



WILLIAM MCKAY BRIDGE

Nisga'a Healer Covid-19 Update

IN THIS ISSUE

Nisga'a Valley Health COVID-19 Updates

March 19th, 2021.

A message from our CEO

NVHA acknowledges the toll that the COVID-19 and restrictions have had on the Nation, communities, families and individuals. It has been a challenging year, however, collectively we need to continue to be diligent and continue to be diligent in protecting the vulnerable members of the Nisga'a Nation.

The only way we will get through this is together...as a Nation.

NVHA is provided with vaccines according to Provincial Vaccine planning, guidelines and supplies. We successfully vaccinated 1018 community members in February. NVHA is awaiting information on the vaccine supply for the remaining population 18+ as well as the 2nd dosing.

Provincial authorities have now extended the second dosing guidelines to 4 months which allows 2nd dosing up until mid-June 2021.

Although NVHA is assured that the original December 2020 COVID-19 cluster has resolved, there does continue to be expected sporadic cases throughout the communities within the Nisga'a Lands. NVHA is working to ensure the isolated cases remain isolated and prevent any further "cluster" infections.

Recently NVHA has received laboratory confirmation of 6 active cases in the Nisga'a Lands, and it is understood that at least 3 of these infections presented after the Dose 1 of the Moderna COVID-19 Vaccine. NVHA has received further confirmation that the infection is the common variant and not at all identified as a "variant" strain.

The body's response to the vaccine takes time to ensure full resistance to active COVID-19 infection, thus the adherence to committed and consistent COVID-19 precautions is essential in protecting the vulnerable members of the Nation.

NVHA wants to remind community members that the Vaccine is only one part of the prevention of potential COVID-19 transmission and infection.

NVHA Covid-19 update page 1-2

Mental Health Department page 2-8

Family Wellness page 9

CCHR page 10 – 11

Nurses page 12

NVHA Holiday closure page 13

- 1) Meticulous handwashing/use of hand sanitizer
- 2) Mask at all times when in contact with anyone outside of the household "bubbles"
- 3) Maintain social distancing
 - at least 6 feet away from anyone outside of household "bubbles"
- 4) Limit trips outside of the community to essential purposes only
 - Medical
 - Supplies



- 5) Isolate if travelling outside of the community
 - Please refer to your worksite/community policies

Community members can:

- 1) Go for walks with the family "bubble"
- 2) Do driveway/yard visits (social distance and mask)

Dr. Jeremy Penner, Medical Director of Nisga'a Valley Health Authority released the following statements:

Although the recent clusters are ending please remember that there are still many people testing positive for COVID in the region and we are very likely to have more transmission occur in the valley, particularly with the increased social gatherings and increased travel in and out of the valley that will probably take place in the coming weeks.

If you develop symptoms of cough, cold or flu, even if mild, do **not** go to work. Call the clinic to book an appointment for a COVID swab and clinical assessment.

Please assume that EVERYONE has COVID, whether they have symptoms or not, and take the appropriate precautions to protect yourself. Everyone should also assume that they already have COVID themselves and may just be pre-symptomatic, and take the appropriate precautions to protect everyone around them.

To find new cases and prevent spread of COVID-19 in our community, Nisga'a Valley Health Authority is available for COVID-19 testing.

Help Us Protect Our Elders and Community!

Are you experiencing cold, flu, or COVID-19 like symptoms, even mild ones? Symptoms include:

Fever (temperature over 37.0)
Chills
Cough or worsening of chronic cough
Shortness of Breath
Sore throat and painful swallowing
Runny nose
Loss of sense of smell or taste
Headache
Muscle ache
Fatigue and Loss of Appetite
Nausea and vomiting

Less common, symptoms can also include:

Stuffy nose
Conjunctivitis (pink eye), Dizziness, confusion
Abdominal pain
Skin rashes or discoloration of fingers or toes

