



First Nations Health Authority
Health through wellness

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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 amongst leadership and health care providers.

COVID-19 Resources and Public Health Notices

The following posters, fact sheets, articles and resources can be shared and distributed as needed.

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:

- [Chief Medical Officer of the FNHA to Join Indigenous Services Canada to Support Nation-wide COVID-19 Response](#)
- [How to Access Dental Care During COVID-19](#)
- [Young Wisdom on Mental Health and Wellness](#)
- [Pharmacists Can Now Temporarily Dispense Pain and Fever Over-the-Counter Medications without a Prescription](#)
- [Seeking care for non-COVID-19 related concerns is still important](#)
- [Head Start Programs Adapt in Laxgalts'ap and Gitanmaax](#)
- [Should You Take Your Child to the Doctor During COVID-19](#)
- [Your Story, Our Future: New Survey Seeks Input From First Nations on COVID-19](#)
- [Practice Lateral Kindness to Help Reduce Stigma and Fear of COVID-19](#)
- [Sex in the time of COVID-19](#)
- [Good Medicine: Show us your homemade / handmade face masks!](#)
- [The FNHA and Canadian Red Cross Partner on Disaster Response](#)
- [Staying connected if your loved one is hospitalized due to COVID-19](#)

Fact Sheets, Posters and Graphics:

- [Mental Health and Wellness Resources for Youth](#)
- [Prevent COVID-19 by Cleaning your Phone](#)
- [Sharing the Harvest during the Pandemic](#)
- [Lateral Kindness during COVID-19](#)
- [Face Mask Fact Sheet](#)
- [Virtual Doctor of the Day](#)
- [BC Treatment Centres and Programs and Detox](#)

Tool Kit:

- [Planning for Food Security: A Toolkit for the COVID-19 Pandemic](#)

Videos

- Community Health Nurse, Carley Julien shares "Ode to an Elder" song for Nursing Week. You can watch the video [here](#).
- Watch: [Dr. Kelsey Louie Explains How to Use Virtual Doctor of the Day](#)

Partner Resources and Information

- [Bounce Back](#): is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
- Request for Proposals: Advancing Indigenous Gender Equality. [Learn more here](#).

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://confirmsubscription.com/h/i/7C28A34A8D5020D9>

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

