



EOC BULLETIN

• An official publication of the Skidegate Emergency Operations Centre •

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WHAT DAY IS IT?

IT HAS BEEN MANY DAYS since all Haida and Municipal leadership declared a local state of emergency on Haida Gwaii. We've all worked hard to do our part to keep Haida Gwaii safe from potential spread of COVID-19. This has meant having to live with some restrictions on our positive liberty; limiting our way of life; and significantly modifying certain cultural protocols. In many respects, the days just kind of meld together and we're left asking, "Is today Tuesday? Or is it Friday?" It can get tough telling one day apart from the other! On 22 April I got up nice and early to monitor our checkpoints and the ferry traffic. I arrived on site just after 5:30AM only to see nobody there . . . no checkpoint crew, no ferry traffic, no ferry. And then it hit me . . . it's WEDNESDAY and there is no ferry!

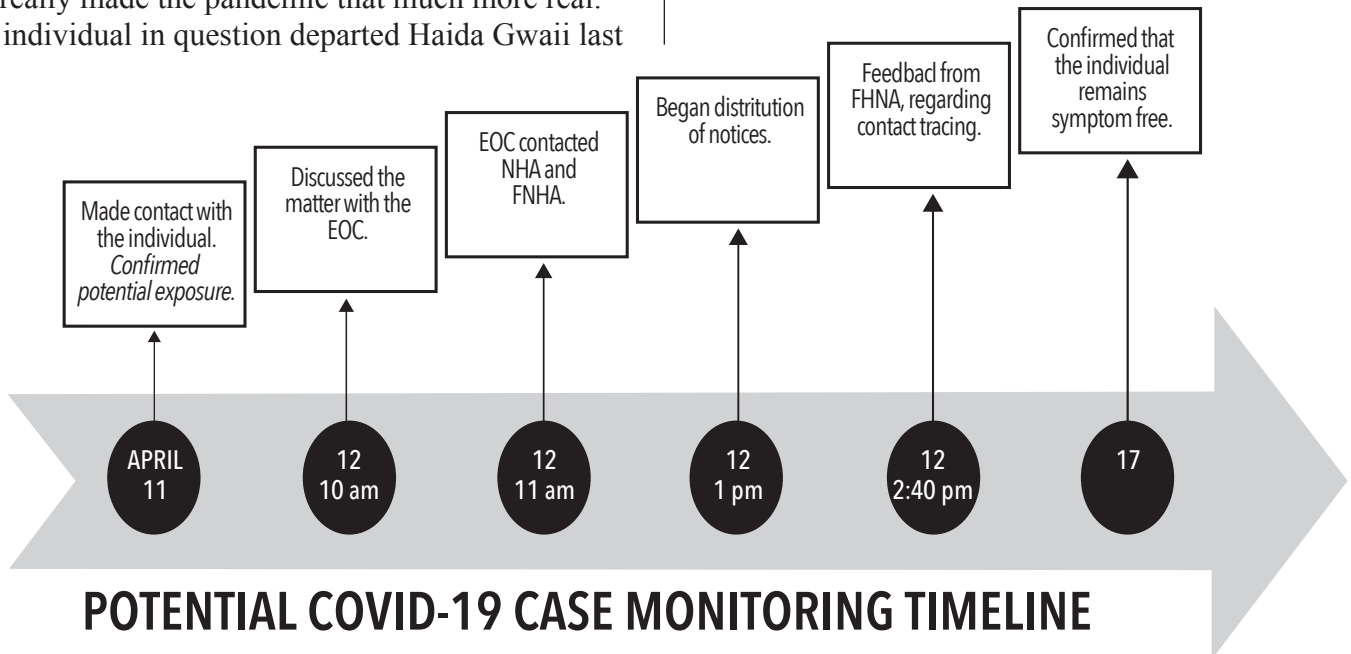
I want to provide our community with an update on the Skidegate EOC bulletin that was distributed on April 12th, RE: COVID-19. In that notice, we mentioned that a part-time resident of Sandspit had been exposed to a person who tested positive for COVID-19. The intervening period was a stressful time for all of us and really made the pandemic that much more real. The individual in question departed Haida Gwaii last

week and has remained symptom free two weeks since potential exposure. I think we can all breathe a sigh of relief with that news, but I must stress that we should not lower our guard; we should continue to practice social distancing until such time as the Provincial Health Officer declares it is okay to do otherwise. We can also reflect on this incident as a positive learning exercise. Getting accurate information and following a rigorous process is of paramount importance to the Skidegate EOC.

