

COELS COVID-19 Resource Manual

February 2022



COVID-19 Variants Vaccines and Booster Shots



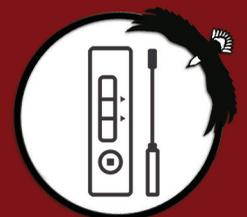
Wear a mask



Maintain
physical distance



Stay home
when sick



Feeling sick
get a rapid test



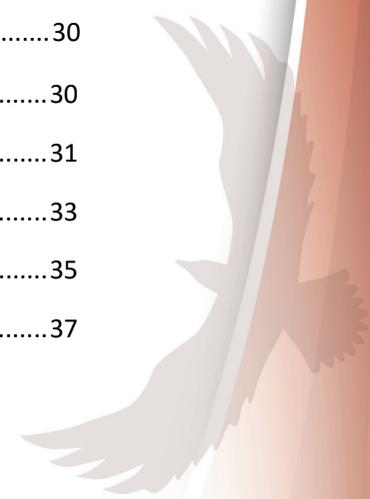
www.coels.ca

Circle of Eagles Lodge Society



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COELS COVID-19 Resource Manual

Introduction

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

This manual includes resources and considerations for the continued response to COVID-19. Included in this manual is a description of what COVID-19 is, information to maintain safety, information about the COVID-19 vaccines, including booster shots, and up to date provincial protocols and guidelines. Many references were used in creating this report and are cited with the reference number in brackets (e.g., (1)); with the full reference in Appendix A.

Disclaimer: Please be aware that the information in this document is to share what has been provided at this time of the pandemic which is everchanging. If you have concerns, questions, or have allergies please speak to a healthcare provider for further information and clarification.

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

What Is COVID-19 and the Main Variants in BC

COVID-19:

COVID-19 is a virus that affects your respiratory system causing illness to the lungs and/or other areas of your respiratory system (2). COVID-19 spreads by droplets from an infected person when they breathe, cough, sneeze, or talk near you and droplets enter your nose, throat, or eyes (6).

Some of the main COVID-19 symptoms include:

- ⇒ Cough
- ⇒ Fever or chills
- ⇒ New loss of taste or smell
- ⇒ Fatigue or weakness
- ⇒ Muscle or body aches
- ⇒ Shortness of breath/Difficulty breathing
- ⇒ Headache
- ⇒ Diarrhea, vomiting, abdominal pain (7)
- ⇒ Loss of appetite

Normal body temperature

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

Fever temperatures

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

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

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

The top five symptoms of Omicron are:

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



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

<https://www.ctvnews.ca/health/coronavirus/what-s-it-like-having-covid-19-canadians-share-their-symptoms-amid-omicron-1.5715805>

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

<https://energeticcity.ca/2021/12/24/shorter-incubation-period-more-breakthrough-infections-in-fully-vaccinated-dr-henry/>

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

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

<https://vancouverisland.ctvnews.ca/b-c-omicron-health-officials-say-incubation-period-is-faster-than-other-variants-1.5722772>

COVID-19 Symptoms in Children:

Children may show COVID-19 symptoms differently than adults. For example, fatigue may show in children as poor feeding, decreased activity, or changes in behaviour.

Take your child to your nearest emergency department or call 911 if they:

- ⇒ are having difficulty breathing
- ⇒ have blue lips or skin, or appears very pale
- ⇒ have red and/or swollen lips or tongue
- ⇒ are coughing excessively, particularly with a fever
- ⇒ are vomiting excessively, especially if there is blood in the vomit
- ⇒ have diarrhea and vomiting, is not producing tears, and has not urinated for several hours

- ⇒ have a high fever, appears very sleepy, and have not improved with acetaminophen (Tylenol) or ibuprofen (Advil).
- ⇒ are under three months of age and has a fever of 38 degrees C (100.4 degrees F) or greater
- ⇒ have pain or pressure in the chest that does not go away
- ⇒ there is new confusion
- ⇒ are unable to wake or stay awake
- ⇒ have severe abdominal pain
- ⇒ have a spreading rash

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

COVID-19 Variants and Variants of Concern:

Like many viruses, the COVID-19 virus has changed over time and has led to new variants. There are notable 'Variants of Concern' (VoC) which is when the variant can spread more easily, cause more serious illness, or impact current treatments or vaccine effectiveness (10). According to the BCCDC: Five COVID-19 Variants of Concern have been detected in BC: Alpha, Beta, Gamma, Delta, and Omicron. VoC's share genetic changes which is how they differ from one another. <https://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/variants>

The best practices to maintain safety from the recent most common VoC in BC, the Omicron variant, remain the same for other existing variants. To find more information on the other known variants, please click [here](#) (10).

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

According to the BCCDC:

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



- People who have had COVID-19 can get sick again from new variants.
 - Getting vaccinated is important even if you have already had COVID-19.

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

Table 1: Key Points and Maintaining Safety from the Delta Variant and VoC

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

COVID-19 Statistics

BC COVID-19 Data

The COVID-19 Dashboard (<https://www.bccdc.ca/health-info/diseases-conditions/covid-19/data#COVID-19Dashboard>) shares a lot of different information, including cases, recoveries, deaths, hospitalizations, and testing. It is updated regularly and is accessible on mobiles and most browsers. (8)

Latest COVID-19 Information and Numbers

In the month of December another variant emerged and quickly became the VoC Omicron:

- The incubation period is much shorter than previous variants
- People vaccinated and unvaccinated are both catching it, the difference is the severity of symptoms
- New restrictions were put into place by the health minister to help curb this new variant
- Numbers recorded through testing were almost 5 times more than the province was seeing with the previous few variants
- Further information continues to be released and can be found on the BCCDC website

The information below is for November 2021 when the VoC was the Delta variant:

- The majority of new cases and hospitalizations continue to be among unvaccinated people.
- There is lower vaccine coverage in the Interior and Northern BC.
- The Delta variant makes up about 100% of positive tests in BC.
- The number of new COVID-19 cases is high but continues to decrease provincially; the number of new hospitalizations is generally staying the same, and the number of new deaths is relatively low and consistent.
- There are regional differences across BC in this stage of the COVID-19 pandemic. (9)

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

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



Ways to Keep Myself Safe

There are many ways we can keep ourselves, our families, and our communities safe and healthy. As we have seen within the best practices to 'maintaining safety from the Delta variant', as well as the data showing the current BC stats, we can see that a highly effective way to maintain safety is through receiving the COVID-19 vaccine. Additionally, even if we have been vaccinated (partially, fully, and booster shots), there are still health measures and protocols we can follow to help keep each other safe.

