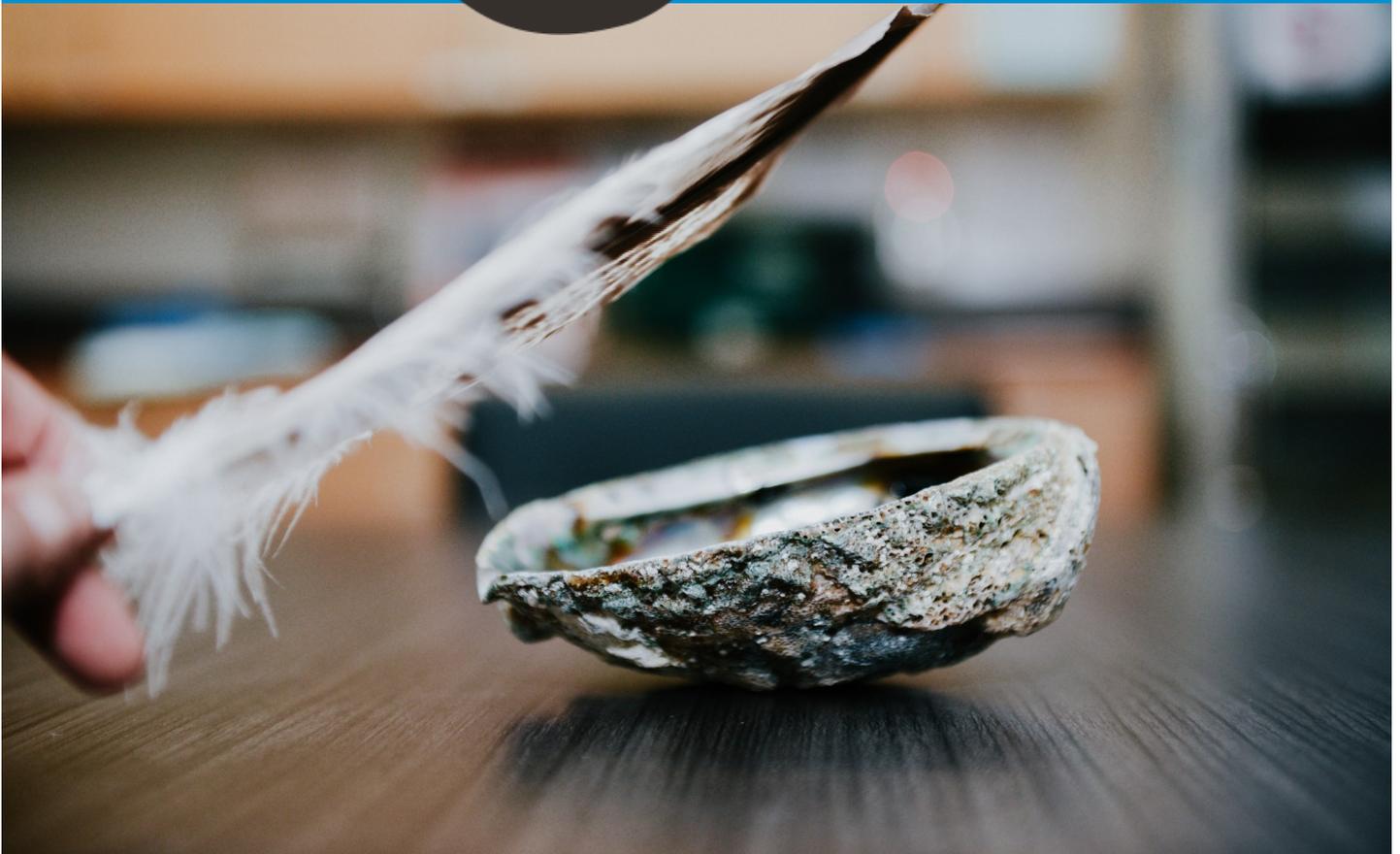


# NEWSLETTER



January  
EDITION  
2021



Q'wemtsin Health Society • 250-314-6732  
130 Chilcotin Road, Kamloops BC V2H 1G3