In closing, I want to ask our members to please refrain from large social gatherings – parties – because this poses an unnecessary risk to all. We can celebrate after this pandemic passes but until then, we must remain vigilant in our commitment to social distancing for the safety of our community.



Bill Yovanovich, Chief Councillor



POTENTIAL COVID-19 CASE MONITORING TIMELINE



HLGAAGILDA / SKIDEGATE EMERGENCY OPERATIONS CENTRE

| | |
|------------------------------|--|
| Incident Command Lead | Robert Russ |
| Health Lead | Lauren Brown |
| Media Contact | Billy Yovanovich |
| Community Liason | Babs Stevens, Billy Yovanovich Robert Williams |
| Communications | Ruth Gladstone-Davies |
| Information | Waneeta Richardson |
| Operations Chief | Kyle Marshall |
| Planning Chief | Trent Moraes |
| Logistics Chief | Sue Gladstone |
| Finance Chief | Ruth Wheadon |

SBC STAFF CONTACTS

The Band Council office is closed and we will reassess this policy before May 12. All staff are working from home and can be contacted by email.

- **CAO, Babs Stevens**
cao@skidegate.ca
- **Exec Assistant, Ashley Crosby**
haida@skidegate.ca
- **Reception, Doris Rosang**
doris.rosang@skidegate.ca
- **Ed Coordinator, Marcia Piercey**
education@skidegate.ca
- **Social Dev., Ruth Gladstone-Davies**
sdfaw@skidegate.ca
- **Housing Coordinator, Roberta Aiken**
housing@skidegate.ca
- **Indian Registration, Bonita Jones**
ira@skidegate.ca
- **Accounts payable, Natalie Stevens**
acctpay@skidegate.ca
- **Finance Manager, Sue Wood**
fin.mgr@skidegate.ca
- **Climate Action, Devin Racher**
devin.rachar@skidegate.ca
- **Water Treatment Plant**
wtp@skidegate.ca

A VERY WELCOME GIFT

Soap for Hope donates soap and shampoo to Skidegate! This program generously donated the hygiene products you received on Tuesday, April 28.

Their mission is to divert landfill waste and provide hygiene kits to local shelters, transition homes, food banks and low-income seniors in many communities on Vancouver Island. Over 7 million children die each year from diseases that can be prevented with simple hand washing.

We are going to be the cleanest community on Haida Gwaii! •

STAY HOME, SAVE LIVES

We wish to remind our community that, further to the “State of Emergency” declared on 23 March 2020 across Haida Gwaii by All Islands’ Governments, it is absolutely essential that we stay home and respect physical distancing protocols.

Travel restrictions have been put in place for non-residents so as to limit the spread of COVID-19. We must also do our part and refrain from traveling off-Island until it is deemed safe to do so. In the current climate, only essential travel is recommended.

Under the “State of Emergency,” essential travel “includes medical emergencies, urgent family matters, and essential service work.” If you do travel off Haida Gwaii, you **MUST** immediately self-isolate for 14 days upon your return. If you are returning home to a shared residence, then **ALL** members in that household must self-isolate as well.

Each time you choose to ignore the “State of Emergency” declaration, you are putting yourself, your family and the Islands’ communities at risk.

Given who we are as a people, physical distancing is a challenge but it is our best defense in keeping Haida Gwaii safe. •

ROAD SAFETY: THE CHECKPOINTS

On 23 March 2020, Haida Gwaii declared a State of Emergency to reduce the potential impacts of the COVID-19 pandemic.

As part of its measures, the declaration imposed a restriction on travel, limiting it to “Essential Travel Only.” Importantly, the State of Emergency further states: “Residents should not travel off-Island unless essential [...] essential travel includes medical emergencies, urgent family matters, and essential service work off-Island” and that “Non-resident and all leisure travel to Haida Gwaii is not permitted.”

