



Yuutu?it?ath

Umacuk

www.ufn.ca

Volume 10, Issue 4 | May, 2020

State Of Emergency Remains In Hitacu

A State Of Emergency remains at Hitacu, to protect Yuu?u?it?ath citizens.

President **Chuck McCarthy** and the YG Government implemented the first SOE in March, and has renewed

it twice since. At the end of March, YG's legislature also enacted its 65th Act, the Emergency Preparedness Act, which allows the government to drawdown emergency measures as we navigate these uncertain times, and Hitacu was closed to the general public on March 23. "I pray that we all get through this and support our neighbours, friends, and family from a safe distance," says President McCarthy. "The toll on people is real. We have all come a long way in our journey as First Nations and are resilient from our experiences of the past.

"There is concern from citizens within Hitacu that there might be transfer of the virus if it does show up here from people that are not taking this seriously and acting as taxi to our citizens. People have to be aware of the potential risks with this kind of behaviour and limit the people in your vehicle to people that are from the same household in order to stop possible transfer of this virus!"

Failure to comply with the SOE Order is an offence under section 4.2 of the Emergency Preparedness Act and any person committing an offence is liable, on summary conviction, to a fine not exceeding \$10,000 or imprisonment for a term not exceeding six months.

Under 13.26.2 of Chapter 13 Governance of the Maanulth Treaty, the Yuu?u?it?ath Government has the rights, powers and duties of a local authority under federal

or provincial law in respect of emergency preparedness and emergency measures on Yuu?u?it?ath lands, including the power to declare a state of local emergency on Yuu?u?it?ath lands.

Having clear lines of responsibility within the Yuu?u?it?ath government as well as an emergency plan to guide our emergency, health hazard and disaster preparedness, response and recovery measures are critical to ensuring those measures are timely, effective and coordinated.

The following response measures remain in effect:

ONLY RESIDENTS OF HITACU UNDER ESSENTIAL TRAVEL (screened and approved by the Executive or the director of operations) will be allowed to enter Hitacu. Citizens not ordinarily resident in Hitacu should not return to Hitacu but should instead remain where they normally reside and follow the Province of British Columbia's COVID-19 safety guidelines.

DELIVERIES OF GOODS AND SERVICES (screened and approved by the Executive or the director of operations) will be allowed onto Yuu?u?it?ath lands as directed by the Province of British Columbia's COVID-19 safety guidelines and with minimal contact with Hitacu residents.

NON-ESSENTIAL TRAVELERS AND NON-RESIDENTS will be asked to TURN AROUND and not enter Hitacu; and

Continued on page 8

Briefly



President's Report

Page 3



Citizens Isolating

Page 4-5



Health Update

Page 7

Inside:

Director of Operations 2

Rent Deferral Program. 6

Fish Opportunity. 7

Isolation Strategy



Our citizens were invited to send in their favourite stories and photos to show how they are managing to cope with self-isolation during the COVID-19 crisis. The Touchie family have been spending some time at the beach. For more stories and photos, see pages 4-5.

Community Safety Is Our Priority

To ensure the safety and protection of our home community, the Yuulu?i?ath Government has been rolling out measures to effectively restrict access to Hitacu.

Hitacu was closed to the general public on March 23, as only essential service providers (i.e. BC Ambulance, RCMP, and Fire Department) and deliveries (e.g. food/supply/equipment delivery) are permitted and only as authorized by the Administration. Non-residents are being turned away.

Residents are asked to continue to remain calm and maintain respectful communications, especially with our **Community Safety Team (CST)** team members, as we proceed through our action plan, which could change daily and as needed in order to maintain a level of safety and security for Hitacu residents.

We are all going through this together and our focus is to maintain safety and good health for everyone, especially our most vulnerable



Suzanne Williams
DIRECTOR OF OPERATIONS

residents.

Residents will have noticed multiple signage and messages posted throughout the community that offer notice of our security measures, helpful information to support you and your families through the COVID-19 period, along with other important

tips that will be useful to you and your family.