If YES,

1. Please call the Health Center and book for testing.
2. Wash your hands
3. Put a mask on

COVID TESTING SCHEDULE

MONDAY AND WEDNESDAY BETWEEN 2pm -4PM

Clinics

New Aiyansh Health Center
250-633-5000
TF 1-888-233-2212
Emergency 250-633-2298

Laxgalts'ap Health Center
250-621-3274
TF 1-800-991-5667
Emergency 250-621-3423

Gingolx Health Center
250-326-4258
TF 1-800-991-5671
Emergency 250-326-2345

Resources:

<http://www.cdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

Contact monitoring:

<http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20>

Monitoring form:

<https://www.hss.gov.nt.ca/professionals/sites/professionals/files/resources/monitoring-form-case.pdf>

Request to see a physician or nurse or lab work process:

- 1) If you need to visit the clinic, **call first**, we will not be accepting walk-ins *unless it is an emergency*,
- 2) Reception will book you in with either a nurse or physician for a phone consult,
- 3) During that phone consult, the nurse/physician will determine if

NVHA LINKS AND FNHA LINKS

Please contact our health centers to book appointments.
<http://www.nisaahealth.bc.ca/departments/e-mental-health-wellness/>.
<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>.

NVHA
250-633-5000

- 4) you need to have a physical assessment or if you can be helped through telemedicine,
- 5) If a clinic visit is needed, please inform the nurse/physician if you have any symptoms such as fever, cough, trouble breathing, runny nose, headache, or other signs of a cold/flu,
- 6) **All clients visiting the clinic MUST wear a medical mask covering the nose and mouth,**
- 7) On arrival to the clinic, please remain outside and wait for Reception or RN (nurse) to let you in,
 - a. Please note, only you will be permitted into the facility unless it is predetermined by a medical staff member that you need an escort,
 - i. **This includes emergency visits after regular business hours.**
- 8) Once in the building, please remain in the designated area until further instruction given.

Mental Health and Wellness

By Bill Leeson, Mental Health Team Lead

OUR MISSION – Daxgadim Gandidils “Healthy Bodies / Healthy Minds”

NVHA believes in working together with health practitioners, Nisga'a Lisims Government, Village Governments, other funding agencies, and neighbours to share collective knowledge and wisdom in the delivery of health programs and services that meet the needs of all clients in K'alii-Aksim Lisims (the Nass Valley). As health care providers, we are facilitators of better quality health. We promote, and assist in the process of making healthier choices that lead to healthier minds, healthy bodies, and healthy spirits.

Our goal is excellence in the government of aboriginal health in the North. We are transparent and accountable to the Nisga'a communities we serve. Our mission to improve health through health promotion, quality service delivery and education and research will be achieved by:

- Providing better quality, culturally relevant services that treat illness, and assist individuals, families and communities in becoming and remaining healthy
- Fostering and promoting respect in our organization and nation
- Respecting and valuing each individual's contribution to the Nisga'a community
- Promoting traditional and cultural approaches to health and community education
- Delivering health services and programs that serve the communities and meet the needs of individuals, families and groups
- Engaging in clinical, social, economic and cultural initiatives that promote the health of Nisga'a, other aboriginals and peoples from all cultures

Community Wellness

There are many factors that impact wellness in our daily lives. The aim of the community wellness program is to provide mental health services that includes mental health promotion, prevention, life groups, psychiatry, counselling, life skills, and recovery. These services aim to support individuals, family resiliency, and self-care towards healthier minds, healthy bodies, and healthy spirits.

Crisis Response

The crisis response program aims to provide education, prevention, and on-site mental health crisis response. This is done through workshops, health promotion, and activating a

volunteer mental health crisis response team.

A team of volunteers responds to crisis situations to provide support, debriefing, and navigation (i.e. suicide) for individuals, families, and other members involved. If you are interested in being part of the mental health crisis response team, please contact the Crisis Response Coordinator at

crisis.coord@nisgahealth.bc.ca

What Defines a Crisis?