Also on 23 March, Skidegate released its Community State of Emergency, which also placed a “ban on non-essential travel into and out of Haida Gwaii for all Skidegate Band members except those providing essential service [...] or those requiring emergency medical care.”

To help keep Haida Gwaii safe, the Skidegate Band Council – through the EOC – implemented information checkpoints to be in effect on scheduled ferry travel days.

The purpose of these checkpoints is threefold:

1. To actively monitor incoming ferry traffic;
2. To dissuade visitors from coming to Haida Gwaii at this time; and,
3. Advise those returning to Haida Gwaii that they, and anyone residing in their household, need to self-isolate for a period of 14 days.

In order to prevent unnecessary backlog at the information checkpoints, we require all returning members to have a written isolation plan in place; this is the best way to slow the spread of COVID-19 and protect the health of our friends, family and precious elders. Haida Gwaii has limited health resources; it is essential that we direct all efforts to ensuring that our membership is safe during this difficult time.

The Provincial Health Officer, Bonnie Henry, and Health Minister, Adrian Dix, both acknowledge it is the Band Council’s right to limit travel at this time: “This is part, of course, of our relationship with First Nations communities and their self-governance and

self-determination, and they have the ability and authority to make those decisions for their communities.”

When the checkpoints are set-up, we remind everybody to follow the appropriate road etiquette and rules – DO NOT take it upon yourself to carelessly drive through the checkpoints. Failing to comply with checkpoint staff puts them at risk.

Each time you choose to ignore the “State of Emergency” declaration, you are putting yourself, your family and the Islands’ communities at risk. We all have a responsibility to do what is right and take care of each other during this unprecedented time. •

BC HYDRO ASSISTANCE PROGRAMS



BC Hydro has new services and programs in place to help you during the COVID-19 pandemic. BC HYDRO will not disconnect you for non-payment during the pandemic and are cancelling all non-emergency planned outages.

There are three assistance programs:

CUSTOMER CRISIS FUND

Customers facing temporary financial hardship and unable to pay their bills may be eligible for grants to pay towards overdue balance on their electricity bill. < bchydro.com/ccf >

COVID-19 RELIEF FUND

Residential and small business customers who were impacted by COVID-19 may be eligible for electricity bill relief. Industrial customers are eligible for deferral of 50% of their bills due April, May and June. < bchydro.com/covid19relief >

COVID-19 CUSTOMER ASSISTANCE PROGRAM

Residential and commercial customers can defer bill payments or arrange for flexible payment plans with no penalty.

1 800 BCHYDRO (1 800 224 9376)

HOW TO SELF-ISOLATE ON YOUR RETURN TO HAIDA GWAI

COVID-19 is a highly contagious virus with symptoms similar to other respiratory illnesses, including the flu and common cold.

Self-isolation means staying home and avoiding situations where you could come in contact with others. You may have been exposed to the virus while off-Island or through your travels and are at risk for developing COVID-19 and passing it on to others even if you may not show or feel signs of having contracted it.

Precautions are in place to help ensure that Skidegate Band members/returning residents will not pass the virus on to others especially those most at risk including elders, those with weakened immune systems or with underlying medical conditions. It can take up to 14 days for symptoms to develop, so it is important to self-isolate even if you are not showing symptoms.

Therefore, on your return home, the HIGaagilda/Skidegate Emergency Operations Centre (EOC) requires you to self-isolate for 14 days to monitor for symptoms.

You must develop a self-isolation plan which includes:

- The location of your 14-day self-isolation.
- How you will travel to your isolation location.
- The arrangement you have made for necessary supports such as food, medications, pet care, social or family support.

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A. IF YOU HAVE SYMPTOMS

If you have symptoms that include, but are not limited to, cough, sore throat, fever and difficulty breathing then **DO NOT** return to Haida Gwaii at this time. Self-isolate where you are and call 811 to report your symptoms and receive further instruction.

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B. IF YOU HAVE NO SYMPTOMS

If you have no symptoms and were not in contact with someone knowingly positive for COVID-19 please

choose from the following options that best describes the living situation you will be returning to.

