



**HAPPY CANNING SEASON, THE PEACHES,  
APRICOTS AND CHERRIES ARE BACK!**

Injury prevention is critical to saving lives: Did you know that injury is the No. 1 cause of death of Canadians ages 1 to 44? Or that injury costs the Canadian economy \$29.4 billion a year?

- Every day, 48 Canadians die and 634 are hospitalized because of injuries.
- Preventable injury kills more Canadian children than any disease, and more youth than all other causes combined.
- 75 per cent of injury-related deaths are from unintentional causes, such as falls, car crashes and poisonings.
- Falls are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada.

**IN THIS ISSUE:** Sun Safety, Blood work in Lytton, 2 Horse Camps in Boston Bar, COHI & Dental Clinic in Siska, Culture Camp up at Pasulko, Emergency Preparedness, Meet Danielle: Harm Reduction Trainor, Safe Sex Information, Measles; do you need to get a shot?, Health Talk with personal trainer Mark Nendick at the Arbor!

# STAFF DIRECTORY

## BOARD OF DIRECTORS



Lorette Edzerza  
Cook's Ferry



Angela Phillips  
Siska



Samantha Gush  
Siska



Florine Walkem  
Cook's Ferry



Tina Draney  
Finance & Assistant Manager



Angie Pigeon R.N.  
Community Health Nurse

### Nursing Team

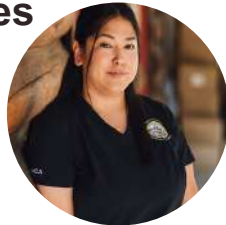


Carnation Zhuwaki R.N.  
Community Health Nurse

### Home Care Aides



Clarissa Frederick, Nursing Assistant



Jessie Munro HCA  
On Mat Leave



Danielle Munro , HCA



Nadine Methot B.A.  
Medical Office Administrator  
Medical Travel Clerk



Christy Whittaker  
Newsletter Writer

### Medical Drivers



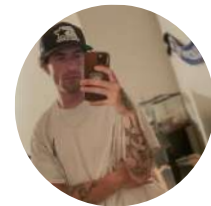
Jean Mckay  
Medical Driver



Martha Van Dyke  
Medical Driver  
Custodian



Rain Dunstan  
Medical Driver



Dayton Arnett  
Medical Driver



## OFFICE HOURS

**Monday to Friday**  
**8:30am To 4:30pm**  
**Closed 12:00pm to 1:00pm**

**Cooks Ferry (250) 458.2212**  
**Toll Free: 1.866.458.2212**

**Siska: (250)455.6601**  
**Toll Free:1.844.255.6601**

# HESKW'EN'SCUTXE MISSION

Serving the Cook's Ferry and Siska members living within these communities, Heskw'en'scutxe Society pronounced wéx we? λú? which means "take care of yourself" is focused on the well-being of its clients, offers various health services while honoring Nlaka'pamux traditions.

In line with the funding received from First Nation Health Authority, the mission and vision of the Society are to support community-based health programs and for people to maintain their independence and self- sufficiency.

Access to External Health Care  
Communicable Disease Control  
Home Care  
Maternal Child Health Care  
Medical Travel  
Mental Health and Wellness

## IN THIS ISSUE

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**OUR OFFICES  
WILL BE CLOSED  
JULY 1<sup>ST</sup>**

***"We embrace  
Nlaka'pamux  
traditions, culture and  
values. Our health  
services integrate  
modern medicines and  
methods to provide  
holistic wellness for  
our community  
members."***





# THEMES OF THE MONTH



**By Christy Whittaker**

Knowledge is power, following are reputable health links

**SAFETY**  
*Sun Safety*

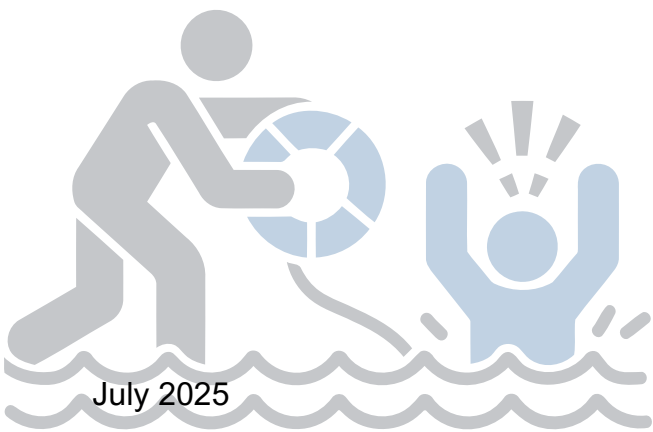
<http://www.canada.ca>

<http://cancer.ca>

*Water Safety*

<https://caringforkids.cps.ca>

<https://grainger.ca>



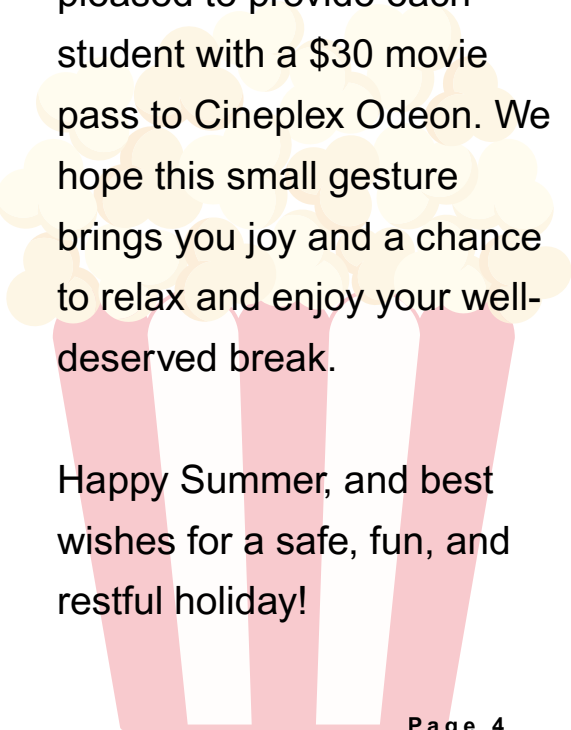
## End of School Gift



We would like to extend our heartfelt congratulations to all students for their hard work, dedication, and accomplishments throughout the school year. Your perseverance and commitment have not gone unnoticed, and we are proud to celebrate your success.