- Individuals with suicidal ideations
- Suicide completion
- Anyone who has experienced trauma, suffering, and/or a catastrophic event. The following events and situations may be considered as “critical incidents”, all of which may be helped with stress debriefing:
 - Incidents involving children, death or serious injury
 - Serious injury-that prevents individual's from being able to care for themselves or function effectively within the community
 - A threat to an individual's physical and/or psychological safety and well-being
 - A distressing situation or event that profoundly changes or disrupts an individual's physical or psychological functioning e.g. major fire, major flooding resulting in the loss of community or major/multiple dwellings

Off Core Lands

The Off Core Lands (OCL) psychological services program provides coverage for Nisga'a citizens to access mental health counselling services. This ensures mental health supports are available when needed for Nisga'a citizens living within their territory or away.

Contact NVHA to find out an approved service provider in your area. Once a service provider has been determined, the participant is responsible for making the first appointment with the counselling service provider. All Nisga'a citizens are required to present their Nisga'a citizenship number. A participant can receive up to 20 sessions within a year if appropriate. For more information please contact us at offcorelands@nisgahealth.bc.ca

Trauma Care

Trauma care services aims to provide trauma specific care for those who are experiencing a wide range of internal emotional reactions or burdens due to a stressful event or

situation. Trauma care services can assist you in dealing with emotions in a healthy way to overcome the difficulties you are facing.

Team members



Bill Leeson
Acting Team Lead
Gitwinksihlkw Health Center
250-633-2611
Cwc4@nisgahealth.bc.ca



Val Doolan
Gitwinksihlkw Health Center 250-633-2611
250-975-0991
crisis.coord@nisgahealth.bc.ca

3 Crisis Response Coordinator



Leonard Robinson
Gitlaxt'aamiks Health Center 250-633-5000
Community-wc@nisgahealth.bc.ca



Francine Stewart
Gingolx Health Center 250-326-4528
Cwc3@nisgahealth.bc.ca

Figure 4 Community Wellness Counsellor

Figure 1 Community Wellness Counsellor



Shelley Wilson
Gitwinksihlkw Health Center 250-633-2611
Cwc2@nisgahealth.bc.ca

Figure 2 Community Wellness Counsellor



Laurie Murphy
Gitwinksihlkw Health Center 250-633-2611
lmurphy@nisgahealth.bc.ca

Figure 5 Integrated Mental Health Case Manager

NVHA Numbers – after hours emergency New Aiyansh Health Center **250-633-2298**

Laxgalts'ap Health Center **250-621-3423** Gingolx Health Center **250-326-4528** Crisis

Response **250-975-0991**



**Nisga'a Valley
Health Authority**

PO Box 234, 4920 Tait Avenue,
Gitlaxt'aamiks BC V0J 1A0



We need your help!



Nisga'a Crisis Response Team

**We are looking for Volunteers to join
NCRT, there will be training provided.
Get in touch today to find out more.**

Tooyaksii

**CALL 250 633 5000 OR EMAIL VALERIE AT
crisis.coord@nisgahealth.bc.ca**

MENTAL HEALTH CRISIS LINES



GWILKSHLIMOOMISKW

-To help oneself

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE AND ON-LINE COUNSELLING SERVICE

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

Hope for Wellness Chat Line: www.hopeforwellness.ca

SUICIDE LINE - CANADIAN MENTAL HEALTH ASSOCIATION

If someone talks about ending their life and you don't know how serious the situation is, call 1-800-SUICIDE (1-800-784-2433) for advice. It's better to ask for help early - don't wait and see if it will get worse.

NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

VICTIMLINK BC

Immediate 24/7 crisis support for victims of family or sexual violence is available by phone through Victimlink BC's 24/7 telephone service. This service also provides information and referrals for all victims of crime.

Call 1-800-563-0808

Email VictimLinkBC@bc211.ca to get help. Learn more about Victimlink BC

KUU-US CRISIS LINE

The KUU-US Crisis Line Society operates a 24-hour provincial aboriginal crisis line for Adults/Elders, Children, and youth.