Q'wemtsín  
HEALTH SOCIETY

# In This Issue

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Monthly calendar.....	Page 3
COVID19 Testing.....	Page 4
Proper mask wearing.....	Page 5-6
Let's Move info.....	Page 7
Important clinic info.....	Page 8
Coloring contest.....	Page 9
How to make your own sewn mask.....	Page 10
Potential risks of going out.....	Page 11
Naloxone nasal spray.....	Page 12
Milk depot for babies.....	Page 13-14
Food skills for families.....	Page 15
Resource numbers.....	Page 16



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> NP at qhs	<b>5</b> Dr at qhs	<b>6</b> NP at hs Naturopath at qhs Tracy at qhs	<b>7</b> NP at sib Diabetic Ed. at qhs Tracy at qhs	<b>8</b> Dr at qhs Tracy at qhs
<b>11</b> NP at qhs Massage at qhs Foot care at qhs	<b>12</b> Dr at qhs	<b>13</b> NP at qhs Naturopath at qhs Tracy at qhs Dental Day	<b>14</b> NP at sib Diabetic Ed. at qhs Tracy at qhs	<b>15</b> Dr at qhs Tracy at qhs
<b>18</b> Np at qhs Massage at qhs Foot care at WPCIB	<b>19</b> Dr at qhs	<b>20</b> Np at qhs Naturopath at qhs Tracy at qhs Dental Day	<b>21</b> Np at sib Diabetic Ed. at qhs Tracy at qhs	<b>22</b> Dr at qhs Tracy at qhs
<b>25</b> Np at qhs Massage at qhs Foot care at qhs	<b>26</b> Dr at qhs	<b>27</b> NP at qhs Naturopath at sib Tracy at qhs Dental Day	<b>28</b> NP at sib Tracy at qhs	<b>29</b> Dr at qhs Tracy at qhs



## COVID-19 Testing

Testing is recommended for anyone with a cold, influenza or COVID-19 like symptoms, even mild ones. Symptoms include:

- Fever
- Chills
- Cough
- Shortness of breath
- Sore throat and painful swallowing
- Stuffy or runny nose
- Loss of sense of smell
- Headache
- Muscle aches
- Fatigue
- Loss of appetite

If an individual has no symptoms, they do not require a test. The symptoms need to have occurred within the past **14 days**. A health care provider may also decide whether a person requires testing.

COVID-19 testing is now available. If you have any of the listed symptoms call 811 or QHS @ 250-314-6732 to speak with the NP or GP. Or call your regular practitioner.

We want to assure you that if COVID-19 case is found in community, there are strict protocols that will be followed to help ensure the safety of community members.

# Proper mask wearing

CDC recommends that people wear masks in public settings, like on public and mass transportation, at events and gatherings, and anywhere they will be around other people. When selecting a mask, there are many choices.

Here are some do's and don'ts.

## Recommended



Non-medical disposable masks



Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)



Masks made with breathable fabric (such as cotton)



Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)



Masks with two or three layers



Masks with inner filter pockets

## Not Recommended



Masks that do not fit properly (large gaps, too loose or too tight)



Masks made from materials that are hard to breathe through (such as plastic or leather)



Masks made from loosely woven fabric or that are knitted, i.e., fabrics that let light pass through



Masks with one layer



Masks with exhalation valves or vents



Wearing a scarf/ski mask as a mask

## Cold weather gear



Wear your scarf, ski mask or balaclava over your mask



Scarves, ski masks and balaclavas are not substitutes for masks

## Do wear a mask that



- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face.

## How NOT to wear a mask



Around your neck



On Your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

Wear a mask **correctly** and **consistently** for the best protection.

Be sure to [wash your hands or use hand sanitizer](#) before putting it on.

Do **NOT** touch the mask when wearing it. If you have to often touch or adjust your mask, it doesn't fit you properly, and you may need to find a different mask or make adjustments.

## Gaiters & face shields



Wear a gaiter with two layers, or fold it to make two layers



Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.

## Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging.

**QHS** • SERVICES



## Let's Move Studio - VIP Virtual Passes

Let's Move Studio in conjunction with Q'wemtsin Health Society is proud to present:

LIVE Streaming yoga, dance and fitness classes!

With over 25 classes each week there is something for everyone!

Five month passes FREE for ALL community members!

