

# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550



**RE: COVID-19 case in community**

**DATE: August 30<sup>th</sup>, 2021**

The Bonaparte First Nation have been notified of two positive cases within the community; please be advised, that “one positive case” is identified as one household, and the Health Department is currently working safely with both households to ensure essential necessities are provided.

**Currently, we have a 96% vaccination rate among our adult population, and a 44% vaccination rate for our eligible youth (ages 12-17)!**

Close contacts of the positive case will be notified directly through contact tracing. “Close contacts” are individuals who have been within 6 feet (2 meters) of the person with COVID-19 for an accumulation of 15 minutes or longer.

The Delta variant is roughly twice as infectious as earlier COVID-19 variants. This means you are more likely to catch Delta and make other sick. Those who are not vaccinated are at a greater risk of catching the Delta variant.

## **What you should do:**

- Wear a mask (This is now a mandatory health order, regardless of vaccination status)
- Do not touch your face
- Self-monitor for COVID-19 symptoms
- Sanitize and wash hands often
- Maintain social distancing

## **Get tested if you experience COVID-19 symptoms such as:**

- Fever, Chills
- Cough, Shortness of breath
- Fatigue
- Muscle and body aches
- Headache
- Recent loss of smell or taste
- Sore throat
- Congestion
- Runny nose
- Nausea and/or vomiting
- Diarrhea

**To get tested** for COVID-19, please contact Home and Community Care Nurse, Angie Pigeon at 250-457-6233 – EXT 228, or Community Health Nurse, Telleighla Gies at 250-457-6233 Ext 236, or call Interior Health at 1-833-838-2323

**Questions may be directed to the Community Health Nurse at 250-457-6233 – EXT 228 or Ext 236.**

# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550



**RE: COVID-19 Preparedness Plan**

**DATE: August 30<sup>th</sup>, 2021**

The Bonaparte First Nation Health Department have revisited the COVID-19 Community Preparedness Plan with Council. The amendments included were items such as the following:

- Updated emergency contacts list
- The definition of "confirmed cases"
- Cultural supports to be provided as requested to the Cultural Enrichment Department

To view the updated COVID-19 Community Preparedness Plan, [click here](#).

To get tested for COVID-19, please contact Angie Pigeon at 250-457-9624 – EXT 228.

**Questions may be directed to the Acting Health  
Director at 250-457-9624 – EXT 239.**

# Preparedness Plan



# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550

## **Bonaparte First Nation**

**Values:**

**Knucwentw'ecw – help one another**

**Y'ucwementwecw – take care of each other**

**Chief and Council approved:**

**Date: Jan 25, 2021**

---

### **COVID-19 Preparedness Plan:**

This plan is prepared to ensure the safety of all community members.



# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550

## **Stage 1: Safety Plan for Community**

**No confirmed cases of COVID-19. Continue to use preventative measures.**

- 1) No confirmed cases of Covid-19.
  - a) No security necessary, Continue to use preventative measures
  - b) IR#1 and IR#2 will utilize gates
  - c) All visitors will need to answer screening questions
  - d) Signage has been posted at the entrances. **NO UNECESSARY VISITORS DUE TO COVID-19.**
  - e) Requesting all community members provide us with an up-to-date contact #. Please call the front desk and speak with reception at the health centre.
  - f) Deliver food to known confirmed cases only to help with their self-isolation.



# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550

**Stage 2: 3 household confirmed cases of Covid-19 on reserve would be classified as an outbreak.**

**We will initiate a 14-day isolation period that is IR specific. Example: If 3 households in IR #2 have been confirmed positive and no other households in the community then only IR #2 will be on Stage 2.**