To mitigate all possibilities of spreading germs, the Yuulu?i?ath Government will not be delivering door-to-door messaging, rather citizens are encouraged to stay tuned to the nation's Facebook page and connect with key personnel identified in our News Releases.

Those who have internet access are asked to share the news and information with neighbours or family members that do not have access to the internet and you are highly encouraged to maintain social distancing when doing so.

Citizens are also welcomed to stop by the Cixwatin Centre, Hupatoo Centre, and the Health Centre to view the bulletins that are updated and posted on external bulletin boards on a daily basis (Monday through Friday).

Plans to provide Yuulu?i?ath Government COVID-19 Response updates

through other media platforms are underway and we will soon be able to accommodate those who do not have access to the internet with live conference calls, where citizens can dial in and listen to updates. We are also exploring options for video-conferencing and live streaming. More information will be released when these plans are finalized.

Plans to provide support to our urban citizens is underway, but at this time, support is limited to Port Alberni area and Post-Secondary students. We continue to work on plans for providing other supports as we move forward and we ask for your patience and understanding as we work through the COVID-19 Response.

It is important for the Yuulu?i?ath Government to stay in touch with our citizens. Please be sure to keep your contact information current. You can update your contact details by visiting www.ufn.ca



BC PROVINCIAL OVERDOSE ALERT

INCREASED DRUG TOXICITY REPORTED ACROSS BC (BOTH STIMULANTS & DOWN)

- Increase in both fatal and non-fatal overdoses over the last few weeks
- More severe overdoses being reported
- Increased community overdose & drug alerts since March 22nd

FOR YOUR SAFETY:

- 1) Use an Overdose Prevention Site, if you can. [FIND AN OPS](#)
- 2) Pick up a naloxone kit. [FIND A SITE](#). Call ahead for hours.
- 3) Avoid using alone. Find a buddy or have someone check on you.
- 4) Talk to your doctor or nurse practitioner about how to access prescription medications to reduce overdose risk and prevent withdrawal. Click [here](#) for more info.

THIS IS A PROVINCIAL ALERT

Check your local Health Authority websites for local alerts

For more information on ways to stay safe while using substances during COVID-19 please check the [BCCDC website](#)

Date Posted: **MAY 6, 2020**
(remove by May 20, 2020)

Last Updated: May 6, 2020



First Nations Virtual Doctor of the Day

Do you need a doctor because you don't have one or can't access your current doctor?
If so, Phone: 1-855-344-3800

Frequently Asked Questions and Answers

1. How does this service work?

This virtual program is easy to use for clients who can call a central number to schedule a visit. This virtual visit is hosted by an application solution (Zoom) which is available to clients on their mobile phones, tablets and laptops. This virtual call service operates seven days per week from 8:30 a.m. - 4:30 p.m. for clients currently impacted by COVID-19 who are unable to reach their regular primary care provider or do not have one.

2. What technology do I need to access this service?

You will need a laptop, tablet or smartphone with an internet connection. To book an appointment, call: 1 855 344 3800.

3. Who is eligible for this service?

All BC First Nations citizens and their family members living on reserve and away from home (off-reserve).

How to Access Service

VIA LAPTOP

Step 1: Download Zoom app and install it onto your laptop. You will need an internet connection. <https://zoom.us/>



Step 2: Make sure your microphone is turned on.



Step 3: Use a headset or earpods to avoid echos and protect your privacy.



VIA SMART PHONE OR TABLET

Step 1: Download Zoom app from the App Store or Play Store. Open the Zoom app.



Step 2: Make sure your microphone is turned on.



Step 3: Use a headset or earpods to protect your privacy.



VIA PHONE



Toll-free 1-855-344-3800

Social Distancing Is Important To Protect Everyone

With some citizens not taking the COVID-19 pandemic as seriously as they should, our Yuułu?it?ath Government has had to implement policies to protect our people.