To register contact Bobbi Sasakamoose at 250-314-6732 or apply online at:

<http://eepurl.com/hiv215>

For more information  
or to book an appointment  
call Q'wemtsin Health Society:

**250-314-6732**



[qwemtsin.org](http://qwemtsin.org)



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## Important Clinic Information

Please be advised while entering our clinic clients and visitors must:



- Sanitize their hands upon entry
- Put on a medical grade mask while in the clinic (children 3 years and under do not need a mask)
- Answer the clinic screening questionnaire and have temperature taken

**Clients and visitors must wait in the vestibule area until they have been screened by staff and given the “ok” to enter the clinic.**

Clients and visitors also must remain in the designated seating area while inside the clinic. There will be no allowance of clients or visitors to wander the clinic area. We are also asking for clients and visitors to exit the building through the side door so we can stop foot traffic from certain areas of the building.

Thank you for your understanding and helping keep our communities safe!

**QHS** • Contest



# Calling all artists!

As we leave 2020 in the rearview mirror and hold high hopes for the new year, QHS would like to take a moment to look back on all of the positives that came from of 2020.

We're inviting kids from each of our three communities to draw us a picture depicting their favourite part of 2020, each submission will be entered into a draw to win a family season pass to the Kamloops Wildlife Park!

Draw will take place Friday, February 12th at 3:30 p.m.

Drop your submissions  
off at either clinic or  
email them to:  
[bobbi@qwemtsin.org](mailto:bobbi@qwemtsin.org)



[qwemtsin.org](https://www.qwemtsin.org)

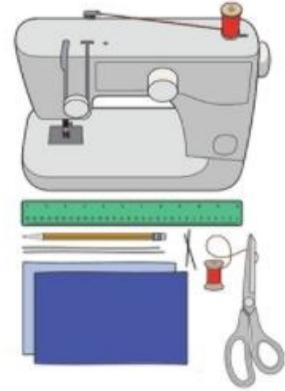


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# How to make your own sewn masks

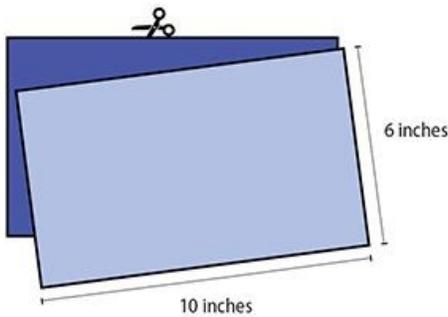
## Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, cloth strips, or hair ties)
- Needle and thread (or bobbi pin)
- Scissors

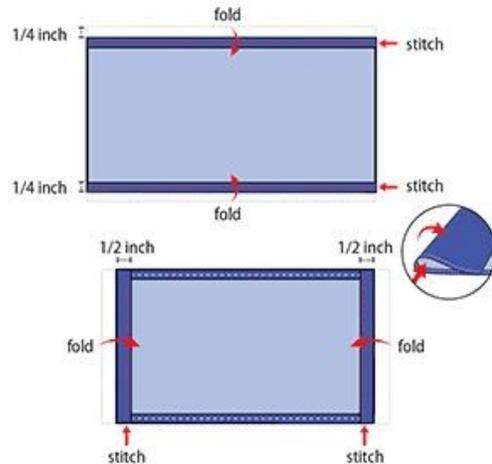


## Tutorial

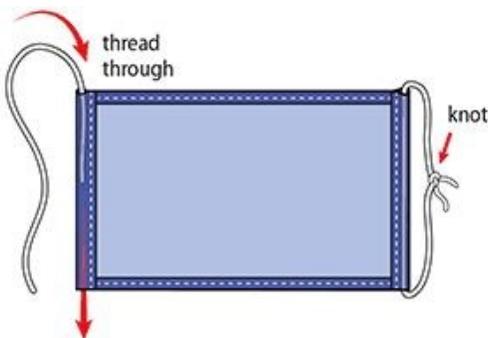
1. Cut out two 10 by 6 inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



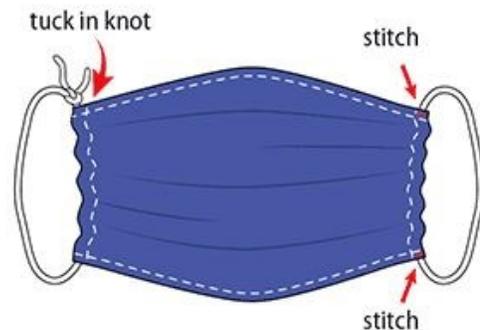
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6 inch length of 1/8 inch wide elastic through the wider hem on each side of the mask. Use a large needle to thread it through. Tie the ends tight. Don't have an elastic? Use hair ties, headbands or string.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic into place.



