



September 25, 2020

Greetings,

Please share the following links and resources as widely as possible. Materials can be shared in community newsletters, printed and distributed, or shared among leadership and health care providers.

Public Health Notices and Articles:

- [Immunizations Keep Adults Healthy Too!](#) A message from Dr. Helena Swinkels, Office of the Chief Medical Officer and Marion Guenther, Clinical Nurse Specialist for Immunizations, CDPPH office of the Chief Nursing Officer (Sept. 17)
- [FNHA/FNHC/FNHDA Public Health Notice](#): Nations Urged to Protect Each Other by Cancelling or Postponing Gatherings and Ceremonies (Sept. 11)
- [My Heart Breaks](#): A personal reflection for International Overdose Awareness Day by Riley David, Regional Addictions Specialist for Vancouver Coastal Region, FNHA (Aug. 28)

Videos:

September 11: Three new videos from Dr. Nel Wieman

- [Overall wellness impact of COVID-19](#): Runtime: 3:55 minutes
- [Responding to overdose with compassion](#): Runtime: 30 seconds
- [Mental health and COVID-19](#): Runtime: 43 seconds

September 4: Two new videos

- [Esk'etemc community experience](#): A video by Lisa Doff, a Speech-Language Pathologist with The Asante Centre. Runtime: 2:18 minutes
- [Esk'etemc Health Centre](#): A video by Renee McKeown, LPN with the Esk'etemc Health Centre

We encourage everyone to check our website frequently for up-to-date information. Get the latest COVID-19 news from FNHA here: <https://www.fnha.ca/about/news-and-events>

FNHA's COVID-19 Web Portal can be found here: www.FNHA.ca/coronavirus

The FNHA created the COVID-19 web portal to help community members, First Nations leadership and health care providers in accessing the information needed to keep themselves and others safe.



For the most relevant information, including FAQs for community members and FAQs for health care providers, visit one of our three COVID information pages:

- [Information for First Nations individuals](#)
- [Information for health professionals](#)
- [Information for community leaders](#)

FNHA's e-newsletters

You can sign up for the FNHA's e-newsletter to ensure you get regular updates and information here: <https://www.fnhanewslettersignup.ca/>

FNHA App

Stay updated on COVID-19, Health Benefits updates and more with the new FNHA App. [Learn more.](#)

**In health and wellness,
The First Nations Health Authority Communications Team**