We have passed The Emergency Preparedness Act into law, which is now available on our website for view: www.ufn.ca. Failure to comply

with these safety measures is an offence that could bring fines of up to \$10,000, or even imprisonment for up to six months. It's that serious.

We know how difficult it is, not being able to connect with family and friends in person, but this must be done to make sure Hitacu remains safe of this terrible virus. It presents a very great danger to our Elders, as we have one of the higher populations of seniors around. They are more vulnerable than younger people, so we are doing whatever we can as a



Chuck McCarthy
PRESIDENT

Government to make sure the basic social distancing rules are observed by everyone.

We also ask that citizens are respectful to our Community Safety Team (CST) and security staff, as they have been subject to some flak from some citizens at the gate we've installed at the entrance to Hitacu.

They are just doing their job, which is to protect us all, so please be understanding and considerate.

We're trying to limit our exposure. Only if it's a necessity should people be leaving Hitacu in their vehicles, and only for urgent matters, like getting groceries. We're not trying to stop that, but we're trying to limit exposure for our citizens outside Hitacu.

The reality is that a lot of First Nations across the country are in a very similar situation to ours, and Sointula and Alert Bay are quarantined.

People are traveling and moving around to keep essential services working, and to access important natural resources. They could possibly be impacting traditional First Nation traditional foods. I have been in meetings with other First Nation leaders who have also shared how poaching is taking place on their lands across Canada.

We have been working hard on short and long-term plans to ensure safety during the pandemic, and at the same time look down the road to where things return to "normal". We're still trying to navigate what we can do now, and for the future, about look at how this might impact First Nation culture in years to come.

Negative news travels so quickly on social media, and it is important to remember that just because someone says it, it isn't necessarily true. If citizens have questions about serious matters currently being discussed, please don't hesitate to contact our office, or YG government members to hear directly about what is going on with our Nation.

We have been doing whatever is possible to ensure food security, and make sure our citizens can get supplies. Co-op has been connecting with citizens who have ordered supplies, so they can pick them up at a designated pickup point.

We have purchased food supplies that are in our freezers which are readily available to be distributed as needed.

We also want to remind people that there are several programs available from the federal government to help our citizens through this crisis. The first of a series of three \$200 cheques was issued in the beginning of April, with the third scheduled for the end of May.

As your government, we are doing everything we possibly can to help our Nation through these difficult times. But we also want to remind citizens that they need to do everything they can to help as well, including living within the protective social distancing guidelines.

Together, we will get through this!

Community Safety Team Protecting Hitacu

A Policy and Procedures Manual has been introduced for the Yuułu?it?ath Community Safety Team (CST), which has been deemed an essential service and function of the Yuułu?it?ath Government during the COVID-19 Response Period.

The CST reports to Director of Operations **Suzanne Williams**, and they are to observe, record and report the activities of the Hitacu community, including the

opening and closing of the main entrance gate, conducting vehicle patrols, and providing general advice to citizens on personal health and safety measure.

CST staff performs vehicle and pedestrian checks with the use of a basic questionnaire that will help residents define essential travel versus non-essential travel, confirming the names of vehicle passengers to verify whether they are residents or non-residents.

They are also monitoring deliveries of Goods and Services to Hitacu during the Response Period.

The Yuułu?it?ath Government asks that citizens please slow down when arriving at the gate and remember the general road safety rules as they enter and leave Hitacu. The 30 kilometre per hour speed limit remains in effect, and drivers are asked to continue to be mindful of pedestrians on the roadways.

YG also asks for patience if there is a lineup of cars waiting to get through the gate and be respectful of CST staff.

Designated CST staff who are appointed in writing by the Director of Operations, will be required to issue Compliance Notices and/or tickets in accordance with the Yuułu?it?ath Government Compliance Notice and Ticket Regulation and per the policies and procedures outlined in the manual.

