

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



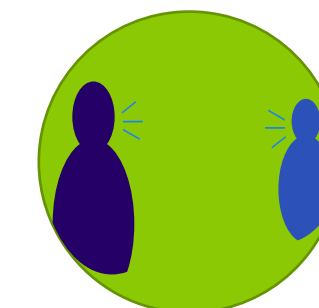
Use an alcohol-based sanitizer



Cover your cough or use a tissue



Avoid touching your face or shaking hands



Socially Distance

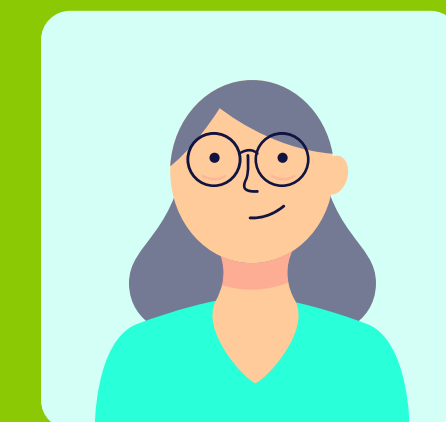


Disinfect frequently touched objects

Who is most at risk?



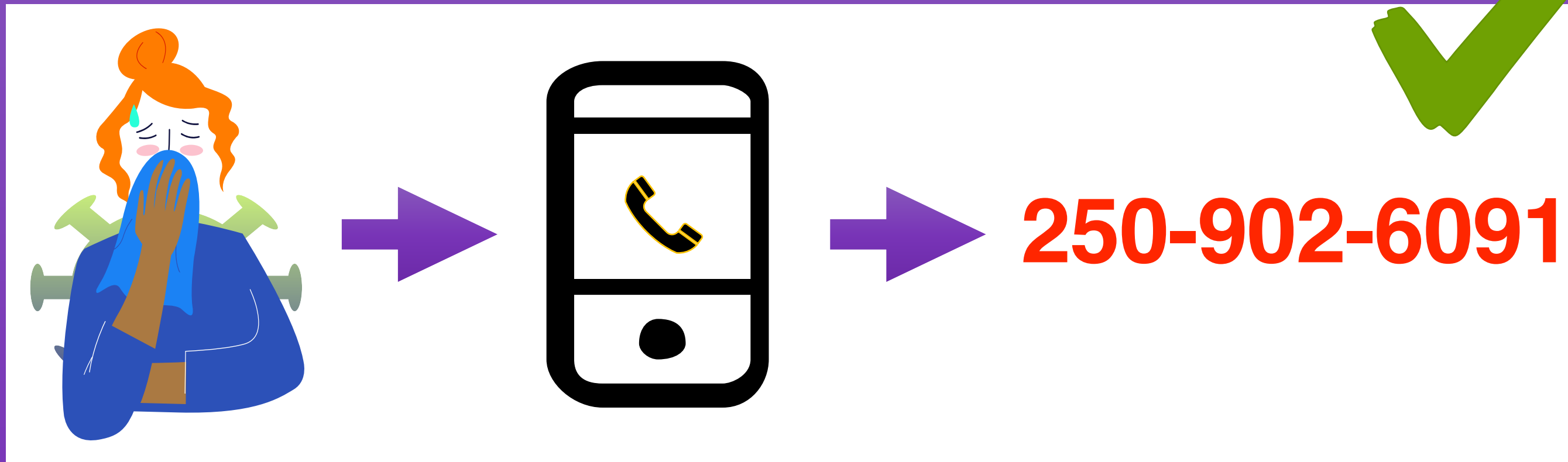
All!



