## "What If" Plan: December 21<sup>st</sup> 2019 – January 5<sup>th</sup> 2020

Kitsumkalum health centre will be closed during these dates and it is important to have a plan in case of emergencies

If you require emergency patient travel assistance,

please contact Charlene at (250)-641-1553

- If you have questions regarding your medications please call your pharmacist.

- If you have general health questions (that's NOT an emergency) call the B.C. nurses line at <u>8-1-1</u>. There are also pharmacists staffed during the night and dieticians staffed during the day at this line.

- What If the power goes out? Do you have a portable radio with batteries & extra batteries? Don't open the Freezer/Fridge. If you can stay with family or friends.

If the power does go out and <u>*IF*</u>you are able to check on your neighbours please check on them.

- If you require assistance for any sort of emergency, please call <u>9-1-1</u>

## First Nation Action & Support Team (FAST) Program

## Sandy Rogers 1-778-202-1428

Help is available. Please reach out. Speak up. You are not alone. If you are in crisis. Call 9-1-1 for help,
Crisis line: 1 (888) 562-1214,
Crisis Line: 1 (888) 784-2433,
Teen Line: 1 (888) 564-8336

EMERGENCEY FIRE, AMBULANCE, RCMP	911
RCMP (NON-EMERGNCIES) #	(250) 638-7400
THORNHILL FIRE (NON-EMERGENCIES) #	(250) 638-1466
TERRACE FIRE (NON-EMERGENCISE) #	(250) 638-4734
MILLS MEMORIAL HOSPITAL	9250 635-2211

MY ADDRESS IS:	
HOME PHONE #	
CELL PHONE #	
EMERGENCY CONTACT NAME:	
PHONE #	
CELL #	
OTHER:	

<b>BC HYDRO</b>	1-800-224-9376
PNG	1-800-663-1173
CITYWEST	1-800-442-8664

## FAMILY/FRIENDS PHONE NUMBERS