Need Support? We Are Here For You

NURSING SUPPORT IN HITACU

Kaitlyn Lauzon, Nuuchahnulth Tribal Council
Registered Nurse (Dual Role for Homecare and Community Health Nursing)
Type of Support: Prevention, planning, information sessions
Location: Hitacu Health Centre
Schedule: Wednesdays
Contact Schedule: Any time (weekdays)
Phone: 250-725-3367 (Tofino office – call to ask for direct line)
Email: Kaitlyn.Lauzon@nuuchahnulth.org

MENTAL HEALTH SUPPORT

Daye Cooper, Nuuchahnulth Tribal Council
Clinical Counsellor
Type of Support: Counselling
Location: Telephone/Email only
Schedule: Monday through Friday, 8:30 a.m. – 4:30 p.m.
Telephone: 250-266-1242
Email: Daye.Cooper@nuuchahnulth.org

Yuułu?it?ath Government Contacts:

Front Desk Services at the Cix*atin Centre:
Contact: Carrie George
Phone: 250-726-7342 Toll-free: 1-877-726-7342
Hours: Monday through Friday, 8 a.m. – 4:30 p.m.
(Closed for the lunch hour between 12 noon and 1 p.m. and Statutory Holidays)

OTHER CONTACTS:

President Chuck McCarthy (Call or Text: 250-266-4499)
Director of Operations **Suzanne Williams** (Call or Text: 250-726-5082)
Manager of Social Services **Dr. Rohan Ghatak** (Call or Text: 647-473-7545)

EXTERNAL:

Health Canada Helpline

Phone: 1-833-784-4397

Hours: 24/7

Uses: Symptoms related questions, prevention related questions, diagnostic questions, local support.

Canada COVID 19 Employee Support

Phone: 1-800-641-4049

Hours: 24/7

For Employment and COVID 19 related queries

Non-medical helpline:

BCCDC: 1-888-COVID19

Hours: 7:30 a.m. to 8 p.m.



Yuułu?it?ath

T: 250-726-7342

www.ufn.ca

How are you getting through isolation

We asked our citizens via Facebook last month, and held a contest, offering gift certificates for the top three contributors.

The gift certificate winners are **Alissa Touchie**, **Gillian George** and **Bonnie Williams**, based on the details of activities that have been keeping them busy, and they provided us with wonderful photos, some of which are included here.

Thank you to all who participated, and here's what they said:

Alissa Touchie

"My family and I have survived the past month with plenty of outdoor activities away from the general public as well as loads of family time at home.

Our examples:

1. Family time at the beach! My toddler loves to get buried in sand! We pack a picnic lunch and spend a few hours soaking up the Vitamin D!
2. Picking out rocks from the beach to take home, clean off and paint. We will place these along the trails we hike on, or put back at the beach when it safe to do so. We are part of a Facebook group for painted rocks on Vancouver Island.
3. Building a fort in the TV room or guest bedroom to crawl into, and watch a family movie in the evenings with a bunch of delicious snacks.
4. Last but not least, we have taken the extra time around the house to do a deep clean, reorganized and declutter. We have got our toddler involved to teach her some valuable lessons on maintaining a home.



Photo by Alissa Touchie



Photo by Alissa Touchie

Bonnie Williams

"As a family we are doing our best to make it through this pandemic. Norm and I have gotten back into doing puzzles to help pass the time. We also take brisk walks around the neighborhood for exercise.

"We all sit outside to have our coffee and enjoy the beautiful weather and just talk about life. We visit our son, daughter in law and grandchildren outdoors so we can practice social distancing. We video chat with our loved ones to stay connected."

Christina McCarthy

"My husband Catlin McCarthy and our two boys are registered to Uclulet. For the COVID-19 isolation we have been keeping busy with baking at home, going for walks and doing some spring cleaning. Here is a photo of our son Damian McCarthy helping cut grass and clean up his grandparents



Photo by Bonnie Williams

backyard! He is seven years old and loves helping with everything!"