As a token of our appreciation, HHSS is pleased to provide each student with a \$30 movie pass to Cineplex Odeon. We hope this small gesture brings you joy and a chance to relax and enjoy your well-deserved break.

Happy Summer, and best wishes for a safe, fun, and restful holiday!





## SISKA MEMBERSHIP

MICHELLE WILL BE  
IN COMMUNITY JULY 30



## FREE DENTAL CARE FOR EVERYONE

Open to all children and Adults living in  
Community. Free cleaning and healthy teeth  
services offered in Siska & Cook's Ferry  
locations.

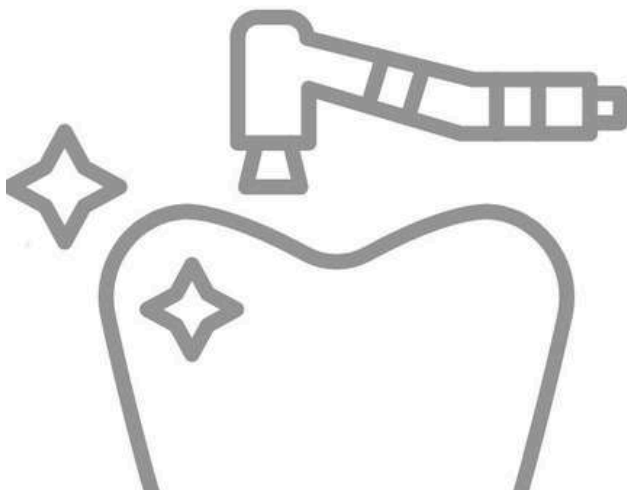
- Services include:
- Dental x-rays
- Dental cleanings
- Stain removal
- Tartar buildup

Tooth polishing and fluoride application.  
Sealants for children to prevent tooth decay if  
needed

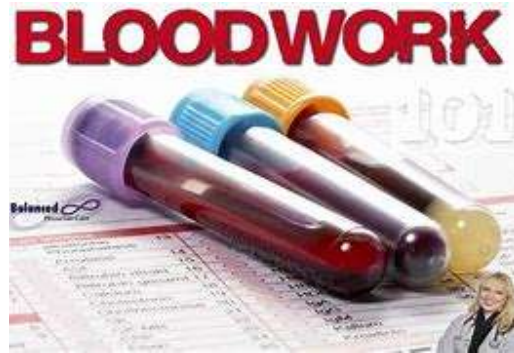
Oral hygiene instruction.

- Tooth brushing.
- Flossing
- Denture cleaning

PLEASE CALL  
THE OFFICE TO  
BOOK YOUR APPOINTMENT  
250-458-2212



# Lab/Pathology on Wednesdays in Lytton!



Great news! Lytton Primary Care Centre offers blood work / laboratory dates every Wednesday until August, when new dates will be released.

**To book a Lab appointment please call 1.844.870.4756** and ask for an appointment at the Lytton Primary Care Clinic or contact HHSS for support.



## Medication pick up reminders

Gentle reminder that medications are picked up once a week on Tuesdays in Kamloops.

We understand that you may need a refill on another day of the week but we cannot guarantee that it will be picked up due to availability of drivers and costs. Check your refills at least one week before you run out of them.

Clients now have the option to transfer their medications to the new Lytton pharmacy if they prefer. We can pick up your medication if you provide us consent.



# JULY SERVICES

## MASSAGE WITH JOHN TAI

Siska                      Cooks Ferry  
July 15                      July 2

MASSAGE WITH MELANIE ROBERTS                      Cooks Ferry  
July 7th

## SHOPPING DAYS

Siska                      Cooks Ferry  
July 2                      July 30

## NURSES AVAILABLE BY APPOINTMENT

NURSE ANGIE  
AVAILABLE ON  
THURSDAYS & FRIDAYS

NURSE CARNATION  
AVAILABLE ON  
MONDAYS & TUESDAYS



## Meds Pick up

Every Tuesdays at Kamloops  
Pharmasave Aberdeen

CULTURE CAMP DAYS                      Pasulko July 15,16,17

## HOLIDAYS

Canada Day July 1  
Office Closure

## Horse Camps

4 Day Camps  
July 8-11  
July 22-25

## YOLANDA IN SISKI

July 22, 24 and 31

## Footcare with Suzanne

Cooks Ferry

July 15

Siska

July 16

## COHI Dental Day with Michelle Beattie

Siska July 30

Cooks Ferry

## Deborah & Mark Health

Talk @ at Arbor

COOKS FERRY: JULY 28 10-12  
SISKA  
AUGUST (DATE COMING SOON)



# Mental Health Supports offered

**Yolanda Hall**  
**Mental Health**  
**Counselling Support**  
**[yjhall@telus.net](mailto:yjhall@telus.net)**  
**778-554-2332**



**Ricardo T. Pickering**  
**MC (Counselling Psych.), R.P,**  
**C.C.C, C.C.C-S**  
**[dickiepickering@gmail.com](mailto:dickiepickering@gmail.com)**  
**(250) 842-8552**



**Kayla McBee**  
**Clinical Counsellor**  
**250.378.9772**  
**[mcbec.k@nlxfn.com](mailto:mcbec.k@nlxfn.com)**



**Deborah Barkowsky, MA, RCC, CCC**  
**Clinical Counsellor, ACS-C**  
**Phone: 604-360-4012**  
**Website: [www.deborahbarkowsky.ca](http://www.deborahbarkowsky.ca)**  
**[info@dbhc.ca](mailto:info@dbhc.ca)**



**FNHA Mental Health Providers**  
**<https://www.fnha.ca/benefits/mental-health-providers>**  
**[provider@fnha.ca](mailto:provider@fnha.ca)**

**Interior Health Region Phone: 310-MHSU (6478)**

# FREE SWIMMING IN MERRITT

**For on and off reserve community  
members**

Free swims at the Nicola Valley Aquatic Centre.

At your own time and need all year long!

Please call our offices  
to be added onto the  
Merritt Swimming pool list.