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**

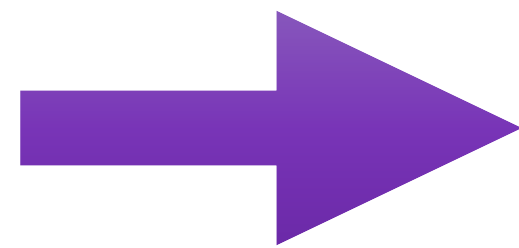


**If you think you
have symptoms,
now or in the
future, call for
screening**



OFFICIAL SOURCES:

COVID-19 INFO



**Keep up to
date!**

GOVERNMENT OF CANADA
www.canada.ca

GOVERNMENT OF B.C.
www.gov.bc.ca

BC CENTRE FOR DISEASE CONTROL
www.bccdc.ca

ISLAND HEALTH
www.islandhealth.ca

PROVINCIAL HELP LINE - BC211
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:

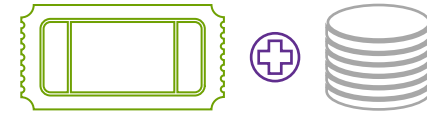
Order your food directly from the grocery store and have it delivered



TAXI



TRANSIT
TICKET FEES
resume
June 1st, 2020



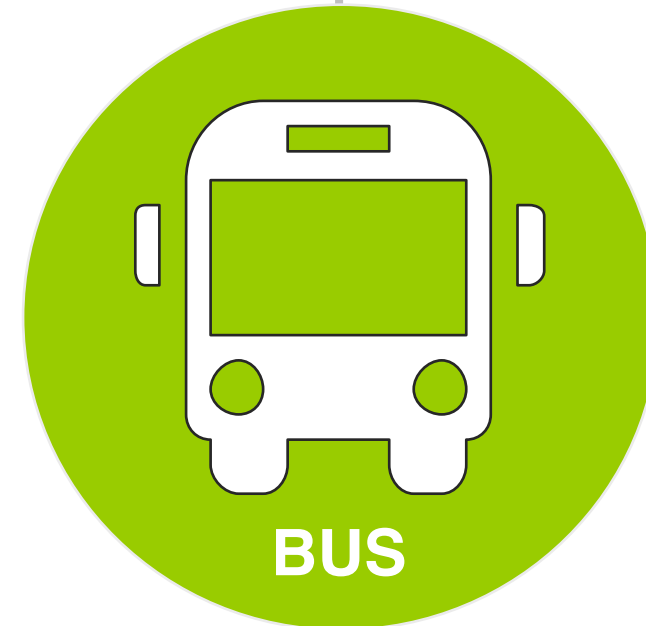
VTN

VOLUNTEER TRANSPORTATION NETWORK
SUPPORT FOR THOSE IN NEED



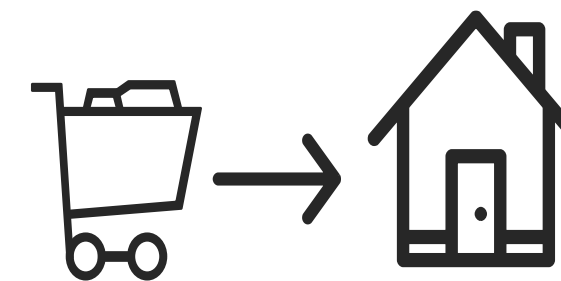
BC FERRIES

BC FERRIES
ESSENTIAL TRAVEL ONLY
NO VISITING DURING COVID-19
Visit BCFerries.com 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
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



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



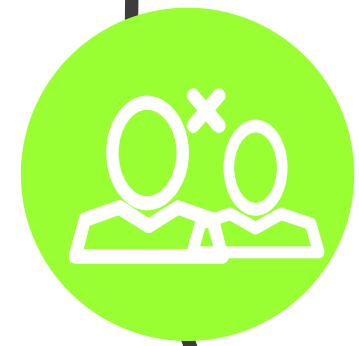
V.I. CRISIS LINE & CRISIS CHAT

24/7 toll-free: 1-800-494-3888
Crisis Chat: www.vicrisis.ca
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