The basics still stand true as follows: IF you are feeling sick with a cough, fever, or sore throat, stay home and contact 811. You can also do the self-assessment tool online at <https://bc.thrive.health/covid19/en>. If it persists or gets worse, do NOT go to the hospital unless advised by medical professionals. If you have difficulty breathing, call 911 (3).

Other steps include:

- Wear a mask in indoor public spaces
- Handwash frequently with soap for as long as it takes to sing your ABC's. twice, or to equal 20 seconds.
- Use sanitizer often.
- Practice social distancing, at least 6 feet/2 meters from others.
- Wash your masks and have several masks to be able to alternate.
- Avoid touching MEN (**M**-outh, **E**-yes, **N**-ose).
- Cleaning your home with household cleaning and disinfectant products (11).
- Visiting others outdoors or in small groups

Coping with COVID-19: Mental Health and Wellness

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

The extremely contagious nature of COVID-19 means that we have to keep physically distant from others. But we can stay close emotionally. This is the time to lean on each other, and to reach out if we need support.

To view these videos, go to the FNHA website:

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

COVID-19 Vaccines

Update on COVID-19 Vaccines

Currently, there are four authorized vaccines available in Canada, which have been through rigorous scientific review, approved, and continue to be closely monitored to ensure safety and that the benefits outweigh the risks (4). Table 2 below will help you to understand some of the similarities and differences.

Table 2: Similarities and Differences in COVID-19 Vaccines

What is it and how does it work?			
Pfizer	Moderna	AstraZeneca	Janssen (Johnson & Johnson)
The Pfizer vaccine is used to prevent COVID-19 by using mRNA to teach our bodies how to make a protein and build an immune response and antibodies, without the use of the live virus (2). Website link.	The Moderna vaccine is used to prevent COVID-19 by using mRNA to teach our bodies how to make a protein and build an immune response and antibodies, without the use of the live virus (3). Website link.	The AstraZeneca vaccine is a viral vector-based vaccines which is used to prevent COVID-19 by to teach our bodies how to make a protein and build an immune response and antibodies, without the use of the live virus (12). Website link.	The Janssen (Johnson & Johnson) vaccine is a viral vector-based vaccines which is used to prevent COVID-19 by to teach our bodies how to make a protein and build an immune response and antibodies, without the use of the live virus (13). Website Link.
How is it given?			
Pfizer	Moderna	AstraZeneca	Janssen (Johnson & Johnson)
Given as an injection in the muscle of the arm. This vaccine works best by giving two doses, one dose followed by a second dose 21 days later.	Given as an injection in the muscle of the arm. The vaccine works best by giving two doses, one dose followed by a second dose one month later.	Given as an injection in the muscle of the arm. The vaccine works best by giving two doses, one dose followed by a second dose 4 to 12 weeks later.	Given as an injection in the muscle of the arm. The vaccine is given in one dose.

How well does it work? (Efficacy)			
Pfizer	Moderna	AstraZeneca	Janssen (Johnson & Johnson)
<p>This vaccine one week after the second dose is</p> <ul style="list-style-type: none"> 95% effective in preventing COVID-19 for those who are 16 years and older. 100% effective for preventing COVID-19 for those who are 12 to 15 years old. 90.7% effective in preventing COVID-19 for those who are 5 to 11 years old. 	<p>This vaccine two weeks after the second dose is</p> <ul style="list-style-type: none"> 94.1% effective in preventing COVID-19 for those who are 18 and above. 100% effective for preventing COVID-19 for those who are 12 to 17 years old. 	<p>This vaccine shows 74% effective in preventing COVID-19, beginning two weeks after the second dose is administered.</p>	<p>This vaccine shows 66% effective in preventing COVID-19, beginning two weeks after the second dose is administered.</p>
Who is it for?			
Pfizer	Moderna	AstraZeneca	Janssen (Johnson & Johnson)
People who are 5 and older.	People who are 12 and older.	People who are 18 and older.	People who are 18 and older.
What are the side effects?			
Pfizer	Moderna	AstraZeneca	Janssen (Johnson & Johnson)
<p>Similarly to side effects of other vaccines, common side effects are mild to moderate and include:</p> <ul style="list-style-type: none"> Pain at site of injection Feeling tired Body chills Feeling feverish <p>As with any vaccine, there is a chance of serious side effects, but rarely occur due to the vaccine itself. This</p>	<p>Similarly to the side effects of other vaccines, common side effects are mild to moderate and include:</p> <ul style="list-style-type: none"> Pain at site of injection Feeling tired Body chills Feeling feverish <p>As with any vaccine, there is a chance of serious side effects, but rarely occur due to the vaccine itself. This includes a</p>	<p>Similarly to the side effects of other vaccines, common side effects are mild to moderate and include:</p> <ul style="list-style-type: none"> Pain at site of injection Feeling tired Body chills Feeling feverish <p>As with any vaccine, there is a chance of serious side effects, but rarely occur due to the vaccine itself. This</p>	<p>Similarly to the side effects of other vaccines, common side effects are mild to moderate and include:</p> <ul style="list-style-type: none"> Pain at site of injection Feeling tired Body chills Feeling feverish <p>As with any vaccine, there is a chance of serious side effects, but rarely occur due to the vaccine itself. This</p>

includes a possible allergic reaction.	possible allergic reaction.	includes a possible allergic reaction.	includes a possible allergic reaction.
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What if I have allergies?			
Pfizer	Moderna	AstraZeneca	Janssen (Johnson & Johnson)
Allergies for this vaccine are a potentially serious side effect, if you have known serious allergies to another vaccine, drug, or food, you should speak with your healthcare provider before receiving this vaccine (14). Website link.	Allergies for this vaccine are a potentially serious side effect, if you have known serious allergies to another vaccine, drug or food, you should speak with your healthcare provider before receiving this vaccine (4). Website link.	Allergies for this vaccine are a potentially serious side effect, if you have known serious allergies to another vaccine, drug or food, you should speak with your healthcare provider before receiving this vaccine (12). Website link.	Allergies for this vaccine are a potentially serious side effect, if you have known serious allergies to another vaccine, drug or food, you should speak with your healthcare provider before receiving this vaccine (13). Website link.