Days of week	Open hours
Wednesday	6 a.m. - 7:30 p.m.
Thursday	6 a.m. - 7:30 p.m.
Friday	6 a.m. - 7:30 p.m.
Saturday	10 a.m. - 5 p.m.
Sunday	Noon - 4 p.m.
Monday	6 a.m. - 7:30 p.m.
Tuesday	6 a.m. - 7:30 p.m.

16+ also have free access  
to the gym at the Merritt Aquatic Centre

## Free Bowling in Boston Bar at Canyon Lanes!

Please call the office or email  
admin @hhssbc.ca to register. Once  
you are on the list you can go as  
many times as you like for free!





Grit Farm Fitness



# SUMMER CAMPS

**NEW Dates:**

4 Day Programs  
Develop or improve the skills to  
ride horses and much more!  
Transportation available!



HORSE - NATURE - HIKING- FUN-CAMPING



**NEW Dates:**  
July 8-11 and July 22-25, 2025



**Time:**  
10AM - 12PM  
Afternoon Activities 1:00 PM to 3:30 PM



**Location:**  
Boston Bar, Grit Farm

**RSVP To:**

Free Admission for Siska & Cooks Ferry members



Heskw'en'scutxe Health Services  
250.458.2212



email: [admin@hhssbc.ca](mailto:admin@hhssbc.ca)

Full or ½ Day Camp  
Overnight camping available at Anderson Creek



Grit Farm Fitness



# SUMMER CAMPS

## Afternoon Activities

1:00 pm to 2:30 Pm  
Group Fitness / Hike /Fit to ride

3:00 PM to 4:00 PM  
Permaculture Design, Nature walk,  
Plant Recognition what are safe vs  
dangerous plants for horses.

## ON THE LAND ACTIVITIES



# MEDICAL TRANSPORTATION GUIDELINES



- Medical travel should be booked five (5) days in advance.  
*(We understand last minute bookings may occur but cannot guarantee a driver will be available).*
- Appointments should be booked between 10:00 am and 2:00 pm when travelling out of town.
- Shared medical travels can happen and we will inform you ahead of time.
- A gentle reminder to always be kind and respectful towards all Heskw'en'scutxe employees.

**Please call our offices to book a medical drive  
250.458.2212 /250.455.6601**

# MEDICAL TRANSPORTATION INFORMATION

## Travel Claim Refund – Processing Time

Refund Processing Time:

Once your claim has been received, refunds are typically processed and checks issued within 10 business days.

### **Please note:**

There are several steps involved before a check can be issued. During holiday periods, processing may be delayed if check signers are unavailable. We do our best to ensure timely refunds and appreciate your patience.

### **Check Status Inquiries:**

If you'd like to check the status of your refund, feel free to call or email our office.

### **Notification:**

We will call you or send a notice when your check is ready for pickup or has been mailed.

## Accountability When Booking a HHSS Driver

We are currently working on updating our medical travel booking system to serve you better. Once the new system is in place (expected in 2025), you will automatically receive an email or text notification confirming your upcoming appointment where you booked a HHSS driver.

### **This will let you know that:**

Your travel request is in the system.

A driver is scheduled to pick you up on the day and time of your appointment.

No further confirmation will be needed unless you notify us of any changes.

*Until then, we kindly ask for your help in keeping things running smoothly:*

✔ Please call us 1–2 days before your appointment to confirm your ride.

📞 We usually call you the day before to confirm — if you don't hear from us, you may not be on the calendar.

Your accountability helps us provide reliable service for everyone.

Thank you for helping us help you!

**Any questions, concerns, please reach out to us!**

# 12-Step MEETINGS

A gathering of fellow recovering addicts  
with the goal of providing motivational and emotional  
support to those struggling with addiction



“ All meetings  
are completely  
anonymous &  
don't require  
any fees ”



## 12 Step meetings starting



July.9 /2025 / Wednesday

Time: 5pm

Step eleven / 12 by 12

July. 23 /2025 / Wednesday

Time: 5pm

Step twelve / 12 by 12

**The location of the meeting is at TL'Kemtsin Health Centre Round Room.**

Contact: [vincent.abbott@lfn.band](mailto:vincent.abbott@lfn.band), TL'Kemtsin Health Center, Box.20, 1535 Silo Road, Lytton.b.c.  
Work Cell: 1-250-256-8167, do you have questions? Walk in Step meeting, come in have coffee,  
complete your steps, this is a discussion meeting, confidentiality for our group conscience.

A.A. won't keep you from going to hell, nor is it a ticket to heaven, but it will keep you sober long enough for  
you to make up your mind which way you want to go.



**FOR IMMEDIATE ASSISTANCE**

**PEOPLE IN THE COMMUNITY WHO NEED LIFE-THREATENING EMERGENCY CARE (I.E., CHEST PAINS, DIFFICULTY BREATHING, SEVERE BLEEDING) SHOULD ALWAYS CALL 911 FOR TRANSPORT TO THE NEAREST AVAILABLE AND APPROPRIATE FACILITY.**

**ANYONE UNSURE WHETHER AN EMERGENCY ROOM VISIT IS WARRANTED CAN CALL HEALTHLINK BC AT 8-1-1, OR VISIT [WWW.HEALTHLINKBC.CA](http://WWW.HEALTHLINKBC.CA) FOR NON-EMERGENCY HEALTH INFORMATION FROM NURSES, DIETICIANS AND PHARMACISTS 24 HOURS A DAY, SEVEN DAYS PER WEEK.**

**211 / to speak to someone for information for government and community-based, non-clinical health and social services.**

**Heskw'en'scutxe Health Services Society (office hours)  
250.458.2212 / 250.455.6601**

**811 / to speak to a Registered Nurse**

**911 / for an Ambulance / Emergency**

**988 / National Suicide & Crisis Support**

**Lytton Primary Care Center 250.455.2221 #1**

**Ashcroft Urgent Primary Care 250.453.2211 #1**

**Coquihalla Primary Care Centre 778.661.0355**

**Nicola Valley Health Centre 250.378.2242**

*Wellness Team*

# Elders Tea and Lunch



Join us for a cup of tea/coffee, storytelling, elder-friendly activities, and a shared meal.

