



First Nations Health Authority  
Health through wellness

Greetings,

This resource package is intended for Health Directors, Health Leads and First Nations leaders so you can share timely information and build awareness of COVID-19 in your communities.

A similar resource package was sent on March 27, 2020. You can find all resources on our COVID-19 web portal: [www.FNHA.ca/coronavirus](http://www.FNHA.ca/coronavirus)

[You can also sign up for the FNHA newsletter here.](#) This newsletter is being published more frequently during the pandemic—on Tuesdays and Fridays rather than once every two weeks.

Please share the following links and resources as widely as possible.

## **COVID-19 – What You Need to Know**

### **What are the symptoms?**

- Self-Assessment Tool: Are you worried about your symptoms? [Visit the Self-Assessment Tool from the BC Provincial Government.](#)

### **Public Health Notices:**

- Article: [Need to see a the doctor? Introducing the First Nations Virtual Doctor of the Day](#)
- Fact Sheet: [Introducing the First Nations Virtual Doctor of the Day](#)
- Release: [FNHA/FNHC/FNHDA Advise Against All Gatherings to Prevent COVID-19 Spreading](#)
- Article: [When staying home is not safe: Domestic violence may increase during the COVID-19 pandemic](#)
- Article: [COVID-19 - Smoking and Vaping: What's the Risk?](#)
- Article and Workbook: [Advance Care Planning for First Nations People](#)



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### **Protective Factors:**

- Video: [Interview with Dr. Evan Adams, FNHA Chief Medical Officer on protecting you, your loved ones and community from COVID-19.](#)
- Article and Fact Sheet: [Homemade Face Masks](#)
- Poster: [Physical Distancing Do's and Don'ts](#)
- Poster: [Prevent COVID-19 \(Novel Coronavirus\) by Cleaning your Phone](#)
- Poster: [How Physical Distancing Works](#)
- Poster: ["Please do not enter our home for the protection of the people who live here."](#)

### **Mental Health and Holistic Wellness**

- Video: [Interview with Dr. Nel Wieman, FNHA Senior Medical Officer, focusing on mental wellness and COVID-19.](#)
- Resource List: [Mental Health and Cultural Supports Available During the COVID-19 Pandemic](#)
- Fact Sheet: [Providing Activities for Children during a time of Crisis](#)
- Article: [Impacts of the Pandemic on Mental Health and Wellness](#)
- Article: [Good Medicine: Keeping Active at Home](#)
- Article: [How to Host a Virtual Social Gathering during the Pandemic](#)
- Article: [Remember that Food is Medicine](#)

### **Harm Reduction:**

- Article: [Practising Harm Reduction during COVID-19](#)
- Fact Sheet (BC Centre for Disease Control): [COVID-19 Harm Reduction and Overdose Response](#)



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## Podcasts:

We have recorded a number of podcasts to help raise awareness of various pandemic topics. Podcasts feature:

- Richard Jock, Interim CEO | **Topics:** FNHA moves to Level 3 state of readiness | “What happens to communities happens to us” | First batch of personal protective equipment delivered to communities;
- Dr. Evan Adams, Chief Medical Officer | **Topics:** Why you won’t be learning who has COVID 19 in your community – and why that doesn’t matter | The role and value of testing | Physical distancing;
- Dr. Nel Wieman, Senior Medical Officer | **Topics:** Act like you already have the virus | Prevention tips | Cultural events | Mental health | Resources accessible at home | Coping exercise;
- Dr. Shannon McDonald, Deputy Chief Medical Officer and Sonia Isaac-Mann, VP, Programs and Services | **Topics:** Latest information on the COVID-19 outbreak | Taking care of your family and community members | Finding trustworthy and up-to-date information;
- April MacNaughton, Director, Health Protection | **Topics:** COVID-19 and community emergency plans.

[Listen to the podcasts here.](#)

## Additional Resources:

For information for Community Leaders, including regular Situation Report updates and funding guides, visit: [COVID-19 Information for Community Leaders](#)

For resources and fact sheets to support health care professionals, please visit: [COVID-19 Information for Health Professionals](#)

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>



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**In health and wellness,**

**The First Nations Health Authority Communications Team**