

# COVID-19: STAYING HEALTHY

## Learn how to stay safe!

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. This makes COVID-19 worrisome.



## What is it?

Coronavirus (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle Eastern Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). COVID-19 is one of these diseases.



## Symptoms



Sore Throat



Confusion



Headaches



Shortness of  
Breath



Cough



Fever

## Prevention



Wash your hands



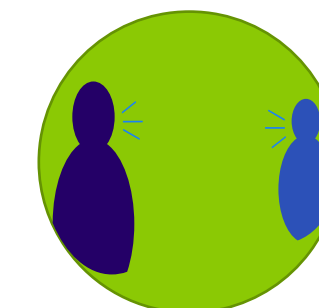
Use an alcohol-based sanitizer



Cover your cough or use a tissue



Avoid touching your face or shaking hands



Socially Distance

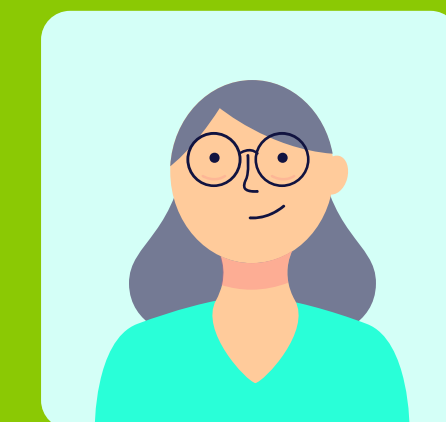


Disinfect frequently touched objects

## Who is most at risk?



All!



People!

All ages of people from all walks of life can both catch and spread COVID 19!

**MOUNT WADDINGTON  
COVID-19  
SCREENING  
LINE:  
250-902-6091**

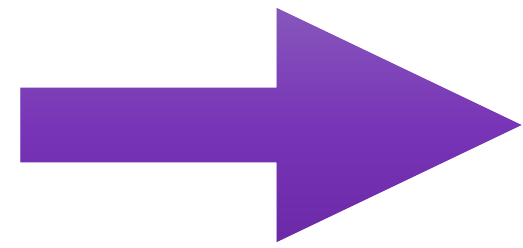


**If you think you  
have symptoms,  
now or in the  
future, call for  
screening**



**OFFICIAL SOURCES:**

# COVID-19 INFO



**Keep up to  
date!**

**GOVERNMENT OF CANADA**  
[www.canada.ca](http://www.canada.ca)

**GOVERNMENT OF B.C.**  
[www.gov.bc.ca](http://www.gov.bc.ca)

**BC CENTRE FOR DISEASE CONTROL**  
[www.bccdc.ca](http://www.bccdc.ca)

**ISLAND HEALTH**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**PROVINCIAL HELP LINE - BC211**  
[www.bc211.ca](http://www.bc211.ca) OR Call #211

**All main pages have direct links to  
COVID-19 information.**

# PUBLIC TRANSPORTATION

Travel, food and supply solutions on the North Island

## DELIVERING GROCERIES:

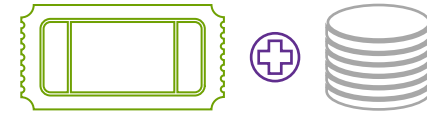
Order your food directly from the grocery store and have it delivered



