

“What If” Plan: December 21st 2019 – January 5th 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](tel:(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 8-1-1](#). *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 ***IF*** you are able to check on your neighbours please check on them.
- If you require assistance for any sort of emergency, please call [9-1-1](tel:9-1-1)

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