We will be meeting monthly in the Wellness Space - NCFSS Basement  
Open to Elders within the Communities

[Redacted text]

[Redacted text]

July 23, 2025  
11 AM - 2 PM

### **Devil's Club Bracelet Making**

Devil's Club harvested from our Coast Salish relatives to make beautiful traditional jewelry

August 20-21, 2025  
10 AM - 3 PM

### **Elder's Wellness Gathering**

2 Days of Elder's Wellness: massages, haircuts, pedicures, hair tinsel, and much more!

Cultural Wellness Worker,  
Ryleigh Campbell: 778-254-3728

NCFSS Office - Basement Boardroom  
987 George Road, Lytton, BC

Danielle, Clarissa & Michelle will  
share a booth, come play games, win prizes!

Daily transportation available upon request

NLHA'7KAPMX CHILD  
AND FAMILY SERVICES

SAVE THE  
DATE



JULY 15<sup>TH</sup> , 16<sup>TH</sup> , 17<sup>TH</sup> .  
2025

14<sup>th</sup> annual Culture Camp  
Pasulko (lake) Lytton,

B.C.

**Gloria Phillips**  
Cell: 778-254-7461  
email:  
[gloria@n7xservices.com](mailto:gloria@n7xservices.com)



# NICOLA VALLEY AQUATIC POOL



2025 SUMMER SCHEDULE

## **POOL STRETCH CLASSES**

**MONDAY /WEDNESDAY/FRIDAY  
10-10:45AM**

**TUESDAY/THURSDAY MORNING  
7-7:45AM**

## **AQUAFIT CLASSES**

**MONDAY /WEDNESDAY/FRIDAY  
11-11:45AM**

**TUESDAY NIGHT 5:45-6:30PM**

TRANSPORTATION AVAILABLE

Free classes for on and off reserve Siska &  
Cooks Ferry members

Please call or email to book a ride  
250.458.2212 [admin@hhssbc.ca](mailto:admin@hhssbc.ca)

# EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

## How to Prepare for an Emergency

### **Create an Emergency Plan.**

- Choose an Emergency Meeting Place.
- Plan how to communicate and create a written phone list. This should include someone outside of your area, usually outside of BC. Make sure all household members have the same contact numbers in case of separation.
- Pick a safe meeting place, such as a school or a library.
- Plan to have somebody you trust pick up your children from school or daycare if you can't get to them.

### **Build a Grab-and-Go Bag**

- If you're forced to leave your home or workplace, it's important to be able to evacuate in a hurry. To be better prepared for an emergency or evacuation it is advisable to create a grab-and-go bag including items you will need in the immediate period following such an event.

## Emergency kit supply list (gov.bc.ca)

]

Put supplies in one or 2 containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

Non-perishable food: minimum three-day to one-week supply, with a manual can opener.

Water: four litres per person, per day for drinking and sanitation.

Phone charger, power bank or inverter

Battery-powered or hand-crank radio

Battery-powered or hand-crank flashlight

Extra batteries

First-aid kit and medications

Personal toiletries and items, such as an extra pair of glasses or contact lenses

Copy of your emergency plan

Copies of important documents, such as insurance papers and identification

Cash in small bills

Garbage bags and moist towelettes for personal sanitation

Seasonal clothing, sturdy footwear and emergency blanket

Dust masks

Whistle

Help/OK Sign (PDF): Display the appropriate side outward in your window during a disaster.

Make a grab-and-go bag

**Build an emergency kit and grab-and-go bag  
- Province of British Columbia**



# SUN SAFETY



## COVER UP

Wear clothing that covers your skin.



## APPLY SUNSCREEN

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



## WEAR A HAT & SUNGLASSES

Broad-brimmed hats provide better protection and make sure your sunglasses block both UVA and UVB rays.



## SEEK SHADE

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



# HEAT STRESS/STROKE FIRST AID



Move to a cool, shady area



**HEAT STROKE  
CALL 911!**



Cool down entire body

Spray or shower with cold water



Use a fan or move to a room with air conditioning



Remove excess clothing

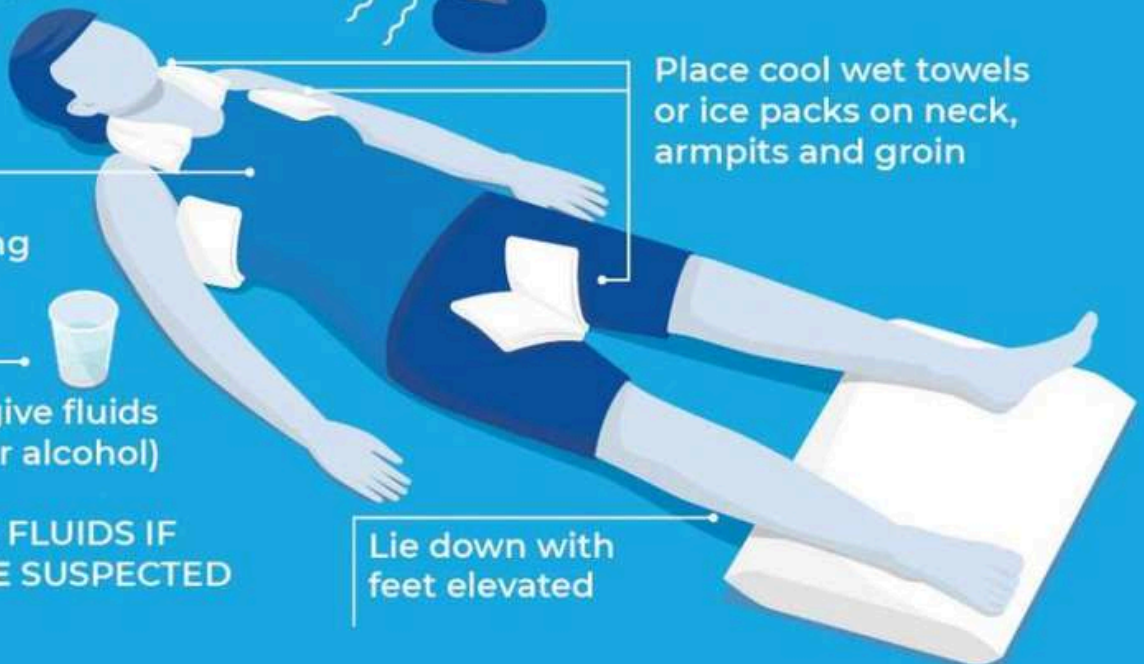


If conscious, give fluids (no caffeine or alcohol)

**DO NOT GIVE FLUIDS IF  
HEAT STROKE SUSPECTED**

Place cool wet towels or ice packs on neck, armpits and groin

Lie down with feet elevated





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER SAFETY TIPS



## TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

## ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

## WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



## SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

## I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.



## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

## GET CERTIFIED

Become certified in infant and child First Aid and CPR.