Why Should I Get Vaccinated?

Many people have different reasons they choose to get vaccinated. Table 3 below shows some of the reasons your fellow brothers, sisters, and COELS staff chose to get vaccinated.

Table 3: Reasons for Getting Vaccinated

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

Vaccine Booster

In BC, everyone who is 18 or older will have the opportunity to have a booster dose of the COVID-19 vaccine. Booster doses will be first offered to people who are at most risk.

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

Booster doses will be Moderna or Pfizer (mRNA) vaccines, and they are interchangeable.

- Vaccines can be made by different manufacturers and vaccines that are similar but different brands can be used interchangeably "The definition of interchangeable is able to be used in place of one another" <https://www.dictionary.com>. There are standards in place to determine the effectiveness and safety of mixing vaccines.
- Moderna and Pfizer BioNTech are mRNA vaccines and work the same way. If you've received the first dose of one mRNA vaccine and are offered the other for your second dose, it is safe to receive it and it will offer you the same protection.
- There are multiple clinical trials and population studies of vaccine mixing taking place in countries around the world, including Canada. Results from Germany, the UK and Spain have shown the effectiveness and safety of a mixed series. We also have real-world evidence to support the process; so far over 2 million people in Canada have received a combination of COVID-19 vaccines. Canada began allowing combination COVID-19 vaccination schedules in early June and the number of COVID-19 cases and the rate of reported adverse events have continued to trend down since then.
- Completion of a two-dose series is required to be fully immunized and for long-term protection.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/getting-a-vaccine#second>



Get your vaccine/
booster shot



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

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

The timeline for your booster dose depends on

- Your risk level of getting COVID-19
- Your age, and
- The amount of time since your second dose

Booster Dose Timelines

Between November 2021 and January 2022, priority groups will be offered a booster shot if they are eligible. Priority groups include:

- Seniors who are 70 or older
- Indigenous people who are 18 or older
- People who live in rural and remote Indigenous communities
- People who are residents in independent living facilities and long-term home support
- Health care workers
- People who received the AstraZeneca vaccine

If you or your loved one fits into any of these categories, you can see **this website** for information on how to access the booster dose. **Website link:**

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

Beginning in January 2022, everyone in BC who is 18 or older will be invited to have a booster shot, starting 6 to 8 months after their second dose. To have a booster shot, you must be invited and cannot drop into a clinic.

To be sure that you receive your invitation for your booster dose, your immunization record must be up to date, and you must be registered with the [Get Vaccinated](#) provincial registration system. To confirm that your immunization record is current, please follow these steps:

- If you haven't already, register with the Get Vaccinated system
- Log-in to Health Gateway to check your immunization record
- Update your immunization record if it's incorrect or if you got a dose in another province or country

Once you have received your invitation, you can use your confirmation number (which comes either in an email or text message you pick which you prefer) with it to make an appointment online or by phone. To get a dose at the same time as a family member, both people have to book a separate appointment.

Children and COVID-19 Vaccines

The COVID-19 vaccination is available for children who are five and older. Young people being vaccinated protects them and their communities from COVID-19. It is recommended that everyone who is eligible, and their communities, would benefit from having all doses of the vaccine (16).

For more information on

- How to register and book vaccine appointments for children and youth
- Information on vaccines for children who are ages 5 to 11
- Benefits of vaccination for children and adolescents
- Consent for vaccinations of young people
- And much more information on vaccinations for young people

Preparing your child for vaccine appointment:

In general, children should be informed about the vaccine close to the actual day of the vaccine. For school-age children, one day before may be appropriate.

You should encourage your child to ask any questions they may have about the vaccine. It's important that they understand what will happen at the appointment and feel comfortable.

It may be several years since they last had a vaccine, and they may not remember it. If you have already had your COVID-19 vaccine you can share your own experience with them. Be honest.

- They may feel a pinch or poke with the needle, but it will be very quick.
- Their arm may feel heavy or sore for a few hours, but the feeling will go away.

You can also use the **CARD** system - Comfort, Ask, Relax, Distract to help your child find their preferred way to prepare for the vaccine.



Please see this website:

- <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/vaccines-children>

Other resources:

- Frequently asked questions about COVID-19 vaccination for five to 11 years old
 - http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_vaccine/Vaccine_children_5_11.pdf
- Colouring pages: COVID-19 vaccine superhero
 - http://www.bccdc.ca/Health-Info-Site/Documents/COVID-19_vaccine/Children_Vaccine_story.pdf

Children in BC who are 5 to 11 years of age will be offered a Pfizer-BioNTech (Cormirnaty™) mRNA vaccine made for children their age. Health Canada approved this vaccine for children aged 5 to 11 on November 19, 2021.

The vaccine:

- Works and is safe.
- Is specially made for children.
- Was tested in children 5 to 11 years of age.
- Is a smaller dose than the vaccine given to those 12 years of age and older.

Children aged 5-11 will be offered two doses about 8 weeks apart. This includes children who have weakened immune systems. Although adults and teens with weakened immune systems need a 3rd dose to create more antibodies to better protect them from COVID-19, younger children seem to respond well to a two-dose series. A booster dose for this age group is not yet recommended.

<https://immunizebc.ca/COVID-19-vaccines-FAQ-5-to-11>

Youth 12 to 17 years of age will be offered either the Pfizer-BioNTech (Comirnaty™) or Moderna (Spikevax™) COVID-19 vaccine. Both of these vaccines have been approved by Health Canada for this age group. The vaccines are safe for youth, and they work.

Vaccinating youth is the best way to protect them from getting sick with COVID-19. COVID-19 tends to cause milder illness in youth compared to adults. However, it can make youth very sick, can cause them to be hospitalized, and in rare cases, can cause death.

