



PIB Notice to Community

January 31, 2021

The Penticton Indian Band Chief and Council convened a Special Chief and Council meeting late this afternoon and heard from the Emergency Operations Center (EOC) and the PIB Health Department. To date, we confirm we have a total of nine (9) positive tests in the Community, with four (4) of these cases experiencing severe symptoms. Council considers this increase in positive cases to be very serious, as PIB is approaching a threshold where the capacity to protect and support the Community may be affected. As a result of this urgent and critical crisis now effecting our community the band leadership will be issuing a “Shelter at Home” Declaration for the PIB community.

Effective immediately, PIB Chief and Council is urging all residents, staff and members to stay-at-home for a two-week period, unless for essential needs. PIB staff, programs and services will move to online formats except for S&S Café and COVID testing or patient support. This order will be reviewed prior to Tuesday, February 16, 2021. (Monday, February 15th is the BC Family Day Holiday)

This stay-at-home request is respectfully asking residents to:

- Stay in your own home
- Do not ask others to visit
- Order contactless deliveries
- Shop only for necessities once a week, if you need assistance, please reach out
- Do not give rides to people who don't live with you
- Call, text, email or Facebook message your family to make sure they're ok.

This closure may impact regular delivery of programs and services as the Band had already moved into a virtual environment, hosting meetings online, supporting staff to work from home and assisting members with technology. The most impacted will be



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Outma School and Little Paws Daycare. Staff will be working with families to provide available support.

If you have been asked to isolate due to possible exposure and need something, call PIB Health, post it on Facebook, or call your friends and family. This order also means that we all have to help those who need to stay at home. We just have to be cautious when we do. This is a trying time and the mental health of our people is just as important as staying physically healthy. (Please see attached support services)

The Chief and Council would like to commend the PIB Health staff and those who are part of the Emergency Operations of the Band. You have all done an exceptional job at keeping our community safe. It is time for all of us now to do our part and stay home.

If you need a COVID-19 Test, please call PIB Health (250) 493-7799



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First Nations Health Authority

Interior Region Mental Health and Wellness

Coronavirus (COVID-19) pandemic

Mental Health and Substance Misuse Quick Reference List



First Nations Health Authority
Health through wellness

Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US: toll free** 1-800-588-8717
- **Indian Residential School Survivors Society** 1-604-985-4465/toll-free: 1-800-721-0066
- **Tsow-Tun Le Lum Society:** 1-250-268-2463
- **Hope for Wellness Helpline:**1-855-242-3310
- **Interior Health Crisis Line** 1888-353-2273
- **First Nations and Aboriginal Specific Crisis Line available 24/7**
Toll Free 1-800-588-8717
Youth Line 1-250-723-2040
Adult Line 1-250-723-4050
- **British Columbia Crisis Center** 1-800-784-2433
- **Canadian Mental Health BC Division** 1-800-555-8222

Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line 1-800-563-0808** (24 Hour)
- **Kids Help Phone** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234 or text [686868](tel:686868)
- **Seniors Abuse and Information Line (SAIL)** 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support:** 1-833-308-6379
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) foundrybc.ca/get-support/virtual
- **Youth in BC online** Chat: 1-604-872-3311

PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week inquiries@pflagcanada.ca www.pflagcanada.ca

Penticton Indian Band

www.pib.ca