Making a will is an important part of planning for your family's future. If you die without a will, your property will be divided according to B.C. law, and the costs to administer your estate will increase. You'll also be giving up the right to appoint the guardian of your choice for any children in your care.

**THE BEST TIME IS  
RIGHT NOW!**



Life has unexpected twists and turns.  
A will ensures your wishes will be carried out  
and your loved ones are supported.

Making your will has never been easier with eWill options available at your fingertips. For more information, visit: [www.gov.bc.ca/makeawill](http://www.gov.bc.ca/makeawill)

Danielle Munro  
Naloxone / Harm Reduction  
Trainer



Danielle is a certified Naloxone Harm Reduction Trainer and can provide individual training on how to use a naloxone kit. You will receive one after the session. You never know when you may save a life. Reach out to book an appointment today!

“I’ve lost friends and family to overdose. I want to do my part to keep people alive.”

– Melanie, Saddle Lake Cree Nation

**Increase the Support.  
Reduce the Harm.**

Harmreductionsites andservices are open,  
safeandexpanding to morelocations in BC.

**FNH A .ca / HarmRe duc tion**



First Nations Health Authority  
Health through wellness

# Naloxone: Save a Life

## What is naloxone?

Naloxone (pronounced na-LOX-own) is a fast-acting drug used to **temporarily reverse the effects of an opioid overdose**. Naloxone can restore breathing within **2 to 5 minutes**.

## Why does naloxone work only temporarily?

Naloxone is active in the body for only **20 to 90 minutes** but the effects of most opioids can last longer. This means that the **effects of naloxone are likely to wear off before the opioids are gone from the body**, which could cause breathing to stop again. Naloxone may need to be used again, depending on the amount, type or method of consumption of the opioids (e.g., oral, injection).

An **overdose is always an emergency**. Even if

naloxone

has been administered, **always call for help.**

**TIP:** If you or someone you know is using opioids, make sure to carry naloxone with you. It's available without a prescription and can be picked up at most pharmacies or local health authorities.

## Is naloxone safe for everyone?

Yes, naloxone is **safe for all ages**. It works only if you have opioids in your system. It is safe to keep on-hand because it cannot be improperly used and does not create dependence.

## How is naloxone helping to address Canada's opioid crisis?

Naloxone has been used to successfully reverse thousands of opioid overdoses across Canada. It is used by first-responders such as paramedics and firefighters. Take-home naloxone kits are also available to anyone who may be at risk of an overdose or who is likely to encounter one. Take-home naloxone kits are **available without a prescription** and can be picked up at **most pharmacies or local health authorities**.

## In Canada, two types of take-home naloxone kits are available:



**Naloxone Nasal Spray** is sprayed directly into the nose where it is absorbed. It starts to take effect in 2 to 3 minutes.



**Injectable Naloxone** is injected into a muscle in your body: the upper arm, thigh or buttocks are best. It starts to take effect in 3 to 5 minutes.

## Naloxone Saves Lives. Get a Kit.

- ✓ Naloxone temporarily reverses the effects of an opioid overdose to help restore breathing
- ✓ If you think someone is experiencing an opioid overdose, call 9-1-1 or your local emergency help line, then give naloxone by following the directions on the kit
- ✓ Take-home kits are available at most pharmacies or local health authorities; no prescription is needed
- ✓ Kits expire and should be replaced after 18 to 24 months

**KNOW  
MORE**

DRUGS: GET THE FACTS.  
KNOW THE RISKS.

ISBN 978-0-660-28934-2

Get the facts at [Canada.ca/Opioids](https://Canada.ca/Opioids)



Government  
of Canada

Gouvernement  
du Canada

Canada



**Free condoms & lube available!**



**Washrooms:  
Heskw'en'scutxe  
Siska Band Hall  
Cooks Ferry**

# Sexually Transmitted Infections

**Heskw'en'scutxe Health Services Society has FREE condoms and lube!!**

How do you get an STI?

For someone to pass an STI to someone else, they must already have it. Different infections pass in different ways.

Ways that some STIs can pass

- Genital fluids (fluids from the penis or vagina, ejaculate or 'cum'),
  - Example: when you have sex where a penis goes inside a vagina, the fluid from the penis can mix with the fluid that's inside the vagina and STIs can pass this way.
- Rectal fluids (mucus from the anus) or the tissue lining in the anus,
  - Example: when you have sex where a penis goes inside the anus (bum), fluids from the penis can mix with fluids that are inside the anus, and STIs can pass this way.
- Skin-to-skin contact,
- Blood,
- Breast milk, during pregnancy or birth.

Some STIs such as Hepatitis B, C, or HIV can also pass through contact with blood from a person that has the infection, such as sharing needles.

Ways that STIs can not be passed

- Body fluids like sweat, tears, saliva,
- Activities like hugging, kissing, holding hands,
- Sharing personal objects, or
- Being in the same spaces like busses, classrooms, offices.

**STIs can be treated**

Treatments are available to manage or cure STIs and their symptoms. Some STIs have no symptoms, some get better on their own, and some lead to serious health issues if left untreated.

## Preventing STIs

To reduce your chances of getting an STI, here are some steps you can take:

- **Get informed:** Understand different STIs, how to prevent them, and which sexual activities are more or less likely to pass them.
- **Get tested:** Get tested regularly with your partner(s) for STIs so that you know and can take action as soon as possible. Learn more about testing in the next section.
- **Have safer sex:** Use condoms, barriers, or lube to make sex safer.
- **Get vaccinated:** There are vaccines you can get for some infections, including HPV, Hepatitis A, or Hepatitis B.