Vaccinating youth also helps:

- Protect family members, including siblings who are too young to get vaccinated and family members who may be at increased risk of getting very sick if infected.
- Reduce the spread of the virus in the community. This helps protect people who are most at risk of getting really sick from COVID-19, including the elderly and people who are immunocompromised (have a weakened immune system, which means their body can't fight off diseases like COVID-19 as well as people with a fully functioning immune system).
- Reduce the risk of new variants of concern emerging. We don't know if there will eventually be a variant of concern that causes more serious illness in children and youth.
- Give youth an added layer of protection in school or while participating in sports, playdates, and other group activities.

What are possible side effects in youth ages 12 - 17?

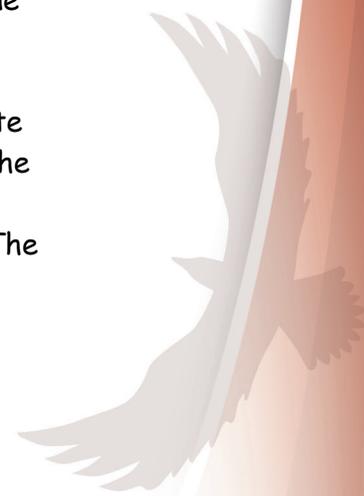
- The most common side effects reported by youth are pain where the vaccine was given, tiredness, headache, chills, and muscle aches.
- Other common side effects of COVID-19 vaccines may include redness, soreness, swelling where the vaccine was given, joint pain, and mild fever.
- 99.9% of people who received the mRNA vaccines did not report any serious side effects.
- In very rare cases, myocarditis (inflammation of the heart) and pericarditis (inflammation of the outer lining of the heart) can occur. Most people recover quickly. The risk of heart complications, including myocarditis, is much greater after COVID-19 infection than after vaccination.
- A severe allergic reaction (called anaphylaxis) can happen after any vaccine, including COVID-19 vaccines, but this is rare and happens in about 1 in a million people. Should this reaction occur, healthcare providers are prepared to treat it.

<https://immunizebc.ca/COVID-19-vaccination-youth-12-17-years-old>

Proof of Vaccination and the BC Vaccine Card

In order to access many events, services, and businesses, we are required to show a proof of vaccination. Here are the steps to get your proof of vaccination and the BC Vaccine Card, which is also sometimes called a "QR code" (17).

A QR code is a machine-readable code consisting of an array of black and white squares, typically used for storing URLs or other information for reading by the camera on a smartphone. A QR code is a type of barcode that can hold more information than the familiar kind scanned at checkouts around the country. The



"QR" stands for "quick response," a reference to the speed at which the large amounts of information they contain can be decoded by scanners.

https://www.canada.ca/content/dam/chin-rcip/documents/services/web-interactive-mobile-technologies/codes_qr-qr_codes-eng.pdf

Step 1: Log in

To log in securely, you need to provide your:

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

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

Step 2: Save or print

Once logged in, you have 3 options:

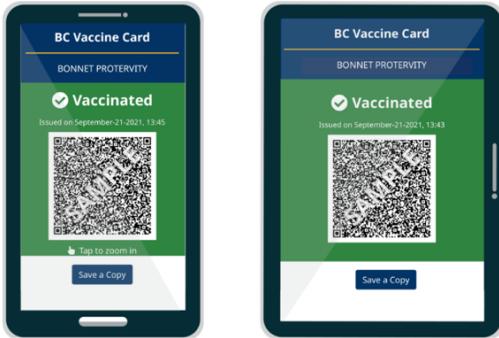
- Select "Save a copy" and save it to your phone's photo album or computer folder
- Save a screenshot to your device
- Print a copy on paper
 - It is requested that you have a digital copy on your phone. If you have circumstances/conditions, then it is important you carry a printed copy
 - When you print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

Step 3: Show your card

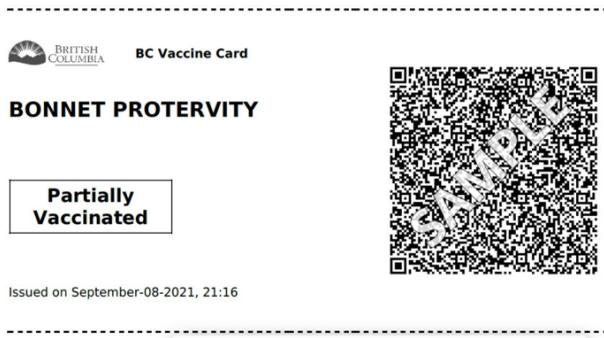
Have your card ready when entering a business. They'll look at your vaccine card and also check your government ID.

Image 1: What the BC Vaccine Card looks like

Digital card



Paper card



Retrieved from the Gov BC website.



If you are Exposed to COVID-19

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

COVID-19 Positive Test Results

If you receive a positive COVID-19 test result, it is important to stay calm and to know that you will have a lot of support from COELS, CSC and through Public Health (2).

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

1. Brother or Sister tests positive -Staff will follow the isolation protocols and procedures,
 - a. The Brother or Sister will immediately self-isolate in their room.
 - b. Staff will notify Admin, the CEO, Director of Operations, House Manager.
 - c. Ensuring that food is brought to the Brother's or Sister's room.
 - d. Posting a sign on the closest bathroom for use ONLY by the Brother or Sister that tested positive.
 - e. Practicing Universal Precautions while serving or interacting with the Brother or Sister.
2. CSC and Public Health will determine if the Brother and Sister are to self-isolate.
3. Public Health will issue a letter directing the person testing positive for COVID-19 to self-isolate.
4. CSC will identify where the Brother or Sister will self-isolate, Brothers will be moved to another facility such as a trailer in North Vancouver, Tim's Manor and/or other locations.
5. Sisters who are homeless, will be placed at a COVID-19 hotel and other community supports.
6. Public Health will inform Brother and Sister when they no longer have to self-isolate.
7. Brother or Sister will move back into the Healing Lodges once their self-isolation is completed, generally from 10-14 days (2).
 - self-isolate (for at least five days from the first day you had symptoms if you are fully vaccinated, or at least 10 days if you are not).
<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/covid-19-rapid-testing/>

COELS is not able to provide a safe space at this time for individuals to self-isolate in the Healing Lodges. Your cooperation and understanding as you go through this incident will

ensure that you are safe and that those that live and work within the Healing Lodges and by extension their families are safe as well (2).

