



First Nations Health Authority
Health through wellness

Dec. 11, 2020

Greetings,

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.

Public Health Notices and Articles:

- [FNHA Welcomes News of COVID-19 Vaccine](#). Please also read the news from the [Government of Canada website](#).
- [Province extends emergency, introduces mask enforcement measures](#). This public health order has since been extended to Jan. 8, 2021. More information can be found directly at the [Province of BC website](#).
- [Meal Rates for Medical Transportation to Increase on Jan. 1, 2021](#). Health Benefits at FNHA has made changes to the [Medical Transportation](#) meal rates.
- [Weathering a COVID winter](#). Tips from FNHA Acting Chief Medical Officer Dr. Shannon McDonald on Indigenous resiliency during COVID-19 and the dark winter months ahead.
- [Zero Tolerance of Racism Basic First Step to Ensure Equal Access to Health Care for First Nations people in BC](#). First Nations Health Governance Pillars respond to [In Plain Sight](#) report.
- [Health and Wellness Support for Indigenous People – Following Release of Racism Investigation Report](#). Resources for those who experience trauma as a result of the investigation into racism in the health care sector.
- [Help reduce stigma and save lives](#). An article from FNHA's Four Directions team on addiction and stigma.
- [Mental Health and Cultural Supports During COVID-19](#). A list of resources through FNHA and health care partners.

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>. Our COVID-19 Community Support Guide [can be found here](#).

Consultation and Collaboration:

The renewal of FNHA's [Five-Year Plan](#) provides an opportunity to shape the next five years of our journey towards "Healthy, Self-determining and Vibrant BC First Nations Children, Families and Communities." Please fill out the following surveys to ensure your feedback is considered as we move forward.

[FNHA's Five-Year Plan Survey](#)

[FNHA's Multi-Year Capital Plan Survey](#)

The deadline to complete each survey is Dec. 31, 2020.

Videos and Podcasts:

Video

[WATCH Project Invitation](#)

Runtime: 4:53 minutes.

Description: We All Take Care of the Harvest (WATCH) was created in response to concerns that were raised by communities surrounding seafood safety.

[What Does Harm Reduction Mean for You?](#)

Runtime: 8 videos ranging from 2-5 minutes each

Description: Dr. Nel Wieman, FNHA's Deputy Chief Medical Officer and Len Pierre, Harm Reduction Educator and Consultant with FNHA and Fraser Health, discuss using a harm reduction approach to support people in your life that use substances.

Soundcloud Podcast

[Panel Discussion: A Harm Reduction Approach to Substance Use](#)

Runtime: 32:11 minutes.

Description: A full podcast of the YouTube videos above on Soundcloud.

First Nations Virtual Health Services

The First Nations [Virtual Doctor of the Day](#) and [Virtual Substance Use and Psychiatry](#) web pages have added new promotional materials for sharing, with simple graphics and instructions on how to access the services.

Doctors and specialists provide culturally-safe care and serve all First Nations people living in BC and their families, including family members who are not Indigenous. FNHA's virtual services can also support community-based health and wellness providers to access specialty supports when needed.

The FNHA also recently launched the [Maternity and Babies Advice Line](#) in partnership with the Rural Coordination Centre of BC. The service connects expectant moms living in rural and remote communities and their providers with doctors who are experienced in maternal and child health. They can support both urgent and non-urgent care needs.

The FNHA encourages Regions and communities to share service information on social media pages, websites and in newsletters. For more details visit fnha.ca/VirtualHealth.

Samples for sharing

Virtual Substance Use and Psychiatry [poster](#) and [newsletter graphic](#)
Virtual Doctor of the Day [poster](#) and [newsletter graphic](#)

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 stay 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

[FNHA welcomes COVID-19 vaccine; Travel meal rates increased; Weathering a COVID winter; and more](#). Dec. 10, 2020

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

FNHA App

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

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