



First Nations Health Authority
Health through wellness

Feb. 8, 2021

Greetings,

This is a special edition of the resource compilation that is regularly distributed by the FNHA. This edition compiles key COVID-19 public health resources to serve as a reminder of the need to keep practising and observing public health orders.

Although the COVID-19 vaccine rollouts are underway, it's important for individuals to continue following all recommended guidelines to prevent transmission of the virus until such a time that the provincial health officer deems they are no longer needed.

FNHA Resources

COVID-19 Safety and Prevention

Fact Sheet: [Protect Yourself from COVID-19](#)

Fact Sheet: [Information on COVID-19 Testing and Positive Test Results](#)

Fact Sheet: [Prevent COVID-19 by Washing Your Hands](#)

Fact Sheet: [Which hand sanitizers can I use for COVID-19?](#)

Fact Sheet: [How to make a Homemade Face Mask](#)

Fact Sheet: [Protecting your hearing aids while you protect yourself during COVID-19](#)

Printable Sign: [Do not enter](#)

Infographics: [Breastfeeding your baby during COVID-19](#) and [Formula feeding your infant during COVID-19](#)

COVID-19 Vaccines

FAQ: [What You Need to know about the COVID-19 Vaccine](#) (updated Jan. 20, 2021)

Infographic: [The facts about COVID-19 Vaccines](#)

Fact Sheet: [COVID-19 Vaccines \(Pfizer-BioNTech and Moderna\) – How They Work](#)

COVID-19 Guides for First Nations Communities

[COVID-19 Community Support Guide](#) (updated Feb. 1, 2021)
[Toolkit for Communities Receiving COVID-19 Vaccine](#)

We encourage everyone to bookmark FNHA.ca and check back frequently for up-to-date information with the latest COVID-19 news: <https://www.fnha.ca/about/news-and-events>.

[For BC First Nations Individuals](#)
[For Community Leaders](#)
[For Health Professionals](#)

Please note that by order of the Public Health Officer, the [Province-wide restrictions](#) which came into effect on Nov. 19, 2020, have been extended indefinitely until further notice. These restrictions are intended to reduce COVID-19 transmission related to social interactions.

FNHA's e-newsletters

[FNHA experts answer COVID-19 vaccine questions; Shingles vaccine now covered for all Elders; New webinars on addiction; and more.](#) Feb. 4, 2021

You can sign up here for the FNHA's e-newsletter to ensure you get regular updates and information: <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**