Adults/Elders: 250-723-4050
Child/Youth: 250-723-2040
Toll Free Line: 1-800-588-8717

KIDS HELP PHONE

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

FOUNDRY VIRTUAL CLINIC

Foundry offers virtual drop-in counselling sessions, peer support check-ins and group offerings to young people ages 12-24 and their caregivers!

Call: 1-833-FOUNDRY or 1-833-308-6379

Email: online@foundrybc.ca or register online to book an appointment

<https://foundrybc.ca/virtual>

ALCOHOLICS ANONYMOUS ONLINE MEETINGS

AA Online is a website used to inform about AA online meetings. AA Online Meeting is an English speaking, Skype-based online Alcoholics Anonymous (AA) meeting.

<https://www.aaonlinemeeting.net/>

LOCAL SERVICES

Nisga'a Valley Health Authority services are available to Nisga'a Citizens 24 hours a day, 7 days a week, 365 days a year.

NEW AIYANSH HEALTH CENTER

(250) 633 5000, TOLL FREE 1-888-233-2212

LAXGALTS'AP HEALTH CENTER

(250) 621 3274, TOLL FREE 1-800-991-5667

GINGOLX HEALTH CENTER

(250) 326-4258, TOLL FREE 1-800-991-5671

AMAA DADILS HANAK

Grief & Loss Session

with Gertie Pierre

ZOOM meeting

MARCH 23, 2021
TUESDAY @ 7:00 PM - 8:00 PM
VIA ZOOM

"GERTIE PIERRE IS A SECHELT COAST SALISH ELDER FROM SECHELT FIRST NATION AND HAS BEEN WORKING AS A CULTURAL SUPPORT WORKER WITH THE IRSSS FOR OVER 5 YEARS. SHE HAS DONE EXTENSIVE WORK WITH THE IAP SETTLEMENT PROGRAM AND THE NATIONAL INQUIRY INTO MURDERED AND MISSING INDIGENOUS WOMEN."

April 2021

March '21							May '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		2	3	4	5	6	7	8
7	8	9	10	11	12	13	9	10	11	12	13	14	15
14	15	16	17	18	19	20	16	17	18	19	20	21	22
21	22	23	24	25	26	27	23	24	25	26	27	28	29
28	29	30	31				30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
		AA Gingolx 6:00 pm (FS) Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	AA Gingolx 6:00 pm (FS) Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	Womens group (FS) Gingolx Mens group (LR) Aiyansh 7:00 pm AA Greenville 7:00 pm	STAT	
4	5	6	7	8	9	10
	STAT	Womens Group (SW) Gitwinkshilkw	AA Gingolx 6:00 pm (FS) Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	Womens Group (FS) Gingolx Mens group (LR) Aiyansh 7:00 pm AA Greenville 7:00 pm	CWC team meeting	
11	12	13	14	15	16	17
		Womens Group (SW) Gitwinkshilkw	AA Gingolx 6:00 pm (FS) Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	Womens Group (FS) Gingolx Mens group (LR) Aiyansh 7:00 pm AA Greenville 7:00 pm	CWC team meeting	
18	19	20	21	22	23	24
		Womens Group (SW) Gitwinkshilkw	AA Gingolx 6:00 pm Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	Womens Group (FS) Gingolx Mens group (LR) Aiyansh 7:00 pm AA Greenville 7:00 pm	CWC team meeting	
25	26	27	28	29	30	1
		AA Gingolx 6:00 pm Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	AA Gingolx 6:00 pm Mens group (LR) Aiyansh 7:00 pm AA Gitwinkshilkw (SW)	Womens Group (FS) Gingolx Mens group (LR) Aiyansh 7:00 pm AA Greenville 7:00 pm	CWC team meeting	
2	3	Notes	Lenny Robinson: Mens group - Addictions and substance use - Wednesdays and Thursdays - 7 - 8 pm William Leeson: AA Meeting - Debriefing - Thursdays - 7 - 9 pm Shelley Wilson: Tuesday - Womens group 7:00 pm and Wednesday - AA meetings 7:00 pm Francine Stewart: Wed - AA meeting 6 pm; Thurs - Womens Group 3 - 5 pm Programs for the Hub will occur on Thursday - during the day - 12 steps program. Saf			