## **1) Security:**

- a) Security at main entrance 8am- 8pm daily. Two people rotating for breaks (IR #3)
- b) Recommendation: Operations and Maintenance and other departments will help support security at both IR#1 and IR#2, during work hours.
- c) All vehicles will need to sign in at wellness checkpoint. All visitors must be pre-approved by those listed on Appendix C – Emergency Contact List.
- d) Rotating schedule for staff – work from home with all essential services still being provided.
- e) Zoom meeting only-no face-to-face meetings will be held.
- f) Pre-approved contractors and delivery drivers will be allowed access if they pass the wellness check points (Temperature sensitive and sign in a must)
- g) Food and water delivery for homes with confirmed Covid-19 cases. Water delivery done by volunteer staff. Food delivery will be done by designated health vehicles to homes with confirmed Covid-19 cases.
- h) Two vehicle tags will be provided to each household-if more needed contact Health Office
- i) Those who do not have gates on IR#1 and IR#2, will be required to monitor own entrances to their residences to help prevent unnecessary visitors.
- j) Travel restricted for community members. We will be utilizing BC Ministry of Health guidelines. How to avoid contact with others, to protect the health of your family, friends, and community, you need to stay at home and do not have visitors. Do not go to public areas including stores, shopping malls, and restaurants. We ask that you cancel and reschedule appointments. If leaving your home for medical care, avoid face to face, and contact with other persons.
- k) On-reserve businesses will be expected to provide their Covid-19 Safety Plan to the Health Director.



# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0

Tel: (250) 457-9624 Fax: (250) 457-9550

## **Stage 3: Safety Plan for Community**

**4+ household confirmed cases of Covid-19 on reserve is an outbreak.**

**We will initiate full lockdown on IR1, IR#2, and IR#3 until rescinded to stage 2.**

### **1) Security**

- a) Full lockdown IR #1, IR#2, and IR#3
- b) No visitors. No contractors. No delivery people.
- c) 24/7 security 8am-8pm/8pm-8am. Two people rotating.
- d) Recommendation: Operation and Maintenance (O+M) will help support security by monitoring IR#1 and IR#2, during work hours. Other departments will be encouraged to participate.
- e) Work from home, with essential services being provided.
- f) All staff will need to answer screening questions at wellness check points.
- g) Visitor vehicle tags will be provided to any service providers (nurses only exception)
- h) Food delivery and water deliver would continue as in stage 2.
- i) All homes will be isolating at this time. Only to leave for work and one person designated to pick up essential.

# Appendices





# Bonaparte First Nation

2689A Sage Hill Rd., Hwy 97N, Box 669 Cache Creek, BC V0K 1H0  
Tel: (250) 457-9624 Fax: (250) 457-9550

August 31, 2021,

Hello Bonaparte Community Members,

Re: Self-isolation supports

If you have been mandated to self-isolate due to COVID-19 symptoms, under the advice from an appropriate health care provider, and you are not able to self-isolate safely at home, alternative accommodations (like a hotel) in Cache Creek or Kamloops (depending on the severity of your symptoms) can be provided. Please contact Angie Thorne/Acting Health Director – work phone: 457-6233 ext. 239; cell 250-457-1307; or email [SocialDev@bonaparte.band](mailto:SocialDev@bonaparte.band). You can also call Health Benefits at 1-888-305-1505 (Monday-Sunday from 8:30am-4:30pm)

Additional supports available through First Nations Health Authority are:

- Transportation and meals may be eligible for individuals
- Support for escorts may be eligible (accommodations, travel and meals)
- Support for childcare may be eligible where caregivers are required to isolate
- Delivery of groceries and medicines
- Communication support including phone cards or communication devices for individuals in isolation in order to ensure they have access to online health resources (e.g., virtual Doctor of the Day)
- Mental Health services and cultural supports for individuals.

If you have any questions, please let me know.

Respectfully,

**Angie Thorne,**  
Acting Health Director  
[SocialDev@bonaparte.band](mailto:SocialDev@bonaparte.band)

## LEGEND:

PLEASE UTILIZE THESE SIGNS IN A WINDOW THAT IS VISIBLE TO HEALTH STAFF AND HEALTH PROVIDERS.