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C. I LIVE ALONE OR WITH THE PERSON I TRAVELLED HOME WITH

1. Upon arrival go directly home (no grocery stops, etc.) and self-isolate for 14 days.
 2. Arrange for a family member or friend to shop and have your groceries/needed supplies delivered to your door.
 3. Only go outside for fresh air if you can stay in your own yard or balcony.
 4. Self-monitor for symptoms. If you are feeling unwell, use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing.
 5. Call Northern Health Nursing Line at **1 844 645 7811** to report symptoms and receive further instruction.
 6. If no symptoms after the 14 days you need to continue to stay home as much as possible and only go out for essentials. Continue to follow the recommended provincial guidelines regarding physical distancing and hygiene.
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D. THERE IS NO ONE IN MY HOME WHO IS ELDERLY OR WHO HAS A WEAK IMMUNE SYSTEM OR OTHER UNDERLYING MEDICAL CONDITIONS

1. You can self-isolate within the household. Stay in one room or area of the home with a door by yourself and use a washroom that is not used by others. Eat your meals in your room. Arrange for delivery of needed medications, groceries or supplies.
2. Stay in your room as much as possible. If you need to leave your room wear a face/procedure mask and keep 2 m (6 feet) distance between yourself and others.
3. Do not share dishes, drinking glasses, towels or bedding with anyone. Do not cook or prepare food for others in household.
4. Laundry to be washed separately from rest of household and gloves to be used when handling the traveller's clothes. Use the hottest water possible for washing laundry.

5. Only go outside for fresh air if you can stay in a private place/own yard and use mask and continue the physical distancing.
 6. Self-monitor for symptoms. If unwell, use the BC COVID-19 Self-Assessment Tool to help determine if you need further assessment or testing. Call 1-844-645-7811 to report symptoms and receive further instruction.
 7. After 14 days if you have no symptoms you still need to stay home as much as possible and only go out for essential items. Continue to follow the recommended provincial guidelines regarding physical distancing from those outside of your household and hygiene practices.
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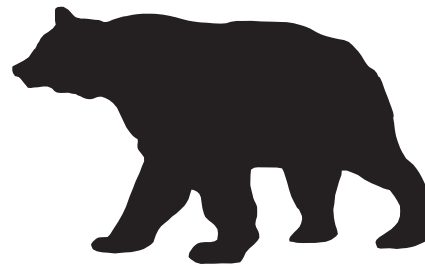
E. I WILL BE SELF-ISOLATING IN A HOME WITH PERSON(S) WHO ARE ELDERLY OR HAVE MEDICAL CONDITIONS THAT MAY PUT THEM AT HIGHER RISK OF SERIOUS ILLNESS.

1. It can be difficult to self-isolate when you live with family members or friends especially if someone in the household has additional health concerns such as frail and elderly, weak immune system from a health condition or medication (eg some arthritis or cancer medications can suppress the immune system) or diseases such as heart, liver or kidney disease or diabetes.
2. If possible, find accommodation with other friend or family without persons in the home who have compromised health. If not possible, you should have your own room with a door that can close and also a separate bathroom.
3. If you cannot avoid living in the same space as others there are certain things you can do to minimize the risk to other household members. While challenging with a larger number of people, **whenever possible practice physical distancing from all others.**
4. Have another in household clean and disinfect frequently touched surfaces such as door knobs, light switches, taps at least once daily, ideally multiple times per day. Keep your personal items separate from those belonging to others. Have your

own garbage bagged and tied off. Do not prepare food for others in household. Do not share dishes, utensils, towels, bedding. If unavoidable, anything shared must be washed with soap and hot water between uses.

5. If 2 and 3 are not possible and then please contact the Skidegate EOC at 250-559-4610. Messages are checked at 9 am and 2 pm and your call will be answered and arrangements will be made to find a place for you to self-isolate for the 2 weeks. •

Note: Accommodation needs to be kept available for persons who do develop symptoms and will need to be kept quarantined from others



TAAN IS AROUND!

Taan has been seen around the Islands in the last few weeks. This is a time for members to take a look around your own home and yard and think about the safety and well-being of our relative.

Please consider the following over the next few days.