Reporting when sick

If you have been exposed to someone with COVID-19, you may need to quarantine. It is important to quarantine if:

- You lived with them
- You have been physically close to them, such as caring for them or being intimate
- You have been exposed to their bodily fluids, such as their coughing or sneezing

If you or a family member is sick with COVID-19 or has been exposed to COVID-19, please contact, and follow instructions from your local public health authority about quarantining and when to return to work (18).

Yes, you still need to self-isolate if you are tested for COVID-19 and the result is negative for 10 days from the last time you were exposed to someone who has COVID-19, unless you are fully vaccinated. If you are fully vaccinated, you should stay home until you feel well enough to return to normal activities.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation/close-contacts>

- If you have mild symptoms and are fully vaccinated, you do not need a test. Stay home and away from others for five days, and then you can go about your business as long as you're feeling better, and you no longer have a fever or symptoms.
- If you do not have symptoms of COVID-19, you do not need a test.
- If you feel unwell and are unsure about your symptoms, contact your health care provider or call 8-1-1

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/when-to-get-a-covid-test/>



What if someone in my household or family tests positive for COVID-19?

For information on how to care for someone at home who has been or may have been exposed to COVID-19, you can see this website. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/how-care-someone-covid-19-home.html>

This page linked above also includes information on

- Supplies needed
- How to provide care as safely as possible
- How to protect yourself and others who live together
- How to clean and disinfect
- How to monitor for symptoms and seek medical care if needed
- When, how, and how long to quarantine for

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

You will need

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

Step 1 - Prepare for the test

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

Step 2 - Get the tube ready

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

Step 3 - Collect the sample

- Remove the swab from the packaging. Touch only the plastic handle.
- Tilt your head back.
- Insert the cotton end of the swab **straight back** (not up) into one nostril for 2.5 cm or when you meet resistance

- Turn the swab against the inside of your nose for **5 seconds**.
- Press the side of your nose with your finger to trap the swab. Rotate the swab for **5 seconds**
- Repeat same steps in your other nostril.
- Do not use the swab for testing if there is any blood on it. Blow your nose and use a clean swab. If you have had a nose bleed wait 24 hours before testing.

Step 4 - Perform the test

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

Step 5 - Test device

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

Step 6 - Get your results and clean up

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

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/rapid-antigen-testing#btnx>



Long-term effects of COVID-19

We know in some cases of COVID-19 there have been very few symptoms, however this does not mean there are no potential long-term effects of COVID-19. The CDC is actively working to learn more about the whole range of short- and long-term health effects associated with COVID-19. As the pandemic unfolds, we are learning that many organs besides the lungs are affected by COVID-19 and there are many ways the infection can affect someone's health.

According to the Merriam-Webster Dictionary "Long Haul" is defined as: "a considerable period of time: LONG RUN — usually used in the phrases for the long haul, over the long haul, and in the long haul" <https://www.merriam-webster.com/dictionary/long%20haul>

While most persons with COVID-19 recover and return to normal health, some patients can have symptoms that can last for weeks or even months after recovery from acute illness. Even people who are not hospitalized and who have mild illness can experience persistent or late symptoms (2).

About

You can develop post COVID-19 conditions if you had a severe case of COVID-19 and needed hospitalization, or if you had mild infection, or even no symptoms, and it can affect both children and adults.

When people still show symptoms of COVID-19 for weeks or months after their initial recovery, it's called post COVID-19 condition. It's also known as long COVID.

Post COVID-19 condition may occur in some people after infection. You can get post COVID-19 condition if you:

- were hospitalized or needed intensive care during recovery or
- had a mild to severe infection with symptoms or even mild infection without symptoms

Post COVID-19 condition is **not** COVID-19. Symptoms can be quite different from those during the initial infection. It refers to the longer-term effects some people experience after their COVID-19 illness.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/post-covid-19-condition/html>

Symptoms

Post COVID-19 condition can have different symptoms for different people. Some of the most common symptoms are listed in the table 4 below.

Table 4: Common Symptoms of Post COVID-19 Condition

Most common symptoms in adults	Most common symptoms in children
<ul style="list-style-type: none"> • fatigue • memory problems/brain fog • sleep disturbances • shortness of breath • anxiety and depression • general pain and discomfort • difficulty thinking or concentrating • posttraumatic stress disorder (PTSD) • hair loss • headaches • post-exertional malaise • taste and smell changes • ringing in the ears (tinnitus) • heart problems: Postural Orthostatic Tachycardia Syndrome (POTS), chest pain, palpitations, dizziness 	<ul style="list-style-type: none"> • fatigue • headaches • weight loss • muscle pain • sleep disturbances • stuffy or runny nose • difficulty thinking or concentrating

A good idea is to keep a symptom journal which can help identify patterns to symptom fluctuations over time.

Mental Health

It is normal for COVID-19 exposure or sickness to affect mental health. Talk to your health care provider if you are experiencing symptoms of anxiety, depression or PTSD related to your illness to access support.



Prevention and Treatment

The best way to prevent post COVID-19 condition is to take measures to prevent getting COVID-19. For example, being vaccinated can reduce the likelihood of you getting COVID-19. There is no treatment for post COVID-19 condition, but you can speak to your health care provider for support on how to manage symptoms.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/post-covid-19-condition/html>

Trusted Sources for Information

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

Some tips to best navigate the information include:

1. Assess the source
2. Go beyond the headlines
3. Identify the author
4. Check the date
5. Examine the supporting evidence
6. Check your assumptions and biases
7. Turn to fact-checkers

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

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

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



Mental Health and Addictions

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

There are many simple and accessible steps we can take, to take care of our mental health and well-being during this collective challenging time.

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

For tips for taking care of yourself and additional information to get help, please see this website for more information: [please click here](#)

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

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

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

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

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

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

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

- Cree
- Ojibway
- Inuktitut

The Government of Canada also has information related to mental health and addictions and COVID-19. There is information related to mental health and wellness, raising awareness, and reducing stigma as well as further resource materials <https://www.sac-isc.gc.ca/eng/1576089278958/1576089333975>.