**Talk to your partner(s):** Discuss consent, safer sex, sexual activities or preferences, and STI testing. Communication can help protect the health of you, your partners and can help you have positive sexual relationships and experiences.

### Condoms

There are external condoms (sometimes called “male” condoms) and internal condoms (sometimes called “female” condoms). When used properly, they can prevent many sexually transmitted infections (STIs) and pregnancy.

A new condom should be used every time you have sex, with each new partner, and when switching from anal to oral or genital penetration. The condom should be applied before sexual contact occurs. Condoms can be used with sex toys.

### External Condom

The external condom is made of thin latex that fits snugly over the penis/external genitals. There is a tip at the top to hold ejaculate (cum).

Condoms made of latex or non-latex (ie nitrile, polyurethane and polyisoprene) are highly protective against many STIs. Do not use condoms with the spermicide nonoxynol-9 as it can cause irritation and increase the chance of getting HIV. Lambskin or sheepskin condoms protect against pregnancy, but are not effective for preventing STIs, including HIV. Novelty condoms, such as “edible” condoms, do not offer protection against either STIs or pregnancy.

Some STIs, such as herpes and HPV (which causes genital warts), are passed by skin-to-skin contact. While external condoms provide good protection, they don’t cover all

areas, and therefore may not always prevent infection. Dental dams and internal condoms can cover a larger area.

You can buy condoms at most drug stores, corner stores and grocery stores. Sexual health clinics often have free external condoms available to the public.

### **Internal condom**

The internal condom is made from synthetic nitrile, a type of material that is thinner than latex but stronger so less likely to break. It fits inside the vagina/internal genitals or inside the rectum. The internal condom is a good option for people who are sensitive or allergic to latex. It can be useful for those with a sexual partner who has difficulty maintaining erections or have soft erections. It can also be useful for those who need to rest during sex because of long sex sessions, ability, or stamina.

Reasons some people prefer the internal condom:

- It gives more STI protection than the external condom because part of the condom stays outside the body and covers more of the skin around the genitals.
- It can be put into place up to 2 hours before intercourse and it does not need to be taken out immediately after intercourse.
- It can be used for both genital and anal sex. Note that it has not been approved for anal sex (this is considered “off label” use).
- It can be used with any type of lubrication.
- It is not affected by temperature or humidity and has a shelf life of 5 years.

Internal condoms are not widely available at drug stores or grocery stores, but are sold at some specialty sex shops. Internal condoms are more expensive than external condoms, but can be available for free at some sexual health clinics.

### **Heskw'en'scutxe Health Services Society has FREE condoms and lube!!**

Please reach out to any staff and we will gladly provide. OR

Visit the washrooms in the Clinics and Band offices and find safer sex supplies there as well!

The community cupboards will be filled and monitored shortly! We will keep you posted

# STIs (and more) at a glance

## BACTERIA

Infection	Where it's found	How it's passed	Common symptoms	When will the test show if I have it?	Treatment
<b>Bacterial Vaginosis (BV)</b>	Vagina	Not usually passed	Common to not notice symptoms <ul style="list-style-type: none"> <li>Increased vaginal discharge</li> <li>Fish-like smell</li> <li>Vaginal irritation</li> </ul>	Immediately for swab test	Antibiotics Symptoms may go away without treatment
<b>Chlamydia (CT)</b>	Penis Vagina Anus Throat Eye (rare)	Semen Pre-ejaculate Vaginal fluids Anal fluids	Common to not notice symptoms May show up in 2 – 6 weeks <ul style="list-style-type: none"> <li>Abnormal discharge</li> <li>Pain or trouble urinating</li> </ul>	2 – 6 weeks after contact for urine and/or swab test	Antibiotics
<b>Gonorrhea (GC)</b>	Penis Vagina Anus Throat Eye (rare)	Semen Pre-ejaculate Vaginal fluids Anal fluids	Common to not notice symptoms May show up in 2 – 7 days <ul style="list-style-type: none"> <li>Symptoms occur most often in the penis</li> <li>Abnormal discharge</li> <li>Pain or trouble urinating</li> </ul>	7 days after contact for urine and/or swab test	Antibiotics
<b>Lymphogranuloma Venereum (LGV)</b>	Penis Vagina Anus Genital area Throat Lymph-nodes	Semen Pre-ejaculate Vaginal fluids Anal fluids	Common to not notice symptoms May show up in 3 days – 6 weeks <ul style="list-style-type: none"> <li>Painless sores</li> <li>Swollen lymph nodes</li> <li>Abscesses</li> </ul>	2 – 6 weeks after contact for urine and/or swab test	Antibiotics
<b>Syphilis</b>	Penis Vagina Anus Genital area Throat Skin	<ul style="list-style-type: none"> <li>Contact with a syphilis lesion (sore) during oral, anal or genital sex</li> <li>During pregnancy from pregnant person to the fetus</li> <li>Sexual fluids or a rash</li> </ul>	Common to not notice symptoms May show up in 3 days – 3 months <ul style="list-style-type: none"> <li>A painless sore/lesion</li> <li>A non-itchy rash</li> <li>Swollen lymph nodes</li> <li>Fever, headache</li> </ul>	3 months after contact for blood test  If lesion present, swab may show positive results earlier than a blood test	Antibiotics