TAXI



TRANSIT  
TICKET FEES  
resume  
June 1st, 2020



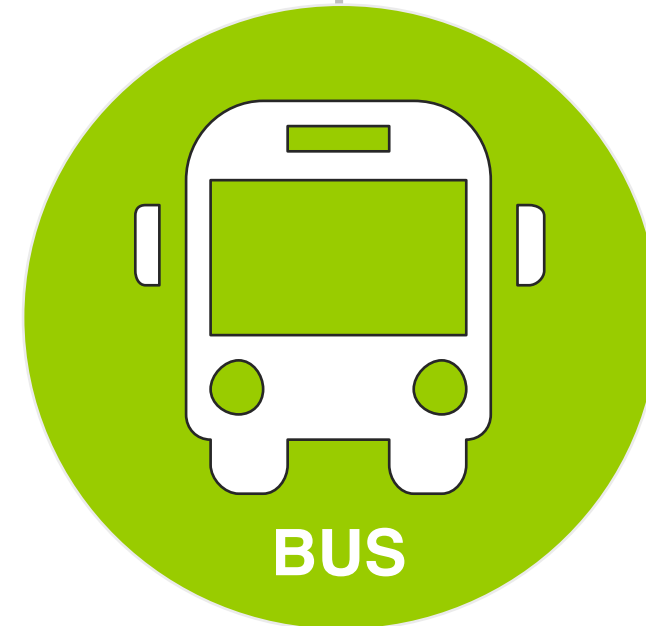
VTN

VOLUNTEER TRANSPORTATION NETWORK  
SUPPORT FOR THOSE IN NEED



BC FERRIES

BC FERRIES  
ESSENTIAL TRAVEL ONLY  
NO VISITING DURING COVID-19  
Visit [BCFerries.com](http://BCFerries.com) for info



BUS

GET HELP ACCESSING FOOD,  
SUPPLIES and MEDICAL APPOINTMENTS



SERVING WOSS,  
PORT ALICE,  
SOINTULA,  
THE TRI-PORTS  
and MORE!

CALL MARY  
250-956-3151

WAVIN FLAGS  
Port McNeill  
Port Hardy &  
Surrounding Area  
[wavinflags.com](http://wavinflags.com)  
250-230-8294

TOWN TAXI  
Port Hardy &  
Surrounding Area  
250-949-7877

40k  
Alert Bay  
250-956-8294

RAINBOW TAXI  
Port McNeill only  
250-956-8294

BUS & TRANSIT  
NO CHANGE TO SCHEDULES  
Schedules Available at:  
- Grocery Stores  
- Pharmacies  
[BCTransit.com/Mount-Waddington/home](http://BCTransit.com/Mount-Waddington/home)



# MENTAL HEALTH & SUBSTANCE USE



*We are here for you!*

## KUU-US CRISIS LINE

250-723-4050 / toll free 1-800-588-8717  
24/7 for all Aboriginal people on Vancouver Island and in BC



## MENTAL HEALTH & SUBSTANCE USE

Port Hardy: 250-902-6051 / 7070 Shorncliffe Street  
Port McNeill: 250-956-4451 / 2750 Kingcome Place



## KID'S HELP PHONE 24HRS

1-800-668-6868



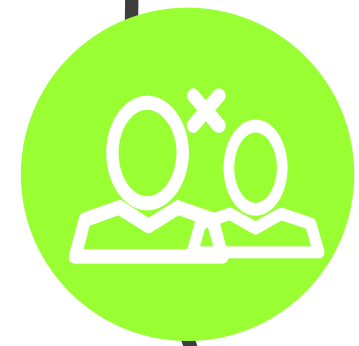
## V.I. CRISIS LINE & CRISIS CHAT

24/7 toll-free: 1-800-494-3888  
Crisis Chat: [www.vicrisis.ca](http://www.vicrisis.ca)  
Crisis Text: 250-800-3806



## DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES

Port Hardy: 250-902-6063 / 7305 Market Street



## NORTH ISLAND CRISIS & COUNSELLING CENTRE

Open for you! 250-949-8333  
[www.nicccs.ca](http://www.nicccs.ca)



## YOUTH AGAINST VIOLENCE LINE

1-800-680-4264



## CRISIS INTERVENTION & SUICIDE PREVENTION CENTRE of BC

24/7 DISTRESS LINE: 1-800-SUICIDE (1-800-784-2433)  
ONLINE CHAT FOR ADULTS (Noon-1am): [CrisisCentreChat.ca](http://CrisisCentreChat.ca)



## EMERGENCY SHELTER

Salvation Army Lighthouse Resource Centre  
Port Hardy: 8635 Granville Street  
M-F 9:30-4:00 250-949-8125  
[www.oceancrestchurch.org/serving-port-hardy/](http://www.oceancrestchurch.org/serving-port-hardy/)



# COMMUNITY SAFETY

“A community is safest when everyone works together and supports activities that reduce violence, crime and victimization.”