Frequently asked questions:

1. What is the waiting period to get into a treatment Centre?

It depends on the treatment Centre; most have a minimum of 3 month waiting period, others have a six month waiting period. The waiting period is a back log of people that are trying to get into treatment.

2. Can I go to a treatment Centre outside of the Government funded NNADAP treatment Centre's?

A majority of the time we are locked into the Government funded treatment Centre's. FNHA will sometimes fund outside of the NNADAP treatment Centre's, but they do have a questionnaire that has to be filled out. This is to screen the client for approval. Not all applications will be accepted.

3. Can I choose who I want to see as a counsellor - I am not comfortable with a Male/Female?

Yes the client can see a Male or Female counsellor of their choice. We strive to meet the needs of the clients so that they are comfortable with the counsellor that they are seeing.

4. Can I go to another Detox other than the one in Prince George?

The Prince George Detox is a part of Northern Health, a majority of the time we send all clients to Prince George . We try to get clients to the closest detox for their own safety especially where time is important . It is important for the client to know that they are responsible for contacting the detox centre themselves - the centre does a screening and does an intake. Once the intake is done, they will let the client know when to come in. Please contact your local CWC to arrange for your travel.

5. There often isn't a return call or email from NVHA, how are we supposed to connect with someone to set up counselling, can a list be provided?

A list of counsellor names and phone numbers have been sent to each village government . Once you contact one of the counsellors they will do

an intake and forward it to the OCM. Once the OCM gets the intake, it will be assigned to one of the four counsellors.

6. If I know I want grief counselling, why do I still need to do an intake at NVHA when I know which counsellor is needed?

The intake OCM will make sure the proper counsellor is contacted in Terrace and make sure arrangements for travel are set up prior to going to your appointment.

7. If an intake is required to ensure a client agrees, then why does the client agreement need to be signed?

Part of the agreement states that you will make all your appointments, and that you will contact your counsellor a day or two earlier so that they can fill the space that you have left open. Your agreement covers your travel and ensures that you do make your appointments.

8. Can I go to detox then right to treatment?

In most cases the answer is No. Treatment Centre forms have to be filled out and accepted by the treatment Centre. Once accepted it goes into a waiting list at the treatment Centre - clients that have applied before you will be priority. In some instances, if a person decides last minute that they don't want to go to treatment, the Centre will call the next person on the waiting list until they find a person that is willing to come in on a short notice.

9. What treatment Centre's are covered and can we go to others?

All Government funded treatment Centre's fall under NNADAP, you can go to their sight for a list of funded Centre's.

10. What are my options for counselling?

In some circumstances clients will be forwarded to a counsellor in Terrace.