# VIRUSES

Infection	Where it's found	How it's passed	Common symptoms	When will the test show if I have it?	Treatment
<b>Genital Warts/ Human Papillomavirus (HPV)</b>	Penis Vagina Anus Genital area Throat (rare) Mouth (rare)	Skin-to-skin contact Sharing sex toys	Common to not notice symptoms  May show up within weeks to years  <ul style="list-style-type: none"> <li>• Painless bumps on the skin</li> </ul>	Visual exam of symptoms	<ul style="list-style-type: none"> <li>• Topical medications and treatments</li> <li>• Symptoms may go away without treatment</li> <li>• Vaccination can prevent some strains of HPV</li> </ul>
<b>Hepatitis A (HAV)</b>	Stool	Fecal-oral contact	May show up in 2 – 7 weeks  <ul style="list-style-type: none"> <li>• Combination of nausea, loss of appetite, fever, stomach pain, jaundice, dark urine, grey-coloured stool</li> </ul>	4 weeks after contact for blood test	<ul style="list-style-type: none"> <li>• Symptoms usually go away on their own</li> <li>• Vaccines can prevent infection</li> </ul>
<b>Hepatitis B (HBV)</b>	Blood	Blood Semen Pre-ejaculate Vaginal fluids	Common to not notice symptoms  May show up in 6 – 22 weeks  <ul style="list-style-type: none"> <li>• Combination of nausea, loss of appetite, fever, stomach pain, and yellowish skin and/or eyes</li> </ul>	4 – 12 weeks after contact for blood test	<ul style="list-style-type: none"> <li>• Anti-viral medications</li> <li>• Vaccines can prevent infection</li> </ul>
<b>Hepatitis C (HCV)</b>	Blood	Blood	If present, may show up in 6 – 7 weeks  <ul style="list-style-type: none"> <li>• Combination of nausea, loss of appetite, fever, stomach pain, and yellowish skin and/or eyes</li> </ul>	5 – 10 weeks after contact for blood test	Anti-viral medications
<b>Herpes simplex virus (HSV)</b>	Penis Vagina Anus Genital area Mouth	Skin-to-skin contact with a lesion	Common to not notice symptoms  May show up in 2 – 21 days  <ul style="list-style-type: none"> <li>• Itching, burning, or tingling sensation</li> <li>• Painful sores or blisters</li> </ul>	Immediately for swab test taken from sores  12 – 16 weeks after contact for blood test	Anti-viral medications
<b>Human Immunodeficiency Virus (HIV)</b>	Blood	Blood Semen Pre-ejaculate Vaginal fluids Anal fluids Breast milk	Common to not notice symptoms  May show up in 2 – 4 weeks  <ul style="list-style-type: none"> <li>• Flu-like illness, headache, muscle aches and joint pain, swollen glands (seroconversion illness)</li> </ul>	3 weeks after contact for blood test. It may take up to 3 months to get an accurate result.	Anti-viral medications
<b>Molluscum Contagiosum</b>	Lower abdomen, pubic area, inner thighs, buttocks and genitals; not usually on palms or soles	Skin-to-skin contact with a lesion	Show up in 1 week – 6 months  <ul style="list-style-type: none"> <li>• Small, firm, painless pink or white bumps on the skin</li> </ul>	Visual exam of symptoms	<ul style="list-style-type: none"> <li>• Topical medications and treatments</li> <li>• Symptoms may go away without treatment</li> </ul>

## PARASITES

Infection	Where it's found	How it's passed	Common symptoms	When will the test show if I have it?	Treatment
<b>Pubic lice</b>	Genital and other body hair	Skin-to-skin contact  Sharing clothes, bedding, towels	Show up in 2 – 21 days  Genital itching  Visible lice in and around pubic hair	Visual exam of symptoms	Topical medications
<b>Scabies</b>	Skin	Skin-to-skin contact  Sharing clothes, bedding, towels	Show up in 1 – 21 days  Itchiness (especially at night)  Rash between fingers, or wrists, armpits, genitals, thighs	Visual exam of symptoms	Topical medications
<b>Trichomoniasis</b>	Penis Vagina	Semen Pre-ejaculate Vaginal fluids Anal fluids	Common to not notice symptoms  May show up in 5 - 28 days  Abnormal vaginal discharge  Pain or trouble when urinating	Urine and/or swab	Antibiotics

## FUNGUS

Infection	Where it's found	How it's passed	Common symptoms	When will the test show if I have it?	Treatment
<b>Yeast</b>	Penis Vagina Anus Genital area	Not usually passed	Abnormal whitish, thick discharge  Genital area is itchy, red, sore and dry  Painful sex	Immediately for swab test  Visual examination of symptoms	Over-the-counter anti-fungal medications  Symptoms may go away without treatment

# MEASLES

## What you need to know

Measles is a highly contagious virus that can be very serious.  
Vaccination is the most effective way to prevent transmission and illness.

### Symptoms

Rash



Cough



Red,  
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90% of people who haven't been vaccinated or had measles before will be infected if they are around someone who is sick with measles.

### Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: [healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca)

What else can you do?

- Stay home if you are sick. Wash your hands to protect others.
- If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- Stay up-to-date on your Measles vaccine.

Contact your local health centre: T:

E:



First Nations Health Authority  
Health through wellness





## Are you protected against measles?

Measles is a highly contagious disease but the vaccine can prevent serious illness. Contact your local immunization provider to check your own or your child's immunization records. You can also check medical records through the BC Health Gateway online:

[healthgateway.gov.bc.ca](http://healthgateway.gov.bc.ca)

Find more information at:

**HealthLinkBC:** [healthlinkbc.ca/healthlinkbc-files/measles](http://healthlinkbc.ca/healthlinkbc-files/measles) or call 8-1-1

The measles, mumps, rubella (MMR) vaccine is routinely given at 12 months and 4-6 years of age. If you're planning on travelling with young children, talk to your immunization provider about getting a dose before these ages.



First Nations Health Authority  
Health through wellness

## Introduction to measles

**Measles is a highly contagious disease that can have serious complications in some people. It can lead to pneumonia or inflammation of the brain.** One in a few thousand people who acquire measles die, with most deaths in unvaccinated or under vaccinated children. Pregnant people who develop measles have an increased risk of serious infection, hospitalization, miscarriage, premature labour, and low birthweight infants.

**Measles is spread by an airborne virus when an infected person breathes, coughs or sneezes.** You can become infected when you breathe in these droplets. You can also get measles by touching the droplets on an object contaminated with the virus, when you kiss someone, or share food, drinks or cigarettes with an infected person.

**Getting the measles vaccine is the best way to prevent getting and spreading measles. Two doses of a measles-containing vaccine is almost 100 per cent effective and lasts for a lifetime.**

[Learn more about measles, signs and symptoms, and current cases \(BC Centre for Disease Control\)](#)

On Monday June 23, 2025 , BC confirmed its first case of measles since 2019. **Measles is a highly contagious virus that can spread through air and remain present in a room for several hours.** An unvaccinated person who is infected by measles can have serious complications, such as pneumonia, hearing loss and brain injury.

To protect yourself, your loved ones and your community, it is important to ensure your vaccinations are up-to-date.