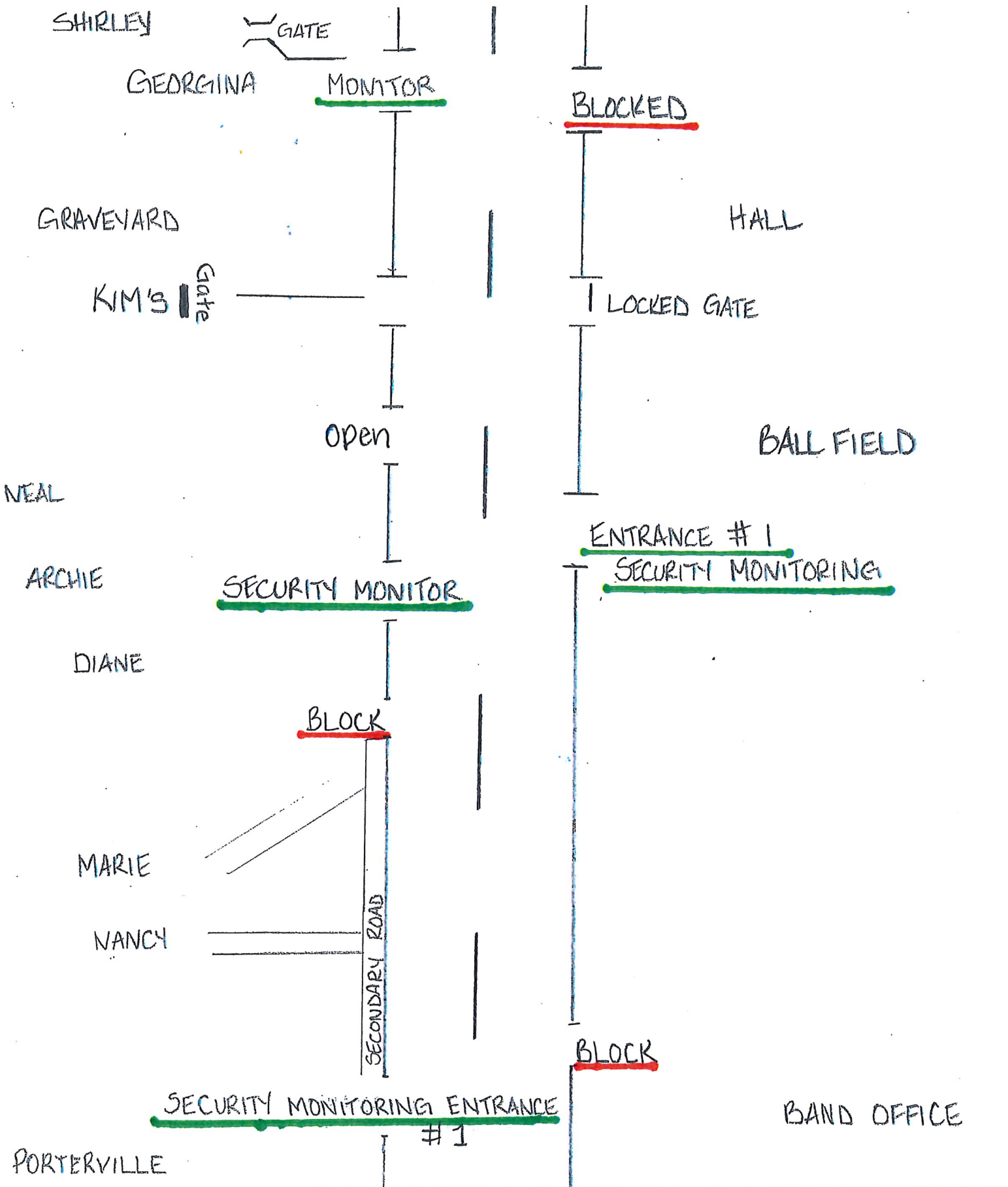
THESE SIGNS WILL BE USED AS A COMMUNICATION TOOL FOR YOU

**GREEN:** FOLLOWING SOCIAL DISTANCING

**YELLOW:** ALERTING HEALTH STAFF TO CHECK TO SEE IF YOU NEED ANY SUPPLIES AND SERVICES.

**RED:** HEALTH STAFF WILL BE SUPPORTING YOU ON A DIFFERENT LEVEL THROUGH FNHA OR INTERIOR HEALTH AUTHORITY.





BLOCKED  
 MONITOR

## Emergency Contact List:

FOR NON-MEDICAL INFORMATION ABOUT COVID-19 IS AVAILABLE

7:30AM – 8PM, 7 DAYS A WEEK AT:

**1-866-268-4319**

### REGISTERED NURSES AT HEALTH LINK BC

**811**

1) **Chief and Council:**

**Chief Frank Antoine:**

Home: 250-318-0742

**Dr. Verna Minnabarriet - Councillor**

Cell: 604-760-7264

**Neal Antoine – Councillor**

Home: 250-457-3025

**Michelle Canaday - Councillor**

Cell: 250-318-2070

**Keith Zabolot – Councillor**

Home: 250-457-9973

2) **CEO – Sean Bennett**

Office: 250-457-9624

Ext. 248

3) **Acting Health Director**

**Angie Thorne**

cell: 250-457-1307

4) **Angie Thorne**

**Social Development Manager**

Cell: 250-457-1307

5) **Marilyn Porter**

**Lands Manager**

Cell: 250-457-0387

6) **Kirby Russell**

**Operations and Maintenance Manager**

Cell: 250-457-3326

For direct emergency information please phone Bonaparte's 24-hour call messaging center.

