



TSAWOUT FIRST NATION HEALTH DEPARTMENT

AUGUST 2022 NEWSLETTER



In August's Newsletter:

- Tribal Journeys
- Walk-in Clinic Update
- **!!NEW!!** FNHA App
- Heat Warning - preparedness

Go to www.tsawout.ca, scroll to the bottom of the page, and sign up for our monthly newsletter to enter for a chance to win a prize!

TRIBAL JOURNEYS 2022



TSAWOUT FN was beyond honored to welcome ashore 6 Canoes on July 25th. The pullers paddled to the Lummi Nation, WA, all the way from Ladysmith, BC. This was the first Tribal Journey since Covid-19 struck, and we are looking forward to the years to come!

The canoes will return to Tsawout July 31st and depart August 1st.



Eric Pelkey
welcomes Canoes
Ashore.



Family Canoes.



Michelle McDormand
sees the Canoes off.

UPDATE

Walk-in Clinic

Tsawout Health has recently updated our walk-in clinic hours.
The clinic will be every Friday, from 3 PM - 5 PM with Nurse practitioner Kelly Sharp & her Medical office assistant (MOA) Andresa.

NEW!!



FNHA's APP!!

The Mobile App creates the opportunity to receive direct information to support the health, wellness, and safety of BC First Nations.

It will provide a direct link to FNHA's services and information, and will help to keep you up to date on their COVID-19 resources, as well as other holistic health information, support and tools.



Visit the App store or Google Play store today! It's free!

NEW!!

Lifeguard App

90% of overdose deaths happen when people use substances alone.

The Lifeguard app is a digital tool that connects emergency responders automatically to people who are alone and may have unintentionally overdosed.

How does the app work?

1. When someone is about to use drugs, they open the app and record the type of substance they are using and confirm their location.
2. The app will hold this information and a timer is set.
3. When the timer ends, the app will sound an alarm, flash a light, and vibrate. The user must hit a button to stop the alarm and indicate they are fine.

If they are unable to stop the alarm, a text-to-voice call will go straight to 9-1-1, alerting emergency medical dispatchers of a possible overdose.



Google Play

The app is completely free on the Google or Apple store.

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tribal Journeys - Depart	2	3	4 Footcare w/ Jacqui 9 AM - 4 PM	5 Walk in Clinic 3 PM - 5 PM
8	9	10	11 Acu + F/C w/ Jacqui 9 AM - 4 PM	12 Walk in Clinic 3 PM - 5 PM Reflexology w/ Lynelle 9 AM - 1 PM
15 Tsawouts New App Launches!!	16	17	18 Footcare w/ Jacqui 9 AM - 4 PM Hearing Mobile Clinic*	19 Walk in Clinic 3 PM - 5 PM
22	23	24 Michelle Morris - AWAY	25 Footcare w/ Jacqui 9 AM - 4 PM	26 Walk in Clinic 3 PM - 5 PM
29	30	31		

*10-2:30 with Jeff Campbell (Registered Hearing Instrument Practitioner)

250-619-5746



Will need Status #, Date of Birth, phone & address.
Call the Health department to schedule a appointment!



Stimulant Overdose Awareness

Stimulants or "uppers" speed the body up. They include amphetamines, crystal meth, cocaine, MDMA (Ecstasy), Ritalin and caffeine.

Recognize the signs:



Rigid, jerking limbs or seizures



In and out of consciousness



Fast pulse or chest pains



Anxiety, paranoia, confusion, panicking, hallucinations or extremely agitated.



Sweating or severe headaches.

Call 911 if the person shows any of the signs above.:

There is no antidote to stimulant overdose. Naloxone will not work for a stimulant overdose, but it will not cause harm. If in doubt use Naloxone.

While waiting for the ambulance to arrive:

- Stay with the individual for support, encourage hydration, and stay calm.
- Do not give them anything by mouth if they are unconscious.
- If they are having a seizure make sure there is nothing around them that can hurt them. **Do not put anything in their mouth or restrain them.**

If they are conscious & in distress or "over-amping"

This is likely caused by stimulant use & sleep deprivation.

- stay calm, remain with them, encourage them not to take any more substances, and move away from activity and noise.
- be careful not to over-hydrate, but give water or other non-sugary, non-caffeinated drink to help replace lost electrolytes
- place cool wet cloths on forehead, back of neck, armpits.



Counsellors:

Naamat Dickie - 778-533-9553

Community Wellness Worker:

Michelle McDormand - 250-885-7095

Medical Transportation:

Michelle Morris - 250-532-3473

Community Security:

"Les" - 778-677-2651

If you or a loved one are needing a Brush off, please reach out to Patti Underwood, or Willie Thomas. Michelle McDormand is available as support, or if you'd like her to arrange on your behalf.



If you have any questions, comments, or concerns, please don't hesitate to contact the Health office at **250-652-1149**



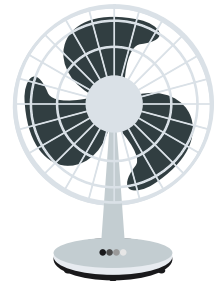
EXTREME HEAT PREPAREDNESS

During the extreme heat event of 2021, there were 595 heat-related deaths in B.C. between June 25 and July 1.

Let's keep you & your loved ones safe.

Ways to cool your home:

- Install a window air conditioner in at least one room
- Install thermal curtains or window coverings
- Keep digital thermometers available to accurately measure indoor temperatures (31°C or higher is dangerous for vulnerable people)
- Have fans available to help move cooler air indoors during the late evening and early morning hours
- Install a heat pump



Too much heat can be harmful to your health. Heat-related illnesses such as heat cramps, heat exhaustion, or heat stroke, are the result of your body gaining heat faster than it can cool down.

The human body cools itself by sweating, so drinking lots of water is critically important during hot weather, even for those who do not feel thirsty.

Learn more: www.preparedbc.ca/extremeheat

Whether notified of a COVID-19 exposure or not, you should routinely monitor for symptoms of COVID-19 and stay home if you feel unwell or develop symptoms.

Self-monitoring

Monitor for symptoms of COVID-19 listed below, even if you are fully vaccinated or had COVID-19 in the last 90 days.

If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19.

- Runny nose
- Sneezing
- Fever or chills
- Sore throat
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have no symptoms of COVID-19, you do not need to be tested for COVID-19.

You are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms.

More details on risk factors for severe disease are available on the [BCCDC website](#).

Testing and results

If you need to get tested, find the nearest testing location: healthlinkbc.ca/covid19test