Gertrude Touchie

Here's what Gertrude has been

doing:

1. Staying put. I could be going home to visit my family, but video chats every other day helps. Ensuring my family is keeping safety precautions, such as my brother. . .ensuring he knows for his own safety he is to stay home.
2. Gardening and yard work helps me to keep my sanity and not take emotional feelings out on my spouse.
3. Our home is safe and lively. We are not shutting out the world, but keeping people safe from a distance. So therefore we arrange outdoors with chairs that are far enough away so that we can visit outside and be comfortable. During morning hours. . . as not to disrupt afternoon naps.

Gillian George

"Everyday we have been on the beach, walking 4-5 kilometres, exploring for sea glass, shells, and cool rocks to paint. We are watching for whales, listening to seals and talking to eagles. Some days a football comes with us and we play in the sunsets. My family loves the beach and

Continued on page 5

STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

**Wash your hands often
with soap and water for
at least 20 seconds.**



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

CS19A000A March 17, 2020 2:06 PM

ion during the COVID-19 pandemic?



Photo by Bonnie Williams

Continued from page 4

the rock climbing. Its helping us get some exercise."

Nolan Touchie

"I am still working through this COVID-19 situation. But when I'm home from work my son and I play video games (Fortnite, Minecraft) and every other day we walk along the river. And we also work on the alphabet, numbers and different animal species. He also likes FaceTiming anyone and everyone."

Rose Touchie

"To pass time, me and my family draw together, play board games together, and watch a TV show or movie together."

Skylene Patrick

"To get through social distancing our family enjoys playing in our back yard, watching movies together and FaceTiming family."

Tyee Jack

"I have had horseshoes for maybe 10 years, so I decided to put them up, and as I tossed the first horseshoe, I got a ringer!! Then the next day I made bannock. That was so delicious."

Then the next day I made a sauna using a tent.

But I and my sweetheart Jms Jackie



Damian Mccarthy, son of Catlin and Christina, helping cut grass and clean up in his grandparents' back yard. Photo by Christina Mccarthy.

went out on the logging road to get river rock and that following evening we had a very nice hot sauna and it was sooo refreshing.

Today I was at my sons Mathew Jack putting up a zipline for my grandson Luka. He is gonna love it."

Corrina Touchie

"The things to do to cope with isolation are crocheting and cooking and talking to my grand babies with Face Chat. These are the things I do daily."



Photo by Gillian George



Photo by Gillian George

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Clean and disinfect frequently touched objects and surfaces.





cdc.gov/COVID19

Hampers Available At Food Bank

Ucluelet Food Bank is accepting registrations for weekly food hampers. Hitacu residents are encouraged to call the Food Bank at (250) 726-6909 during the week, except for Tuesdays, to register for a hamper.

Hampers can be delivered to the community and picked up at the gate. If you are not able to pick up your hamper at the gate, we can help find alternative delivery methods to your door – contact Carrie to leave a message and we will get back to you.

• Ucluelet Coop's order and delivery service has worked out quite well for some residents of the community and all residents are encouraged to put your food orders in this way. The Coop team will now be accepting payment by electronic fund transfer (e-transfer) or by cheque. To put an order in, you will have to send an email to delivery@uclueletcoop.com and provide your phone

number so that their staff can call you to arrange for the e-transfer.

Payment by e-transfer, credit card, or cheque will be required before you can pick up your supply. Your order will then be delivered to the Thornton/Port Albion Road turnoff and available for you to pick up and payment (if paying by cheque). If you are not able to pick up your delivery at the drop off location, we can help find alternative delivery methods to your door – contact Carrie at 250-726-7342 to leave a message and we will get back to you.

• Prescription deliveries are available from Harbourview Drugstore. Residents are advised to pickup their prescription at the gate unless you are not able to pick up the delivery. Contact Carrie at 250-726-7342 to leave a message and we will get back to you for other delivery options.

Rent Assistance, Deferral Programs Available

Renters have several options available to them during this COVID-19 pandemic.