GARBAGE

The biggest problem in our community is garbage attracting taan. Please check your garbage box and make sure it's in good shape. If you can, keep your garbage indoors until pick-up day and keep your pet food inside. Don't throw scraps into the yard for the birds.

COMPOST

If you are composting household food waste make sure you cover it up with grass clippings, leaves, etc. And, keep turning and layering your compost to help reduce odors.

If you see taan in your neighbourhood please call the Conservation Officer at: 250 559 8431.

BANKING MADE EASY

Information provided by Northern Savings, Jesse Embree

Northern Savings has worked to build and support our community’s financial needs for the past 80 years. With the arrival of the COVID-19 pandemic we are facing new challenges in ensuring our staff, members and communities stay safe while continuing to provide essential financial services. This article outlines how you can make your day-to-day financial transactions while keeping you and your community safe.

CASH – There are two options for depositing cash. Deposit cash through the ATM, or, put the cash in an envelope with a deposit slip or note indicating the account in which to deposit the funds. Place the envelope in the Night Deposit Drop slot.

CHEQUES – To use the ATM to deposit a cheque, put in your debit card, enter your PIN and choose the deposit option. Type in the amount of the deposit and then place the cheque into the slot just below the card slot.

Or, write your member number and account on the back of the cheque, put the cheque in an envelope with a deposit slip or a note indicating the account in which to deposit the funds. Place the envelope in the Night Deposit Drop slot.

If you are concerned about a “hold” being placed on a cheque deposited through the ATM or the online banking system, dropping it in the Night Deposit Drop slot will help avoid those automatic holds – in most cases.

You can also deposit a cheque online. To use the online “deposit anywhere” function, you will need the Northern Savings app. Download it from the Google Play for Android or the App Store for Apple devices. Once you have the app, login to your account and select “deposit”, fill in the form with the amount on the cheque and which account you’d like it deposited to. Then use the camera on your phone or tablet to take a picture of the front and back of the cheque.

Finally, you can deposit a cheque by sending it to us in the mail. Write your member number and the account you would like it deposited in on the back. Place it in an envelope and mail it to your local branch.

WITHDRAWALS – For most day-to-day personal withdrawals, we’re asking members to use their debit cards to withdraw funds from the ATM. If you don’t have a debit card give us a call or send us an email and we’ll arrange a time for you to pick one up or have one mailed to you.

With some stores no longer accepting cash a debit card will ensure you can still make purchases without cash. If you are doing a larger withdrawal, require specific bills or coins, please give your branch a call or send an email. Let us know what you’re need and we’ll set up an appointment with you.

You can also pay your bills through the online banking system or mobile app. If you aren’t comfortable with that give us a call and we can process your bill payments over the phone.

If you need to transfer funds to a neighbour or friend for a purchase or for picking up groceries - you can send them an e-transfer through our online banking or mobile app. If you have any questions please give us a call or send us an email.



Tips to keep yourself and baby healthy.

- Clean toys, surfaces and play areas frequently.
- Regular household cleaners are effective for removing germs or you can use a solution of one part bleach mixed with nine parts water.
- Remember that baby wipes are not meant to be used to clean away germs! Be sure to use soap and water.



two smart ravens
PHYSICAL DISTANCING WORKS



NURSING PROTOCOLS for HOME and OFFICE VISITS

All nursing services out of the Skidegate Health Centre are essential services only at this time. Immunization and communicable disease control are mandatory programs. Infant and school age immunizations will continue to be provided. The Options for Sexual Health program will also be available. Home care visits will be done only if absolutely necessary for the protection at home as well as the health care provider.

For appointments please call 250 559 4610. Phone messages are answered at 9 am and 2 pm Monday – Friday except for Statutory holidays. Please leave your name and phone number only and your message will be forwarded to the nurse.

Please be aware that:

- Staff are screened for respiratory symptoms before they visit a client in the home or in their office. If a staff screens positive they cannot visit with clients and are to stay home.
- Visits that can be done via telephone or other virtual methods if preferred.
- All clients and their homes (i.e. all occupants) need to be prescreened 24 hours and also 30 minutes before visits occur.
- If the client or home screens positive, an individual risk assessment needs to be conducted to determine if the visit can happen based on:
 - Can the staff wear appropriate personal protective equipment (PPE)?
 - Can the work be accomplished any other way?
 - Screening questions: Do you or anyone in your home have a fever, cough, sore throat or difficulty breathing? Are you currently on home isolation due to travel? Have you or anyone in your home come in contact with someone who was suspected or confirmed to have covid-19 in the last 14 days?