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



EMERGENCY SHELTER

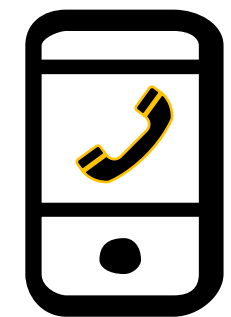
Salvation Army Lighthouse Resource Centre
Port Hardy: 8635 Granville Street
M-F 9:30-4:00 250-949-8125
www.oceancrestchurch.org/serving-port-hardy/



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



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

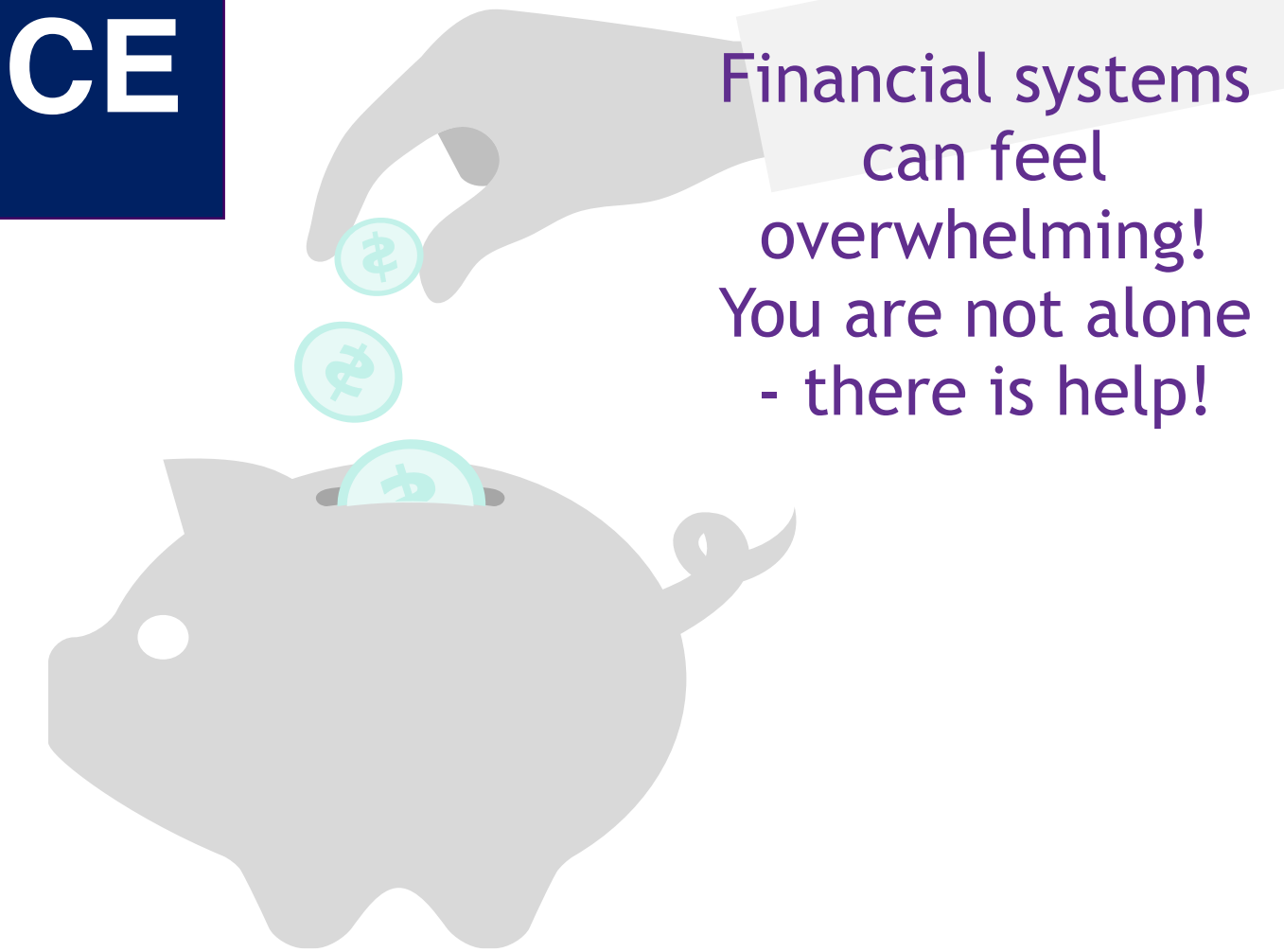
CALL 911 if you feel in danger, or see someone in danger