Family Wellness

by William Morrison, Family Wellness Team Lead

April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 youth hub day/Board games/ gaming/ peer support	2 Fun Fridays	3
4	5 t'bin harvest NVWW meeting 7pm	6 Youth hub day / Bully proof w Billy Smoke house wood harvest	7 Talking circles. NVWW meeting 7pm trad med harvest garden box	8 Outdoor activities/ cooking classes with 13u garden box builds	9 meeting with cchr (fit4life) t'bin preparation NVWW meeting 7pm	10 youth hub/cooking and baking
11 t'bin smoking	12 smk hs build gitwinsihkw NVWW meeting 7pm	13 . Youth hub day/ bully proof with billy smk build gitwinsihkw	14 Talking circles. smk build gitwinsihkw trad med harvest NVWW meeting	15 Smoothies / hikes garden box builds	16 trad med harvest garden box build NVWW meeting 7 pm	17 youth hub/
18	19 smk hs build Laxgal'zap NVWW meeting 7pm	20 youth hub day/ bully proof w billy/ co-ed herb picking smk hs build	21 talking circles. smk hs build Laxgal'zap	22 community clean-up. EARTH DAY- cooking with youth smk hs build	23 trad med harvest garden box build NVWW meeting 7 pm	24 youth hub/ cooking and baking
25	26 smk hs build Gingolx trad med harv NVWW meeting 7pm	27 youth hub day/ bully proof w billy	28 talking circles. smk hs build Gingolx trad med harv NVWW meeting	29 hiking/ out door activities/ outdoor sports garden box build	30 trad med harvest garden box build NVWW meeting 7 pm	1
2	3	Notes Youth hub days will consist of games, board games, hanging out, arts and crafts activities. Bully proof classes will be for kids of all ages once a week with Billy Morrison every Tuesday night via zoom until we are allowed Gathering. Talking circles will be held once a week as well and made for				

