a young age? Chores are commonly tied to a reward, such as an allowance or TV time. Paying children for a job well done can also spark an entrepreneurial spirit, inspiring them to work outside the house once they reach their teens.

6. Chores help improve planning and time management skills. It feels like there are a million things to do in the day, and fitting it all into our diaries is a challenge! Chores can help older kids and teens build good habits early. Juggling schoolwork deadlines, housework and their social lives helps them learn to set priorities and manage their time, important skills for the working world.

7. Chores give families a chance to bond. People often lament that chores take up time they could be spending with their kids or grandkids. But chores can actually create special moments between children and adults. Little ones who always want to help will feel important and receive a self-esteem boost, and moody teens may decide to open up over a shared task.



How to Plant and Grow

Strawberries

in Containers



Strawberries, in general, are easy to grow and there's nothing like a fresh berry plucked off your own plant. The best pots for strawberries are those which are urn shaped, punctuated with holes down the sides in variable areas. Even though the holes make the pot look like dirt, water or even the plant may fall out of them, these pots are perfect for growing strawberries in containers.

Types of Strawberries

There are three main categories for strawberries: June bearing, Everbearing, and Day-neutral.

June Bearing strawberries produce a large, concentrated crop once a year during late spring or early summer (usually in June). They send out a lot of runners that can quickly become a tangle of vines. This category is better suited for a garden bed.

Everbearing strawberries' fruiting season stretches from early spring until fall. They send out fewer runners and will not produce as much as the June Bearing types. Although it will produce fewer berries, it's enough for snacking and tastes better than any store-bought berries. This category does well in containers.

Day-neutral is a newer variety of everbearing strawberries. They produced more consistently throughout the growing season. Day-neutral strawberries prefer cooler temperatures and will not bear fruit in hot weather. If you live in an area with hot summers, skip this category.

How to Grow Strawberries in a Pot

Now that we have our pot, the question is how to grow strawberries in containers. You will need one plant per side opening and three or four for the top (for ordinary containers, just three or four plants will do).

Cover the drainage holes loosely with terra cotta shards or a screen to slow drainage and fill the bottom of the pot with pre-fertilized, soilless media amended with compost or a slow release fertilizer like 10-10-10. Continue to fill in the container as you plug each hole with a berry plant, lightly patting the plant into the soil as you fill.

Strawberry plants in pots need to be kept watered. Insert a paper towel tube filled with gravel down the center of the pot and fill in around it as you plant, or use a pipe with holes randomly drilled through to aid in water retention. This will allow water to seep throughout the strawberry pot and avoid overwatering the top plants. The additional weight may also keep plastic pots from blowing over.

Finish off your strawberry container with the three to four plants. Water it thoroughly and set the pot in full sun to part shade. Strawberries do best in temps from 70-85 F. (21-29 C.), so depending upon your region, they may need more shade and/or water. A light-colored pot will also aid in keeping roots cool. Too much shade can result in healthy foliage but few or sour fruit. Add sphagnum moss or newsprint around the base of the plants to keep the soil from washing out.





**DON'T LET
TOBACCO**

**TAKE YOUR
BREATH
AWAY**

31 MAY WORLD NO TOBACCO DAY
#NoTobacco



HHSS BOARD	HHSS CHP	HHSS STAFF	HHSS OFFICES
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COVID-19 UPDATE



Interior Health

COVID-19 Testing is now recommend for individuals with at least 24 hours of symptoms who are:

What are symptoms of COVID-19?

Mild Symptoms may include some or all of the following:

- Low Grade fever
- Cough
- Malaise (overall feeling or discomfort)
- Rhinorrhea (runny nose)
- Fatigue (extreme feeling or tiredness)
- Sore throat
- Gastrointestinal symptoms such as nausea, vomiting, as well as:

Severe Symptoms may include any of the mild symptoms, as well as:

- Fever
- Shortness of breath
- Difficulty breathing and or chest pain

****If you are having any of the above symptoms please call for assessment and testing:**

Please call our Nurses at the Kamloops Testing Site:

250-314-2256