Correctional Service Canada and COVID-19

For the latest updated information on COVID-19 in federal correctional institutions, see this website: <https://www.canada.ca/en/correctional-service/campaigns/covid-19/latest-information.html>

The website includes information on vaccines and testing for people who are incarcerated, visiting those who are incarcerated, and related information.

Corrections Service Canada has also posted the messages from the Commissioner to the inmates throughout the country. <https://www.canada.ca/en/correctional-service/campaigns/covid-19/offenders-families.html>

Public Health Orders

There are some provincial restrictions which are in place to help stop the spread of COVID-19. Some regional restrictions continue to be in place for health authorities with lower vaccination rates. For more information on these regional restrictions, please check out the following link:

<https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

The website also has information on:

- Requirement for mask-wearing
- Requirements for gathering and events
- Requirements for restaurants, pubs, and bars, and
- Guidance on visiting long-term care or senior's assisted living facilities



Canada's COVID-19 Economic Response Plan

CERB and Canada Recovery Benefit (CRB) have now closed. There are other COVID-19 supports which you may be eligible for here: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

They include, as of November 2021:

Table 5: COVID-19 Financial Support

Support	Details
Employment Insurance (EI)	<ul style="list-style-type: none"> Please see this website for more information: https://www.canada.ca/en/services/benefits/ei.html
The new Canada Worker Lockdown Benefit	<ul style="list-style-type: none"> Would provide \$300 a week to eligible workers who are unable to work due to a temporary local lockdown anytime between October 24, 2021, and May 7, 2022. The government is proposing to make the benefit available retroactively and available for the entire duration of a government-imposed lockdown. Eligible workers would include those who are ineligible for Employment insurance. Further details on this proposed benefit will be released in the near future.
Canada Recovery Sickness Benefit	<ul style="list-style-type: none"> The government is proposing to extend the Canada Recovery Sickness Benefit until May 7, 2022, and to increase the maximum duration of this benefit by two weeks (six weeks total). The CRSB provides \$500 (\$450 after taxes withheld) per week for up to a maximum of four weeks, for workers who: <ul style="list-style-type: none"> are unable to work for at least 50% of the week because they contracted COVID-19 are self-isolated for reasons related to COVID-19 have underlying conditions, are undergoing treatments or have contracted other sicknesses that, in the opinion of a medical practitioner, nurse practitioner, person in authority, government or public health authority, would make them more susceptible to COVID-19.
Canada Recovery Caregiving Benefit	<ul style="list-style-type: none"> Updates: The government is proposing to extend the Canada Recovery Caregiving Benefit until May 7, 2022, and to increase the maximum duration of this benefit by two weeks (44 weeks total). The CRCB provides \$500 (\$450 after taxes withheld) for up to 42 weeks per household for workers:

- | | |
|--|--|
| | <ul style="list-style-type: none">○ unable to work for at least 50% of the week because they must care for a child under the age of 12 or family member because schools, day-cares or care facilities are closed due to COVID-19○ because the child or family member is sick and/or required to quarantine or is at high risk of serious health implications because of COVID-19. |
|--|--|

Sick Days

As of January 1, 2022, most workers in BC will not have to decide between losing wages or having to work when sick. BC is planning to implement permanent paid sick leave which comes into effect with 5 paid sick days each year. Both full- and part-time employees are eligible for this benefit (22).



BC's Restart Plan

The government of BC has a 4-step process planned to gradually reduce COVID-19 restrictions. In order to move from each step to the next, our communities need fewer COVID-19 cases, increased vaccinations, fewer hospitalizations, and fewer COVID-19 related deaths.

Information on the 4 steps for offices and workplaces, travel and sports and recreation are in the table below. See this website for more details and information on the restart plan for personal gatherings, organized gatherings, and businesses:

<https://www2.gov.bc.ca/gov/content/covid-19/info/restart>

Table 6: Government of BC's Restart Plan (retrieved from BC Government Website)

	Offices and Workplaces	Travel	Sports and Recreation
Step 1:	<p>Start a gradual return to workplaces</p> <p>Employers must continue to have a COVID-19 Safety Plan and daily health check in place</p>	<p>Recreational travel within your travel region allowed</p> <p>Non-essential travel between travel regions continues to be restricted</p>	<p>Indoor low intensity group exercise allowed with limited capacity</p> <p>Outdoor games and practices for both adults and youth group/team sports allowed</p> <p>No spectators at any indoor or outdoor sport activities</p>
Step 2:	<p>Continued return to the workplace</p> <p>Small, in-person meetings allowed</p> <p>Employers must continue to have a COVID-19 Safety Plan and daily health check in place</p>	<p>Recreational travel within B.C. allowed</p> <p>BC Transit and BC Ferries offers increased service as needed</p>	<p>Indoor high and low intensity group exercise allowed with reduced capacity</p> <p>Indoor and outdoor games and practices for both adults and youth group/team sports allowed</p> <p>Outdoor spectators up to 50 allowed, no spectators at any indoor sport activities</p>

	Offices and Workplaces	Travel	Sports and Recreation
Step 3: [CURRENT STAGE]	<p>Continued return to the workplace</p> <p>Seminars and bigger meetings allowed</p> <p>Additional safety precautions required in higher risk workplaces.</p>	<p>Canada-wide travel, check provincial/territorial restrictions</p> <p>International travel, if fully vaccinated and in line with federal travel guidance</p> <p>Federal proof of vaccination is required for some domestic and international travel.</p> <p>The government of British Columbia outlines what is needed for travelling within Canada and internationally.</p> <p>https://www2.gov.bc.ca/gov/content/covid-19/travel/current</p> <p>Returning to Canada When you return to Canada, you must use ArriveCAN to submit your travel and health details in the 72 hours before your arrival back in the country. Travellers arriving from all countries except the United States must take a COVID-19 test on arrival in Canada and self-isolate until they receive a negative test result.</p>	<p>All indoor fitness classes allowed, normal capacity</p> <p>Gyms and recreation facilities, normal capacity</p> <p>Outdoor spectators 5,000 people or 50% capacity, whichever is greater</p> <p>Indoor spectators, normal capacity</p> <p>Proof of vaccination is required for spectators and adult participants at indoor and outdoor sporting events.</p>
Step 4:	Businesses will continue to follow communicable	Canada-wide recreational travel	Return to normal sport competitions when following

	Offices and Workplaces	Travel	Sports and Recreation
	disease prevention guidance	International travel, in line with federal travel guidance	communicable disease prevention guidance Increased outdoor and indoor spectators

As COVID-19 continues to change so will the restrictions. There will be provincial and regional restrictions in place by the health minister which are there to help stop the spread of COVID-19. Sometimes there will be time constraints placed on the restrictions, orders, and regulations. The government of British Columbia website is regularly updated with all restrictions, orders, and regulations.