- [www.gov.bc.ca/community-crime-prevention](http://www.gov.bc.ca/community-crime-prevention)

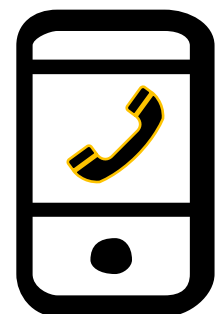
## LOCAL RCMP DETACHMENTS

Port Hardy RCMP Non-Emergency 250-949-6335

Port McNeill RCMP Non-Emergency 250-956-4441

Alert Bay RCMP Non-Emergency 250-974-5544

Sayward RCMP Non-Emergency 250-282-5522

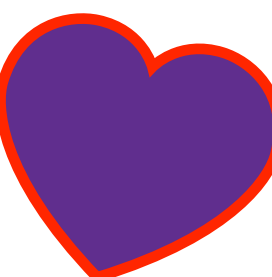


## FLEEING VIOLENCE & GETTING HELP

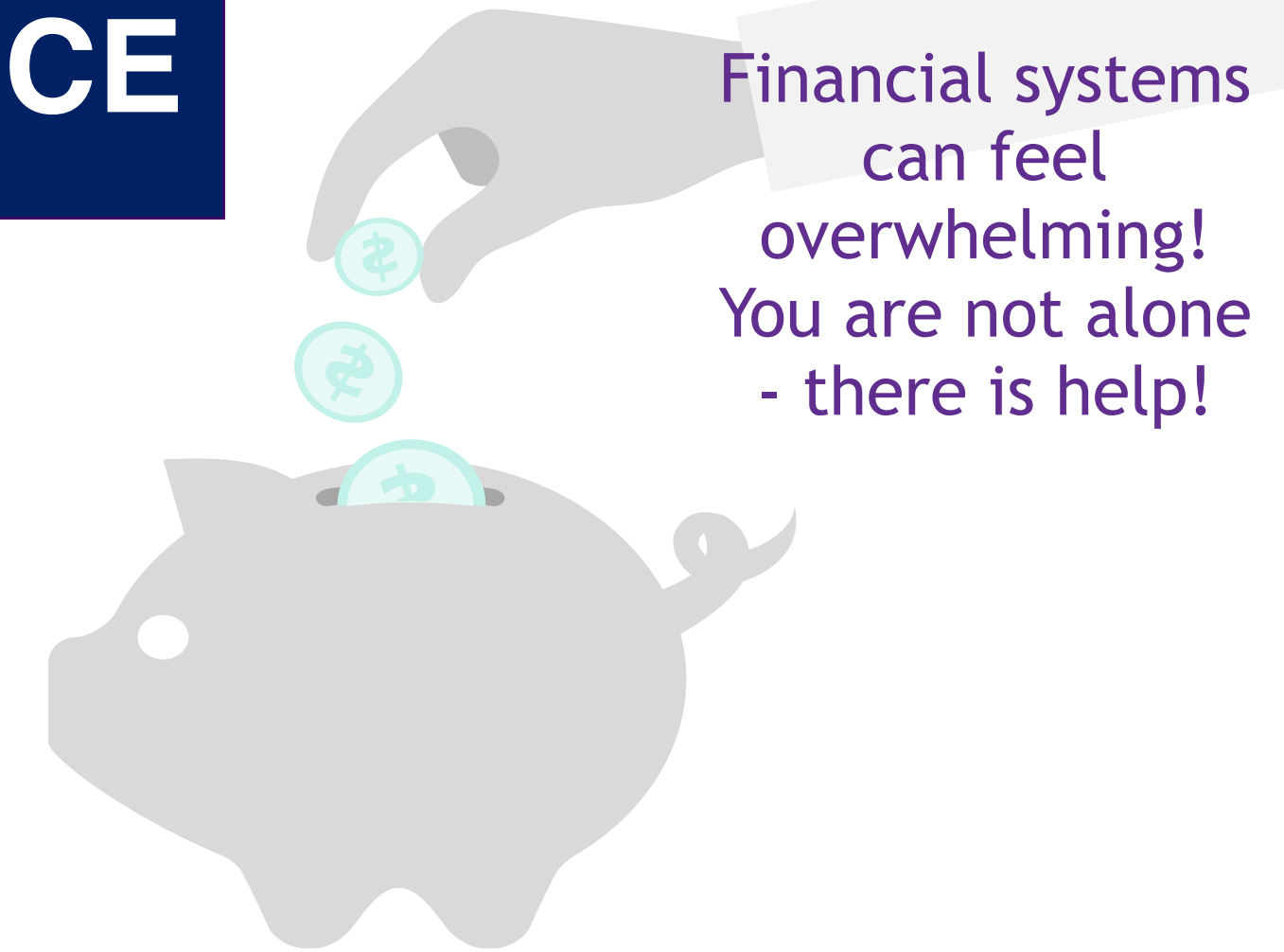
**CALL 911 if you feel in danger, or see someone in danger**