COVID-19 RENT DEFERRAL

Yuulu?i?ath Government has put measures in place to offer temporary relief from payments for our clients who are experiencing financial hardship. Using the form you can obtain from Assets Manager Spencer Touchie (Email: spencer.touchie@ufn.ca, phone 778-942-0663), you can request for more time to make payments.

Tenants may use this form to request deferral of rent payment for their rent on a monthly basis during the 2020 state of emergency outlined in YFNO 1/2020.

If your request is approved, then you will still have to pay your rent for the applied months and as outlined in the agreed upon repayment agreement.

This program is available throughout the state of emergency outlined within the Executive Order YFNO 1-2020.

Eligibility

Tenants of Yuulu?i?ath Government operated rental units which are financially affected by the current COVID-19 during the declared state of emergency may also apply for deferral of rent payments.

RENT ASSISTANCE

Regarding rent for Yuulu?i?ath citizens, the Nation is watching for resources which may assist our citizens in the difficult period in time.

Some of the resources made available so far through BC Housing are:

Rental Assistance Program (RAP): Provides eligible low-income, working families with cash assistance to help with their monthly rent payments. To qualify, families must have a gross household income of \$40,000 or less, have at least one dependent child, and have been employed at some point over the last year.

• New RAP applicants with reduced income may have their eligibility and benefit calculation temporarily based on new, reduced income. In addition, the Emergency Care Benefit from the federal government will be considered a qualifying, employment replacement income.

• For more information visit: <https://www.bchousing.org/housing-assistance/rental-assistance/RAP> or call toll free: 1-800-257-7756.

Shelter Aide For Elderly Rentals (SAFER): The SAFER program helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60 or over and who pay rent for their homes.

• For more information visit: <https://www.bchousing.org/housing-assistance/rental-assistance/SAFER> or call toll free: 1-800-257-7756.

British Columbia Temporary Rental Supplement (BC-TRS): Applications

opened in April, and gives \$300 per month for eligible households with no dependents, and \$500 per month for eligible households with dependents.

Tenants and landlords will each need to submit an application for BC-TRS, which will be administered by BC Housing. This new program will provide a temporary rental supplement to assist eligible low- and moderate-income renters who are struggling to pay their rent as a result of income loss or income reduction due to COVID-19.

Eligible tenants will have the benefit paid directly to their landlord, benefiting both the landlord and the tenant. At this time, this is a three-month program.

To be eligible, tenants must have experienced an income loss or reduction as a result of the current COVID-19 pandemic. Benefiting people with low to moderate incomes, this supplement will be available to renters who are facing financial hardship as a result of the COVID-19 crisis, but do not qualify for existing rental assistance programs.

• For more information visit: <https://www.bchousing.org/COVID-19> or call toll free: 1-877-757-2577.

Homeless Prevention Program (HPP):

The Homeless Prevention Program is an initiative aimed at providing individuals in identified at-risk groups facing homelessness with portable rent supplements and support services to help them access rental housing in the private (non-subsidized) housing market.

The rent supplements and support services help recipients access rental housing in the private (non-subsidized) housing market and community-based services.

• For more information visit: <https://www.bchousing.org/housing-assistance/homelessness-services/homeless-prevention-program>

• Or call toll free: <https://www.bchousing.org/housing-assistance/homelessness-services/find-homeless-prevention-outreach-worker>

For citizens residing in Yuulu?i?ath Government owned Housing:

Rent Deferrals

On March 30th, 2020 the Yuulu?i?ath Executive put measures in place to offer temporary relief from payments for our clients who are experiencing financial hardship. Using this form you can request for more time to make payments. Tenants may request deferral of rent payment for their rent on a monthly basis during the 2020 state of emergency outlined in YFNO 1/2020.

• If your request is approved then you will still have to pay your rent for the applied months and as outlined in the agreed upon repayment agreement.

For further information, contact Assets Manager Spencer Touchie via email at spencer.touchie@ufn.ca or call 778-942-0663.