**In BC, the measles vaccine is usually given to children as a series of two doses. The first dose, known as the measles, mumps and rubella (MMR) vaccine, is given on or soon after a child's first birthday. The second dose is called the measles, mumps, rubella and varicella (MMRV) vaccine, and is given around the time a child starts school.**

In February, the World Health Organization reported that a high proportion of measles cases among children below 5 are because of lasting impacts from COVID-19 on health-systems including a lapse in routine vaccinations.

The MMR and MMRV vaccines are safe, effective and can be administered through your local health centre or nursing station.

**Contact your local immunization provider to check your child's immunization records and if they're not vaccinated, book an appointment. You can also check medical records through the BC Health Gateway online: [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca)**

**You can also contact your local First Nation Community Health Nurse to discuss your vaccination status** and if you or your family need additional vaccinations. Alternatively, you can look for a local health centre or public health unit here: [immunizebc.ca/finder#8/49.246/-123.116](http://immunizebc.ca/finder#8/49.246/-123.116)

## Symptoms

- Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs. The rash lasts about 4 to 7 days. There may also be small white spots inside the mouth.
- Symptoms can start between 7 and 21 days after a person is infected with the measles virus.
- Measles is a serious illness that can also lead to complications including pneumonia, encephalitis (swelling of the brain), and even death.

## If you have been exposed

- People who are not immune to measles may be asked to stay home and isolate if they have been exposed to measles.
- People are considered immune to measles if they:
  - Have 2 doses of measles-containing vaccine
  - Have laboratory evidence of immunity
  - Were born before 1970 (1957 for healthcare workers)
- Contacts of a measles case who are not immune may be offered vaccine or immune globulin (a blood product containing measles antibodies) to prevent infection.
- Public health will contact you if you are a known contact and will provide further instructions.
- People who are most at risk of infection are those who are completely unvaccinated against the disease, including children under one year of age.

## If you become ill

- If you have a fever and rash, and think you may have measles, especially if you have been in contact with someone with measles or traveled to an area with a measles outbreak, have yourself examined by a healthcare provider. A physical examination, blood test, and throat swab or urine sample will be collected to make the diagnosis of measles.
- If you need to visit a healthcare provider, **please call them in advance** so they can take the necessary steps to ensure you do not pass on the infection to others.
- There is no specific medical treatment for measles. Treatment is focused on managing symptoms and any complications. Symptom management includes rest, hydration, and potentially taking medications to manage a fever if there is one.
- If you have confirmed measles, please stay home and isolate for at least 4 days after the rash first appeared. You can prevent spreading it to others by also:

- Washing your hands regularly
- Coughing or sneezing into a tissue or sleeve rather than your hands
- Not sharing food, drinks, or cigarettes, or kissing others

Contacting your local public health unit

**For registration and vaccine booking inquiries, call the Service BC Vaccine Information Line at 1-833-838-2323 or 8-1-1.**

Immunization records (also called vaccination records) provide a history of all the vaccines a person has received. [Learn about how to access vaccine records.](#)

**If vaccine records are not available, please get immunized. It is safe and effective and preferred to checking for measles immunity via serology.**

## Who should get the measles vaccine

**Individuals born in B.C. in 1994 or after**

**Individuals born before 1994 or who grew up outside of B.C.**

**Individuals born in 1970–1993**

**Individuals born before 1970**

- **If you were born before 1970, you are likely immune to measles. You may already have protection from a childhood vaccination or from having measles before.**
- **If you aren't sure if you have ever had the infection, an MMR vaccine is safe and recommended**

### Accessing your immunization records

Anyone 12 years and older can access their personal health records, including immunization, in one place: [Health Gateway](#). It's accessible through the [BC Services Card](#) app. Parents with children 11 years and younger can add their child as a dependent in Health Gateway to see their immunization history.

If you have lost your immunization records, by registering for [Health Gateway](#) you will be able to access, download and print a copy of your digital immunization record anytime.

Signing up for Health Gateway is quick and easy using your mobile BC services card. Visit [www.healthgateway.gov.bc.ca](http://www.healthgateway.gov.bc.ca) for more details on how to sign up.

For tips on finding immunization records see visit [HealthLinkBC's Vaccine records webpage.](#)

[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

# SE™ CRISIS STABILIZATION AND SAFETY AID



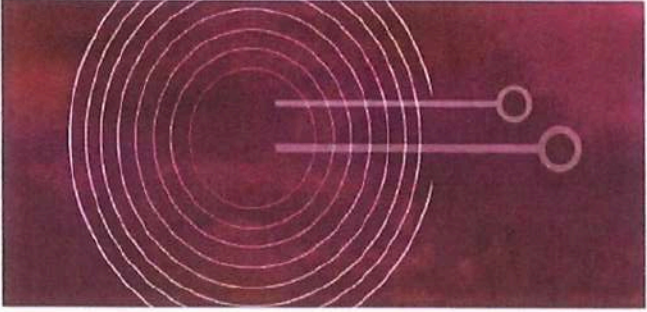
**SLOW**



**CONNECT**



**ORIENT**



**PENDULATE**



**ENGAGE**

## SCOPE

<p><b>Slow down</b> Take 10 steps very slowly, noticing any sensations on the bottom of your feet.</p>	<p><b>Connect to Body</b> Cross your arms and ankles, tuck hands under armpits, lower head, and breathe.</p>	<p><b>Orient</b> Slowly look around, noticing colors and shapes. Let your gaze rest on something pleasant or comforting, like a brief visual vacation</p>	<p><b>Pendulate</b> Notice a place of ease in the body and a place of tension. Slowly shift attention between ease – tension – ease.</p>	<p><b>Engage</b> Engage socially. Connect with someone who can support you.</p>
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# HEALTH TALK

**WITH TRAINER, MARK NENDICK  
FACILITATED BY DEBORAH BARKOWSKY**

Come and join us for an inspirational talk with Mark Nendick about his weight loss journey.

Counsellor Deborah Barkowsky will continue with our monthly discussion “changing our mind set”

**JULY 28, 2025  
10:00 AM TO NOON  
COOKS FERRY ARBOR  
SNACKS AND REFRESHMENTS**

*Siska session will be in August  
(date to be announced in the next  
newsletter)*