## Understanding the potential risks of going out

As communities and businesses are opening, you may be looking for ways to resume some daily activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19.

The risk of an activity depends on many factors, such as:

- Is COVID-19 spreading in your community?
- Will you have a potential close contact with someone who is sick or anyone who is not wearing a mask (and may be asymptomatic)?
- Are you at increased risk of severe illness?
- Do you take everyday actions to protect yourself from COVID-19?

CDC cannot provide the specific risk level for every activity in every community. That's why it's important for you to consider your own personal situation and the risk for you, your family, and your community before venturing out.

Close contact with other people increases your risk of exposure

In general, **the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.** So, think about:

How many *people* will you interact with?

- Interacting with *more people* raises your risk.

Being in a group with people who aren't social distancing or wearing [masks](#) increases your risk.

- Engaging with new people (e.g., those who don't live with you) also raises your risk.

Some people have the virus and don't have any symptoms, and it is not yet known how often people without symptoms can transmit the virus to others.

Can you keep 6 feet of *space* between you and others? Will you be outdoors or indoors?

- The *closer* you are to other people who may be infected, the greater your risk of getting sick.
- Keeping distance from other people is especially important for people who are at [higher risk for severe illness](#), such as older adults and those with underlying medical conditions.
- Indoor spaces are more risky than outdoor spaces where it might be harder to keep people apart and there's less ventilation.



# Nasal Naloxone Spray

QHS is pleased to announce that we now carry Nasal Naloxone Spray for community distribution.

In addition to free Injectable Naloxone Kits and Fentanyl Test Strips clients can now receive the Nasal Naloxone Spray directly from the clinic.

For more information or to receive a Nasal Naloxone Spray call:

**250-314-6732**

 [qwemtsin.org](http://qwemtsin.org)



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## Two new depots open to allow people to donate milk for vulnerable babies

Interior health is making it easier than ever to donate human milk to help other moms and babies with the introduction of new depots in Kelowna and Kamloops.

While many breastfeeding mothers in Interior Health have donated milk through periodic milk bank drives in the community, the introduction of collection depots at the Kamloops Health Unit and the Community Health Centre in Kelowna will help more people become donors and will allow them to donate on a continuous basis.

“Two new milk depots for Kelowna and Kamloops will help infants in the very first, fragile stages of their lives, and are incredibly important for those first few days,” said Health Minister Adrian Dix. “I am proud of Interior Health for making this happen and thank the selfless donors who provide milk to meet the ever-growing demand.”

Human milk has many health-promoting properties for babies, including antibodies to fight infection and disease. Human milk is best for all babies. It is especially important for sick and very tiny babies.

“Screened and pasteurized donor human milk is often in high demand at hospitals across the province for premature or sick infants. While a mother's own milk is always the first choice, pasteurized donor human milk is extremely beneficial for at risk newborns, such as those born prematurely,” said Rob Finch, Interior Health's Maternal, Newborn, Child & Youth Network Director. “Our sincere thanks to all those who have supported milk drives in the past for your continued dedication to the provincial milk bank and the babies it serves.”

Interior Health joins the provincial network of human milk depots rounding out the number to 28 milk depots supporting the provincial Milk Bank at BC Woman's Hospital + Health Centre along with the five other B.C. health authorities. The depots provide a place to drop off raw, frozen milk, which is transported to the BC Woman's Provincial Milk Bank in Vancouver. Donors are pre-screened and the donated milk is pasteurized at the provincial milk bank distributed to hospitals throughout B.C.

“We are thrilled to have all of the health authorities support the provincial milk bank,” said Stephanie Gillespie, International Board Certified Lactation Consultant at BC Woman's. “We supply mother's milk to the most fragile babies across B.C. and with the addition of these new milk depots, mothers from the Interior can more easily donate to families in need.”