<https://www2.gov.bc.ca/gov/content/covid-19/info/response>

Federal proof of vaccination

You will get your proof of vaccination online for British Columbia using Health Gateway.

Proof of vaccination is free to get. If someone is asking you to pay for these documents, it's a scam.

Step 1: Log in securely at <https://www.healthgateway.gov.bc.ca/vaccinecard>

Enter your information:

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

You can also log in with your BC Services Card.

Step 2: Save or print a copy

- Click the **Save as** button
- Select **Image (BC proof)** or **PDF (federal proof)**
- Save a copy, take a screenshot, or print a paper copy

Note: If you're travelling, keep a paper copy of your federal proof of vaccination as a back-up.

Step 3: Show your proof of vaccination

Have your proof of vaccination and government ID ready when entering a place that requires proof or when travelling.

Feel safe knowing that everyone around you is vaccinated.

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



***Courtesy of Aboriginal Health and Vancouver Coastal Health**

COVID supports in VCH region

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

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

General self-isolation supports

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

Food Supports

Support & contact information	Brief Description & Eligibility
Pacific Association of First Nations Women Good Food Box & emergency housing subsidies - Online application: https://tinyurl.com/reachinghomegfb OR https://pafnw.wordpress.com/covid-19/	Food delivery (e.g. grocery store food items, prepared meals, fresh fruit and vegetables) Will be placed on a wait list, with follow up if support becomes available <i>*Lower mainland residents only. Open to Indigenous women and children</i>
First Nations Health Authority (FNHA) Health Benefits Isolation Support team 1-888-305-1505	self-isolation support (travel, meals, accommodation) 8:30am-4:30pm 7d/wk <i>*only Status First Nations who have qualified for self-isolation support (see above)</i>
Support Network for Indigenous Women & Women of Colour https://www.sniwwoc.ca	Food delivery Support for Women in isolation
Vancouver: https://vancouver.ca/people-programs/covid-19-coronavirus-help-get-and-give-food.aspx Vancouver, Richmond, North Shore: http://www.vch.ca/public-health/nutrition/food-asset-map	

Housing Supports

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

Cultural & Mental Wellness Supports

Support & contact information	Brief Description & Eligibility
Tsow-tun-le lum: 1-888-403-3123 (toll-free) Or contact via facebook messaging	Cultural support & counselling by phone or video
Indian Residential School Survivors Society Resolution Health Support Workers Executive Director: Angela White angelawhite@irsss.ca	Emotional support services during isolation <i>*Urban, Indigenous, and directly affected by COVID</i>
Indian Residential School Survivors Society Virtual cultural support Online request form	Traditional healing and medicines by phone or video <i>*Urban, Indigenous, and directly affected by COVID</i>
Pacific Association of First Nations Women COVID-19 support group	by phone or video (zoom) <i>*Indigenous folks of all genders and ages</i>
Pacific Association of First Nations Women COVID-19 Counselling Online application	Counselling by phone or video (zoom) <i>*Indigenous folks of all genders and ages</i>
VCH Aboriginal Health Virtual cultural support info.aboriginalhealth@vch.ca 1-877-875-1131 (toll-free)	Cultural and emotional support by phone or video provided by VCH Elders/Knowledge Keepers <i>*Indigenous folks of all genders and ages in need of additional support</i>
FNHA Virtual Substance Use and Psychiatry Service Virtual Psychiatry Service referral guide	Referral-based (no-cost) service Substance Use and Addictions Medicine: Monday to Friday 9:30am-5:30pm Psychiatry: Monday to Friday 10am-3pm. <i>*Available to all BC First Nations people and their families, even if family members are not Indigenous</i>
Spirit of the Children Society Cultural teaching (virtual) 604-524-9113 reception@sotcs.ca	Virtual cultural teachings (zoom) Mondays 4-5pm <i>*Youth aged 7-18</i>
Broadway Youth Resource Centre Queer, Trans, & Two-Spirit zoom social Lindsay McKinnon lmckinnon@pcrs.ca 778-877-0993	Weekly zoom socials <i>*Youth aged 14-24 who identify as queer, trans, or two-spirit</i>

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

Links to additional mental wellness and cultural resource listings

Link/Source	Brief Summary
Virtual Mental Health Supports During COVID-19 (Government of Canada)	- List of virtual mental health supports available
COVID-19 Mental Health and Cultural Supports (FNHA)	- Full list of Mental Health Support available for community members, community leaders - List of cultural support
Staying Connected During the COVID-19 Pandemic (FNHA)	- Poster
Mental Health & Wellness Resources (FNHA)	- Links to videos, fact sheet, poster, news article
Database of youth support programs and services in communities across Canada (Kids Help Phone)	- Service locator for youth support programs and services

Harm Reduction & Substance Use Supports

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

Virtual Care during COVID-19

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

Miscellaneous Funding Supports, Income Assistance, and Payment Deferrals

Support & contact information	Brief Description & Eligibility
Indian Residential School Survivors Society Funding supports Executive Director: Angela White angelawhite@irsss.ca	Funding supports for every day necessities (medicine, food, etc.) Limited funding available - have family name, contact information, number of adults/children, and summary of needs ready <i>*Urban, Indigenous, and directly affected by COVID</i>
Métis Nation BC (MNBC) Emergency COVID supports Apply through online portal: www.mnbc.ca/covid OR contact Regional Health Coordinator: Arathy Menon amenon@mnbc.ca 604-202-2873 (cell)	Emergency COVID supports may be available if other resources have been exhausted via online portal application system <i>*MNBC (Métis) citizens</i>
Métis Chartered Communities (MCC) (North Fraser & Powell River) President, Métis Nation Powell River: Tabatha Berggren presidentmnpr@gmail.com 604-223-5856 OR contact	Some supports available through MCC presidents