VictimLinkBC is a toll-free, confidential service 1-800-563-0808

North Island Crisis & Counselling Centre 250-949-8333



# ACCESSING FINANCIAL ASSISTANCE



## CANADIAN WORKER ASSISTANCE



## B.C. WORKER ASSISTANCE



## BILLS



## INCOME SUPPLEMENTS

### GOVERNMENT of CANADA – INCOME SUPPORT

**Employment Insurance (EI) for loss of income**

Up to \$573/week

**Canada Emergency Response Benefit (CERB)**

\$2000/month to workers who lost income due to COVID-19

**EI Sickness Benefit**

1-week waiting period waived Call 1-833-381-2725

Visit [www.mwhn.ca](http://www.mwhn.ca) for more links

apply online at: [www.canada.ca](http://www.canada.ca)



### GOVERNMENT of BRITISH COLUMBIA

- One-time tax-free payment of \$1000 to those on EI or CERB
- Additional support for those on:
  - Disability or Income assistance
  - Comforts Allowance
  - BC Senior's Supplement

visit [www.mwhn.ca](http://www.mwhn.ca) links or [www.gov.bc.ca](http://www.gov.bc.ca) for more information



### PAYMENT DEFERRALS and LOANS HYDRO, INSURANCE, & MORE!

- Defer payments for monthly bills such as hydro, loans, car insurance. Contact your service provider for details
- Loans available for businesses and emergency travel

FOR A MORE COMPLETE LIST VISIT [www.mwhn.ca](http://www.mwhn.ca)

### GOVERNMENT TAX CREDITS and RELIEF

- Existing credits boosted automatically (UCB, GST, etc)
  - Financial relief for seafood harvesters, farmers, renters, etc
- visit [www.mwhn.ca](http://www.mwhn.ca) for links to resources or Government websites

# COMMUNITY FOOD SOURCES

## North Island & Rural

GROCERY STORES

LOAVES & FISHES

HARVEST FOOD BANK

MEAL PROGRAMS



### GROCERY STORES

All communities have store that are serving in different capacities through COVID-19. Visit your local store for more information about delivery options, or [www.mwhn.ca](http://www.mwhn.ca) for listings.



### LOAVES & FISHES

Supplies food to those in need through a Food Recovery Program visit [www.nanaimoloavesandfishes.org/get-food/north-island-depot/](http://www.nanaimoloavesandfishes.org/get-food/north-island-depot/) or contact community host - Saint Columba's United Anglican Church depot at [www.stcolumbaporthardy.ca](http://www.stcolumbaporthardy.ca) or call 250-949-6247



### HARVEST FOOD BANK

Serves every North Island Community visit [www.harvestfoodbank.org](http://www.harvestfoodbank.org) or call 250-902-0332



### MEAL PROGRAMS

Visit [www.foodatlas.ca](http://www.foodatlas.ca) for:

- meal program information
- farmers markets, growers, sales and distributors
- and more!

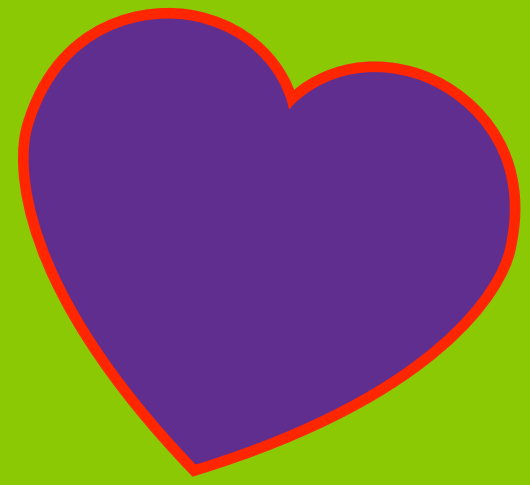
Visit [www.mwhn.ca](http://www.mwhn.ca) for information on the community food committee



### DELIVERY OPTIONS:

Grocery stores, the taxi companies, delivery businesses and the Volunteer Transportation Network (250) 956-3161 are all providing service in getting groceries to those who are staying home.





# HOLBERG

[www.rdmw.bc.ca](http://www.rdmw.bc.ca)

# Thank You - Gila'kasla

Frontline workers, volunteers,  
community members, and all those  
who continue to do their part to  
minimize the risk of COVID-19