Pasteurized human milk is used at Interior Health neonatal intensive care units in Kamloops and Kelowna.

“Breast feeding Matters in Kamloops would like to extend both congratulations and gratitude for the many woman and friends/family members in the Kamloops area, including Ashcroft and Salmon Arm, who have freely given time and support through pumping and storing breast milk and travelling to provide donor milk for the smallest memebe4rs of our communities,” said Joanne Juras of Breastfeeding Matters Kamloops. The Kamloops organization and OK Breastfeeding in Kelowna have shipped hundreds of liters of breastmilk over the years.

The BC Woman’s Provincial Milk Bank has been in operation for 45 years. It has helped tens of thousands of babies and children, screened more than 6,500 donors and processed 60,000 liters of milk.

New donors are always welcome to the program donors must complete the Provincial Milk Bank’s pre screening process before they can donate their milk. Screening consists f telephone interview to confirm potential donors are in good health, not taking select medications and/or supplements, and willing to undergo blood testing.

For information contact 604-875-3743 or visit [bcwomens.ca](http://bcwomens.ca) and search ‘milk bank.’

*Interior Health is committed to promoting health lifestyles and providing a wide range of quality healthcare services to more than 750,000 people living across B.C’s vast interior. For more information, visit [www.interiorhealth.ca](http://www.interiorhealth.ca)*

*BC Women’s Hospital + Health Center, a program of the Provincial Health Services Authority, is the province’s only facility dedicated to the health of women, newborns and families. It is one of the country’s busiest maternity centers, delivering more than 7,000 babies annually, and serves as the provincial resource for high-risk maternity care, as well as the most highly-specialized center for the largest neonatal intensive care unit in B.C. More than 50,000 women are seen annually through its specialized women and family programs, which include world-class services in sexual assault care, medical genetics, HIV care, reproductive and sexual health, maternal substance dependency, osteoporosis and complex chronic diseases. For more information, visit [www.bcwomans.ca](http://www.bcwomans.ca)*



**QHS** • SERVICES



## Food Skills for Families Healthy Cooking on a Budget

Join QHS Dietitian, Laura Kalina, and Community Wellness Champion, Bobbi Sasakamoose, for a Virtual Food Skills for Families program every Wednesday from January 20th - February 24th from 10:30 a.m. - 12:30 p.m.

All ingredients are included and will be delivered to homes on reserve the day before the virtual class occurs.

Limited space available, so reserve your spot today!

For more information or to sign-up call Q'wemtsin Health Society:

**250-314-6732**

or email:

**bobbi@qwemtsin.org**



[qwemtsin.org](http://qwemtsin.org)



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# Resource Numbers



## Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network..... (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops Street Services.....	250-314-9771
Kamloops R.C.M.P. Victim Services.....	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter.....	250-374-6162
Children Who Witness Abuse.....	250-376-7800
Outreach Service..... (Mobile service for women and children who have experienced abuse)	250-320-3110
Native Court Worker.....	778-375-3289

## Aboriginal Services

Q'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services 300 Chilcotin Road.....	250-314-9669
285 Seymour Street.....	250-461-7237
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society.....	250-376-1296
Secwepemc Cultural Education Society.....	778-471-7778
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre.....	250-554-4556
Kamloops Native Housing Society .....	250-374-7643
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201

## First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	<a href="mailto:info@fnha.ca">info@fnha.ca</a>

## RCMP

Tk'emlúps Detachment.....	250-314-1800
Kamloops City Detachment..... (Complaints General inquiries)	250-828-3000
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District.....	250-828-3111
TRU Law Legal Clinic..... (Free Legal Advice)	778-471-8490

## Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous.....	250-374-2456
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233
Alcohol & Drug Information & Referral Services.....	1-800-663-1441

## Kamloops Walk-in Clinics

Urgent Primary Care Clinic.....	250-314-2256
Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-371-4905

## Royal Inland Hospital

Information.....	250-374-5111
Admitting.....	250-314-2450
Emergency.....	250-314-2289

## Aboriginal Patient Navigator (RIH)

Deb Donald.....	250-314-2100 (ext. 3109)
Cassie Michelle.....	250-314-2100 (ext. 3109)



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