SOCIAL DISTANCING KEEPS YOU & OTHERS SAFE FROM COVID-19



Hitacu Gate Checks

To protect our citizens, Yuulu?i?ath Government has introduced checks at the Hitacu gate.

We ask for your patience and that you respect the Community Safety Team (CST) doing the checks, and our protocols.

- Drivers are asked to slow down when arriving at the gate on either side and speak with CST staff on site.
- This is necessary to help coach residents on safety protocols, encourage non-essential travellers to stay home, and confirm that everyone coming into Hitacu is really a resident of the community.



You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose & mouth
- Practice social distancing by putting space between yourself & others
- Wash hands often with soap & water for at least 20 seconds
- Limit the number of trips you take out of Hitacu
- Limit your passengers to one driver and one passenger (avoid carpooling)

T: 250-726-7342



www.ufn.ca

JUST 1 PERSON CAN INFECT OUR ENTIRE COMMUNITY

Changes To Health Assistance All According To Plan

By Dr. Rohan Ghatak

We are very excited about the new, positive developments in health care at Ucluelet First Nation.

While the announcement of changes may have caught some by surprise, we can assure everyone that this is all part of a carefully planned process that really is the fulfillment of what our Nation's leaders have wanted for a long time.

The whole process was well thought out, and we are making sure that there is a transition period and so no-one will be left up in the air. Every patient file will be discussed and handed over when appropriate.

Nursing and medical staff will be able to view their patient files on-line with their



Dr. Rohan Ghatak

own passwords that can't be shared with anyone else, including myself. This will maintain patients' confidentiality, and privacy.

This is going to be a very slow, gradual change. The end result is not going to change a lot, and we are



Dr. Ted Altar

going to be able to use the central EMR system with Telus to contact with other health care experts when needed.

Due to the ongoing COVID-19 pandemic, some of the starting dates for our new health care professionals have been delayed. They were supposed to start in April, but hopefully everyone will be in place by the end

of May, depending on when it's safe to resume normal operations.

We are getting a new Community Development Officer, Mr. Zaid Sarigat, who will work with the community and with the school district as well, helping with development of educational services, school programming and with youth. He will also be working with our Warriors program as well.

We are going to have a doctor's clinic once a week, as Dr. Carrie Marshall will be holding a clinic once a week in Ucluelet.

Our new Licensed Practical Nurse, Miss Simblejeet Kaur Gill, will be living in our community 24/7, managing the clinic and looking after patients and liaising and supporting Dr. Marshall with her

patients. She has five years' experience and knows well how to work with First Nations communities.

Registered Psychologist Dr. Ted Altar has 40 years' experience working with First Nation patients, especially patients of all ages experiencing residential school trauma, including elders and teenagers.

Dr. Altar worked with the Nisga'a for over 30 years, and until recently, he was President of the College of Psychologists of British Columbia. We are glad he has moved to Vancouver Island and has taken this position with us.

We are very pleased to be able to make these announcements, and we look forward to having them arrive as we continue on with our plan, which we believe will make the Nation safer and better.

Eyecare Available During Pandemic

Outreach Optometry is reaching out to let Ucluelet First Nation know they are closely monitoring the COVID-19 situation and how their team is responding to support their patient base.

They are closely monitoring updates from the Ministry of Health, the World Health Organization and their Governing College to ensure upcoming community, site and in-home visits are safe for clients and their families.

Their office has developed a response for the current situation:

Dr. Jassal has implemented

Tele-Optometry, to ensure that patients have continued care through the pandemic. Their services are covered through the BC Care Card and are in place to deal with eye-related emergencies.

Individuals who have broken glasses or are in need of glasses need to provide them with an up-to-date prescription, and they will do their best to have new glasses shipped to the client's residence.

The office is open from Monday to Friday from 9 a.m. to 12 p.m. to assist with eye care needs.

