



July 28, 2020

Greetings,

This community resource compilation has been put together for Chiefs, Health Directors, Health Leads and First Nations community members to ensure access to timely and helpful information.

Please share the following links and resources as widely as possible. Materials can be shared in community newsletters, printed and distributed, or shared among leadership and health care providers.

Updated COVID-19 Guide

The FNHA's COVID-19 Guide was recently updated to align with Phase 3 guidelines.

- [A Guide to COVID-19: Caring For Yourself and Your Loved Ones](#)

FNHA App

Stay updated on COVID-19, Health Benefits updates and more with the new FNHA App. [Learn more.](#)

First Nations Virtual Doctor of the Day Service

A reminder that the free First Nations Virtual Doctor of the Day program is available every day from 8:30 to 4:30 – including statutory holidays and weekends. [Learn more about this service.](#)

Indigenous Climate Health Action Program Funding

The FNHA is now offering funding through its Indigenous Climate Health Action Program (ICHAP). ICHAP funds community-driven projects that strengthen the resilience of First Nations people to the impacts of climate change on physical, mental, emotional and spiritual health. [Learn more.](#)

Public Health Notices and Articles:

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>

Recent bulletins:

- [Community Outbreak Declared on Haida Gwaii](#)
- [Phase Three Means More Reopening, Ongoing Caution](#)
- [Health Benefits Program Resuming Regular Services](#)
- [Expanded Prior Approval Coverage for Indian Residential School Resolution Health Support Program](#)
- [FNHA Reports 86 First Nations Cases of COVID-19 to June 14, 2020](#)
- [Infant Eligibility for Health Benefits Expanded to 24 Months \(Two Years Old\)](#)
- [Update on COVID-19 Testing Protocols](#)
- [Safety First: Let's protect our children from ingesting hand sanitizer](#)
- [Accessing contraception, abortion and sexually transmitted infection counselling and services during COVID-19](#)
- [Staying connected if your loved one is hospitalized due to COVID-19](#)

Fact Sheets, Posters and Graphics:

- (Infographic) [First Nations in BC and the Overdose Crisis: COVID-19 Sparks Surge in Overdose Death](#)
- (Poster) [Need to See a Doctor? Call the First Nations Virtual Doctor of the Day Service](#)
- (Fact sheet) [Using Cannabis Safely During the Pandemic](#)
- (Infographic) [Breastfeeding Your Baby During COVID-19](#)
- (Fact sheet) [Breastfeeding Your Infant During COVID-19](#)
- (Fact sheet) [Formula Feeding Your Infant During COVID-19](#)
- (Infographic) [Formula Feeding Your Infant During COVID-19](#)
- (Poster) [Telehealth for Mental Health](#)
- (Fact sheet) [Homemade Face Masks](#)

Resources for First Nations Leadership and Health Leads:

- [Services Resumption Planning Guide](#)
- [Community COVID-19 Safety Planning Guide](#)
- [Community Services COVID-19 Supplies](#)
- [Employer's Guide to COVID-19](#)
- [Personal Protective Equipment and Community Services COVID-19 Supplies](#)



Videos and Podcasts

- (Video) [First Nations Virtual Doctor of the Day – About the Program](#)
- (Podcast) Sonia Isaac-Mann, FNHA's VP of Operations and Services, and Rick Milone, FNHA's VP of Human Resources discuss FNHA's Guide to Business Resumption, which provides guidance to communities on how to gradually re-open their offices and community centres. [Listen to the podcast.](#)

FNHA's COVID-19 Web Portal can be found here: www.FNHA.ca/coronavirus

The FNHA created the COVID-19 web portal to help community members, First Nations leadership and health care providers in accessing the information needed to keep themselves and others safe.

For the most relevant information, including FAQs for community members and FAQs for health care providers, visit one of our three COVID information pages:

- [Information for First Nations individuals](#)
- [Information for health professionals](#)
- [Information for community leaders](#)

FNHA's e-newsletters

You can sign up for the FNHA's e-newsletter to ensure you get regular updates and information here: <https://www.fnhanewslettersignup.ca/>

**In health and wellness,
The First Nations Health Authority Communications Team**