Regional Health Coordinator: Arathy Menon amenon@mNBC.ca 604-202-2873 (cell)	<i>*Self-identified Métis living in qathet Regional district (formerly Powell River Regional District); Richmond; and Vancouver</i>
Province BC Recovery Benefit Online application https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit	one-time payment of up to \$1,000 (families) and up to \$500 (individuals) <i>*eligible individuals with net income up to \$87,500 and eligible families with net income up to \$175,000 full eligibility criteria on website</i>
Government of Canada Support for individuals	Information on: <ul style="list-style-type: none"> • Employment insurance (EI) • Canada Recovery Benefit (CRB) • Canada Recovery Sickness Benefit (CRSB) • Canada Recovery Caregiving Benefit (CRCB) • Mortgage payment deferral
Government of Canada Transitioning from CERB	
BC Hydro Customer Crisis Fund (CCF) 1-800-BC-HYDRO apply online	Bill deferral, payment plans, as well as crisis funding is available. <i>*Residential customer experiencing a temporary financial crisis</i>
ICBC Monthly payment deferral 1-800-665-6442 Apply online	Monthly payment deferral by up to 90 days

Self-Monitor & Self-Isolation Information

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

Crisis & Support Lines

Support & contact information	Brief Description & Eligibility
Indian Residential School Survivors 24 hour Crisis Line 1-866-925-4419	<i>*Available for anyone experiencing pain or distress as a result of their residential school experience</i>
Kuu-Us Crisis Line 24 hour Crisis Line 1-800-588-8717 (toll-free) 250-723-2040 (youth line) 250-723-4050 (adult line)	<i>Indigenous and First Nations specific crisis line BC only</i>
Battered Woman's Support Services Crisis Line 1-855-687-1868 (toll-free)	Monday-Friday 10am-5pm (Wednesday until 8pm) <ul style="list-style-type: none"> • Emotional support & Safety planning • Referrals to transition houses, lawyers, medical services, community support <i>*Services open to all women (specific supports available for immigrant and Indigenous women)</i>
Kids Help Phone 1-800-668-6868 (toll-free) https://kidshelpphone.ca/ OR text 686868 (texting service) https://www.facebook.com/CrisisTextLinepowerebyKidsHelpPhone (crisis text line via facebook messenger)	24 hour phone service connecting kids to counsellors and crisis responders currently available in English, French, and Arabic <i>*Open to all children and youth</i>
Suicide Crisis Line 1-800-784-2432 www.YouthInBC.com (online youth chat) www.CrisisCentreChat.ca (online adult chat)	24 hour crisis line available in over 140 languages Online chat service: noon-1am <i>*Open to anyone experiencing thoughts of suicide</i>
Métis Crisis Line 1-833-Metis-BC (1-833-638-4722)	24 hour phone support for immediate crisis intervention and mental wellness supports <i>*Self-identified Métis folks living in BC</i>
Women Against Violence Against Women 24 hour Crisis and Information Line 604-255-6344	24 hour non-judgemental support, can provide information on available WAVAW services or referrals to other community programs/organizations <i>*survivors of sexualized violence</i>
Trans Lifeline Hotline 1-877-330-6366	Peer support phone service run by trans people for trans and questioning peers guaranteed call operators 7am-2am <i>*those in need of someone trans to talk to</i>



First Nation Community Contact List

Region	Community	Nurses
Central Coast	Heiltsuk (Bella Bella)	Mitch Savage (CHN/Nurse Supervisor) mitchels@heiltsukhealth.com Phone: (250) 957-7944
Central Coast	Kitasoo/ Xai'xais (Klemtu)	Kathryn Chapman (Nurse in Charge) Note: Nurse in Charge changes, best to call ahead of time and confirm. Kathryn.Chapman@fnha.ca Phone: (250) 839-1221
Central Coast	Wuikinuxv (Rivers Inlet)	April Shea, (Home Care Nurse) wkn_nurse@wuikinuxv.net Phone: (250) 949-8625 ext 226/225
Central Coast	Nuxalk (Bella Coola)	Kirsten Milton (Health Director) health@nuxalknation.ca Phone: (250) 799-5809 Sophie Mack (Community Health Nurse) sophie.mack@fnha.ca Phone: (250) 267-5486
Central Coast/Cariboo	Ulkatcho (Anahim Lake)	
Sea to Sky Southern Stl'atl'imx	Lil'wat	Michelle Headley (Nurse Supervisor) Michelle.Headley@lilwat.ca Nikki Hunter(Home Care Manager) nikki.hunter@lilwat.ca Phone: (604) 894-6656 ext.3231
Sea to Sky Southern Stl'atl'imx	Southern Stl'atl'imx Health Society Four communities: N'Quatqua, Skatin, Samahquam, Xa'xtsa (Douglas/Tipella)	Pamela Jules (Nurse Supervisor) pamela.jules@sshs.ca Phone: (604) 902 5015
Sunshine Coast (South)	shíshálh (Sechelt)	Nick Gaskin (Health Director) ngaskin@shishalh.com Phone: 604-399-8717 Tamara Guretzki (Home Care Nurse) tguretzki@secheltnation.net Shiloh Joe, (Division Manager) shilohjoe@secheltnation.net Phone: (604) 885-9404
Sunshine Coast (North)	Tla'amin (Sliammon/Powell River)	Melinda Hasselback (Chronic Disease Nurse) melinda.hasselback@tn-ba.ca Phone: 604-483-3009
Lower Mainland	Musqueam	Crystal Point (Community Health Nurse) chn@musqueam.bc.ca Phone: (604) 269-3313

Lower Mainland	Squamish	Samantha Clarke (Home Care Manager) Samantha_Clarke@squamish.net Phone: (604) 318-4418
Lower Mainland	Tsleil-Waututh Nation	Sibylle Tinsel (Community Health Nurse) stinsel@twnation.ca Phone: (604) 353-5314

The above information is courtesy of Aboriginal Health and Vancouver Coastal Health



Appendix A: References

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3. Brothers-and-Sisters-Manual-for-COVID-19-Vaccines-Basic-Information:
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