Phone: 250-591-1072, www.outreachoptometry.ca

Expressions Of Interest For Fish Program

The Yuulu?i?ath Government is now accepting bids for FSC Halibut and Salmon harvest under the 2020 Domestic Food Fish Program. Proposals for one or more contracts are welcome.

Yuulu?i?ath citizens are encouraged to apply. Average bids from previous years have been included as a guide for this year's contracts. Please include all information as required and outlined on the forms, in detail.

Somass sockeye pre-season abundance is forecasted 'Critical' so far this season. Bids are welcome, though the fishery may be unlikely.

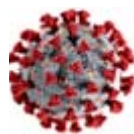
Terminal Coho has yet to be forecasted.

The fish include Halibut, Terminal Chinook, Ocean Chinook/Ocean Coho, Somass Sockeye and Terminal Coho.

Somass Sockeye and Terminal Coho will be announced based on the upcoming in-season assessment. Bidders are welcome to submit proposals for these fisheries. However, a contract may not be awarded pending the outcome of the in-season assessment.

Should either fishery proceed, the successful bidder will be contacted immediately.

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS 314937A 04/15/2020

cdc.gov/coronavirus

STAY HOME & KEEP YOUR DISTANCE OR FACE FINES

The Yuutu?it?ath Government is advising all citizens to support our nation-wide effort to commit completely to personal efforts to reduce the spread of the COVID-19. This means absolute compliance with government health orders to self-isolate and practice social distancing by all age groups.

This means that all of us must take the COVID-19 pandemic seriously:

1. Stay home
2. Keep your children home and away from all public parks
3. Cancel all visits from anyone who does not live in your home and do not visit with friends.
4. Essential travel in/out of the community only (e.g. medical emergencies, travel for medical appointments (as defined by FNHA), and to purchase essential supplies, etc.)

The Yuutu?it?ath Government recognizes that these are challenging times and while it is going to be hard to avoid visiting in-person with family members and friends who don't live with you, it is something that we all must do together so that this terrible virus does not enter our community. We encourage exercise, as long as it is done while social distancing. Further, the time is now to monitor our habits and start thinking twice about our actions and weigh our decisions to leave our home based on what we need versus what we want. Please work with us to help put an end to the COVID-19.

There are many people that aren't taking this seriously and they need to fully understand the consequences of their actions. Failure to comply with this Order is an offence under section 4.2 of the Emergency Preparedness Act and Schedules 2-7 and 2-12 of the Compliance Notice and Ticket Regulation. Any person committing an offence is liable to a FINE not exceeding \$10,000 or imprisonment for a term not exceeding 6 months.

President
Chuck McCarthy



Yuutu?it?ath

T: 250-726-7342

www.ufn.ca

State Of Emergency Remains In Hitacu

Continued from page 1

ALL PERSONS on Yuutu?it?ath lands must adhere to and abide by the most current orders, directives, protocols and guidelines issued by the Province of British Columbia or British Columbia's Centre for Disease Control with respect to COVID 19 response measures.

By declaring the SOE, the Administration put a **Community Safety Team (CST)** together and the team has been stationed at the entrance of Hitacu and driving through the community from time-to-time. "Our CST has been working 24/7 and they are an integral part of our organization and its defense against COVID-19," states Director of Operations **Suzanne Williams**. "We understand that being stopped and checked every time you leave or enter the community can be frustrating, but we ask all residents to respect the staff – they are following procedure, as directed by the Yuutu?it?ath Government, to protect the safety of our people on the immediate term and in the long run. We also ask for your patience and understanding as we move forward with some new procedures."

Regarding other programs and services, the Yuutu?it?ath Government is working with neighboring governments and partners in effort provide added support systems for such things like grocery shopping and deliveries, mental health supports, Food Bank Services, emergency pet-care matters, etc. We will continue to share this information on our Facebook page, bulletins, and our Umacuk.

"Overall, we continue take our response to the pandemic day-to-day and week-to-week," states President McCarthy. "Things are not going to look the same for a while and every single one of us must do our part to ensure that we get through this safely."



Photo by Gillian George