**1-844-951-4144**



First Nations Health Authority  
Health through wellness

# Mental Health and Cultural Supports During COVID-19

## TELEPHONE AND ONLINE SUPPORT

**Virtual Substance Use and Psychiatry Service.** A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

**First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service** offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310  
[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Kids Help Phone** is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

**KUU-US Crisis Services** is available 24/7 to support Indigenous people in BC. <http://www.kuu-uscrisisline.ca>  
Toll-Free: 1-800-KUU-US17  
(1-800-588-8717)

Adult/Elder: 1-250-723-4050  
Child/Youth: 1-250-723-2040

**National Indian Residential School Crisis Line** supports former Residential School students. The crisis line provides emotional and crisis services 24/7.  
Toll-Free: 1-866-925-4419

**Provincial Alcohol and Drug Information Referral Service** provides free referral services to support with any kind of substance use issue (alcohol or other drugs).  
Toll-free: 1-800-663-1441  
Lower Mainland: 604-660-9382

**Foundry:** health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>  
Virtual: <https://foundrybc.ca/virtual/>

## FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: 1-855-550-5454.

## INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

**Adah Dene Cultural Healing Camp Society**  
Margo Sagalon: 250-996-3813  
[Admin.elders@telus.net](mailto:Admin.elders@telus.net)  
Tracey Charlebois: 250-996-1475  
[Nakazdieelders@telus.net](mailto:Nakazdieelders@telus.net)

**Carrier Sekani Family Services**  
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855  
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

**Gitanyow Human Services**  
Wanda Good: 250-849-5651  
[Wanda.e.good@gmail.com](mailto:Wanda.e.good@gmail.com)

**Gitxsan Health Society**  
Ardythe Willson: 250-842-8251  
[irsmanager@gitxsanhealth.com](mailto:irsmanager@gitxsanhealth.com)  
Pam Torres: 778-202-1355  
[irsmhsupport3@gitxsanhealth.com](mailto:irsmhsupport3@gitxsanhealth.com)  
Gary Patsey: 778-202-1703  
[irsmhsupport1@gitxsanhealth.com](mailto:irsmhsupport1@gitxsanhealth.com)

**Nuu Chah Nulth Tribal Council**  
Vina Robinson: 1-250-724-3939  
[vina.robinson@nuuchahnulth.org](mailto:vina.robinson@nuuchahnulth.org)  
Daily Elliott: 250-720-1736

**Indian Residential School Survivors Society**  
Stu Mitchell: 604-985-4464 or  
Toll-free: 1-800-721-0066

**Okanagan Nation Alliance**  
Rachel Marchan: 1-250-470-7048 or  
Toll-free: 1-866-662-9609  
[earlyyears@syilx.org](mailto:earlyyears@syilx.org)

**Tsow-Tun-Le-Lum Society**  
Toll-free: 1-888-590-3123

## FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

**Carrier Sekani Family Services**  
Call: 250-567-2900 or  
Toll-free: 1-800-889-6855  
and ask for an ARP Team member  
Email: [rjohn@csfs.org](mailto:rjohn@csfs.org)

**Kackaamin Family Development Centre**  
Call: 250-723-7789 or  
Toll-free: 1-833-205-6946

**Namgis Treatment Centre**  
Call: 250-974-8015 or  
Toll-free: 1-888-962-6447 Ext.2152

**Nenqayni Wellness Centre**  
Call: 250-989-0301 or  
Toll-free: 1-888-668-4245

**North Wind Wellness Centre**  
Call: 250-843-6977 or  
Toll-free: 1-888-698-4333

**Telmexw Awtexw (Sts'ailes First Nations)**  
Call: 604-796-9829

**Tsow Tun Le Lum**  
Call: 250-268-2463 or  
Toll-free: 1-888-590-3123

**Wilp Si'Satxw Healing Centre**  
Call: 778-202-0162, 778-202-1349 or  
Toll-free: 1-877-849-5211

*All information in this document is accurate as of December 9, 2020.*