If the client or home is screened negative, a home visit can occur if essential, but with the following parameters:

1. Handwashing before entering the home
2. Nurse wears gloves
3. Nurse and client wear surgical masks

4. Physical distancing of 6 feet is maintained (closer contact for a brief health assessment is permitted)
5. Anything brought in to and out of the home is disinfected
6. Handwashing after exiting the home

Office visits can occur with a negative screen, with these parameters

1. Client washes hands before entering
2. Nurse wears gloves
3. Nurse and client wear surgical masks
4. Client touches as little as possible while in the office
5. Only one parent/guardian is permitted at an infant/child immunization appointment
6. Anything a client touches is disinfected following the appointment
7. Nurse is to wash hands after disinfecting

For clients coming to the Health Centre for an office visit, entry is through the side door beside the green house. A staff member will let you in. There is a wash-room designated for clients.

For infant visits at 2-4-6-12 and 18 months of age, the nurse will mail you the ASQ developmental questionnaire, and any other information will be obtained by phone prior to the visit. This will keep the visit as brief as possible and only the growth check, immunizations and the required 15-minute post immunization monitoring to be done. Thank you so much for helping to keep everyone safe. •



Tips to keep yourself and baby healthy.

- If you can, reach out to friends and family via video chat. Being a new mom can be isolating even without a pandemic. Virtual support is the next best thing to connecting in person.
- If you feel really down or if you are so worried that it feels difficult to cope, please call the health centre or Indigenous Patient Liaisons at 604 875 2348.

SKIDEGATE HEALTH CENTRE ESSENTIAL SERVICES ONLY

Essential Services include:

- Home and Community Care (home care nursing and home support, including medication delivery)
- Community Health (nursing-Heather)
- ADP: is closed. Trish and her cook will continue to prep. meals and deliver to ADP clients.
- Patient Travel: Emergency Patient travel only and on as needed basis only.
- Mental Health: for counselling, please call 778-361-0179. Mental Health counselling will continue to provide support through phone, or Skype.

If you are feeling not well, have a fever and coughing please call *811 and /or 1 844 645 7811. We will be checking our phone messages at: 250 559 4610.

PATIENT TRAVEL

- Medical transportation for all off-Island medical appointments is currently unavailable.
- Urgent medical appointments (prenatal confinement, dialysis, or cancer) and emergencies MUST be submitted as a Benefit Exception request. You can call FNHA 1 855 550 5454 for clarification
- If approved, medical transportation can be arranged by our office.

Please leave a message.

PRESCRIPTION PROCESS REMINDER

Please do not call the Skidegate Health Center to place a prescription order. Call the pharmacy directly at 250 559 4910. To pick up your prescription text 778 402 9300.

If you are self-isolating, the Skidegate EOC checks daily at the pharmacy for prescriptions and will deliver it to you when ready.

MEDICAL CHECKS

In our continued efforts to keep the community safe, we are implementing a telephone medical check for our frail and vulnerable elderly. These calls are different than the 'wellness check' calls from the volunteer department of the Skidegate EOC. The wellness checks from the volunteer Skidegate EOC happen on the weekend are intended to touch base to determine if you need any assistance with groceries and or pharmacy.

The medical checks will be done by a home support worker during the week. On these calls, you will be asked specific questions regarding your health. These calls are intended to check in with you to determine how you are feeling and if you are needing support from a medical professional.



Tips to keep yourself and baby healthy.

- Wash your hands frequently and thoroughly and avoid touching your face.
- Avoid people who are sick.
- Stay home as much as possible and limit contact with other people.
- Practise physical distancing.
- Take care of your personal wellness.



**FOR MEDICATION PICKUP
FROM THE QC PHARMACY
PLEASE TEXT – 778 402 9300**

PHYSICAL DISTANCING WORKS



**the average WINGSPAN OF AN
EAGLE is about 6' — stay AN EAGLE apart**