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

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 for more links

apply online at: www.canada.ca



B.C. WORKER ASSISTANCE

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 links or www.gov.bc.ca for more information



BILLS

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



INCOME SUPPLEMENTS

GOVERNMENT TAX CREDITS and RELIEF

- Existing credits boosted automatically (UCB, GST, etc)

- Financial relief for seafood harvesters, farmers, renters, etc

visit www.mwhn.ca for links to resources or Government websites

COMMUNITY FOOD SOURCES

SOINTULA

GROCERY STORES

LOAVES & FISHES

HARVEST FOOD BANK

MEAL PROGRAMS

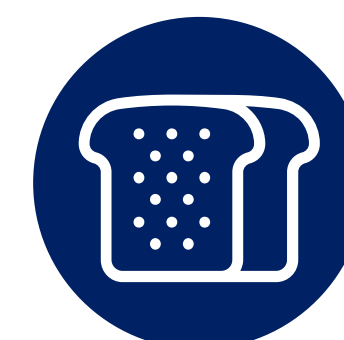


GROCERY STORES

THE CO-OP – email & phone orders available for pick-up 11:30-12:00 Tuesday, Thursday, Saturday.

In store max: 5 customers at a time

visit www.sointulainfo.ca/covid/ for more information about placing orders



LOAVES & FISHES

Supplies food to those in need through a Food Recovery Program

visit www.nanaimoloavesandfishes.org/get-food/north-island-depot/ or contact community host - Saint Columba's United Anglican Church depot at www.stcolumbaporthardy.ca or call 250-949-6247



HARVEST FOOD BANK

Services every North Island Community

visit www.harvestfoodbank.org or call 250-902-0332



MEAL PROGRAMS

Visit www.foodatlas.ca for:

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

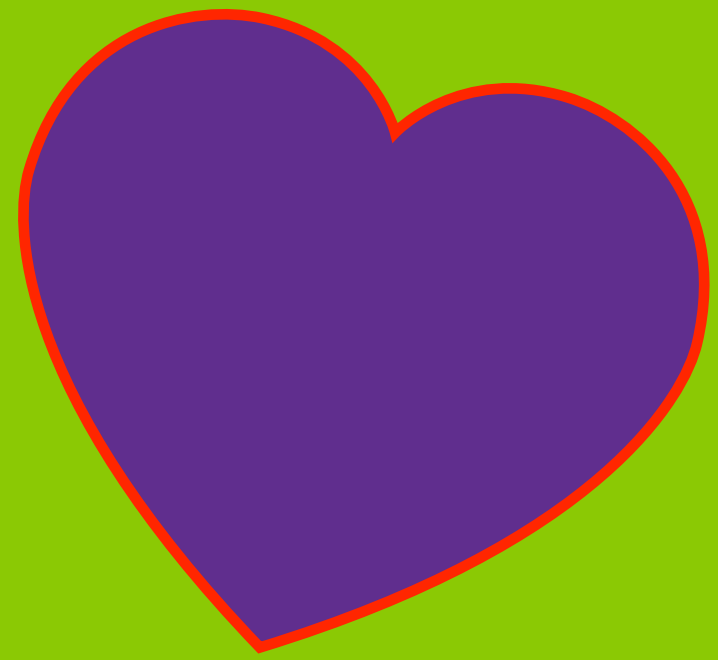
Visit www.mwhn.ca for information on the community food committee



DELIVERY OPTIONS:

*Donna: 250-973-6984

*Volunteer Transportation Network



SOINTULA

www.sointulainfo.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