CCHR Department

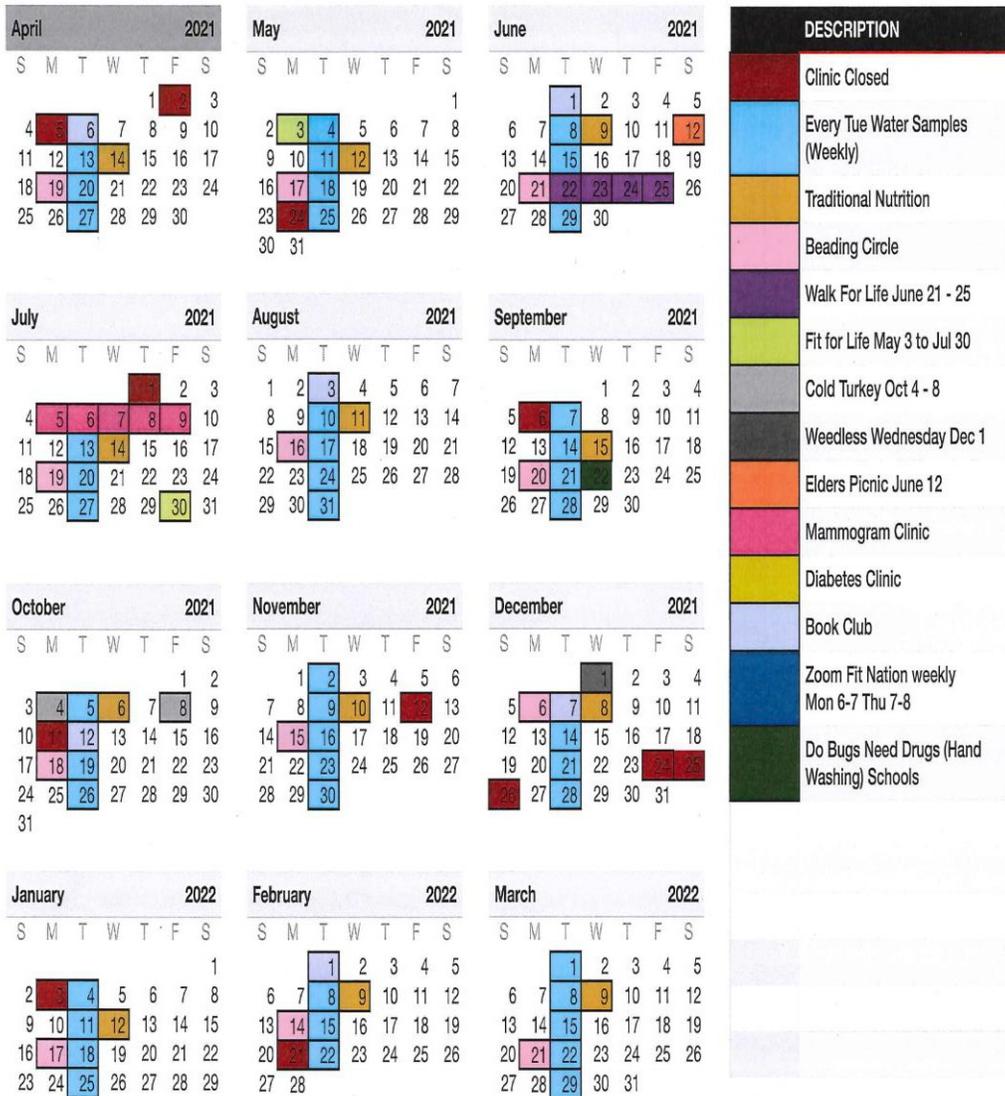
Danica Stephens - CCHR team lead

Sarah Clayton - Gitlaxt'aamiks

Christine Nyce - Gitwinksihlkw

Tanya Stanley - Gingolx

2021- 2022 CCHR Yearly Overview



April

2021

March							May							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8	
14	15	16	17	18	19	20	9	10	11	12	13	14	15	
21	22	23	24	25	26	27	16	17	18	19	20	21	22	
28	29	30	31				23	24	25	26	27	28	29	
							30	31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				Zoom Fitness 7-8	Good Friday	
4	5	6	7	8	9	10
Easter Sunday	Easter Monday	Water Samples Book Club Zoom Fitness 7-8	Beading 6-9	Zoom Fitness 7-8	CCHR Team Meeting Gitwinksihkw	
11	12	13	14	15	16	17
	Zoom Fitness 6-7 Diabetes-Gin	Water Samples Diabetes-Lax	Diabetes-Git	Zoom Fitness 7-8 Diabetes-NA		
18	19	20	21	22	23	24
	Beading Circle Zoom Fitness 6-7	Water Samples	Traditional Nutrition	Zoom Fitness 7-8		
25	26	27	28	29	30	1
	Zoom Fitness 6-7	Water Samples		Zoom Fitness 7-8		
2	3	4	5	6	7	8

FAQ's for CCHR's:

1. Do CCHR's book Doctor's appointments for clients? Or provide services for medication refill?

A: No CCHR's do not do appointment bookings, or provide services for medication re-fill. Doctor's appointments are to be booked through receptionists, also for medication re-fill's a doctor's appointment is required.

2. Do CCHR's provide rides to appointments?

A: No CCHR's do not provide rides to appointments.

3. Are all CCHR online programs open to all Nisga'a ?

A: NVHA receives funding for Nass Valley residents, so this is who the programs are open to.

Adapted from



Is your urgency an emergency?



Use Self Care or Visit a Pharmacy

- + Cold Symptoms
- + Grazed Knee
- + Mild Aches & Pains



Call **811** for Expert Advice

- + General Health Advice
 - (Fever, Constipation)
- + Medication Inquiries
- + COVID-19 Questions
- + Lifestyle Management



Visit a Doctor or Nurse during Clinical Hours 8:30 am - 5 pm

- + Flu Symptoms
- + Signs of Infection
- + Persistent Pain
- + Prescription Refills
- + Patient Travel



Serious EMERGENCY?

- + Chest Pain
- + Severe Blood Loss
- + Head Injury
- + Breathing Issues
- + Uncontrolled Pain

After Hours:

Gitlaxt'aamix: (250) 633-2298

Gitwinksihkw: (250) 633-2298

Gingolx: (250) 326-2345

Laxgalts'ap: (250) 621-3423



**Nisga'a Valley
Health Authority**



February 10, 2021

NVHA Closed for Holidays		
Family Day	Monday February 15 th	
Good Friday	Friday April 2 nd	
Easter Monday	Monday April 5 th	
Victoria Day	Monday May 24 th	
Canada Day	Thursday July 1 st	Closed Friday July 2 nd
British Columbia Day	Monday August 2 nd	
Labour Day	Monday September 6 th	
Thanksgiving	Monday October 11 th	
Remembrance Day	Thursday November 11 th	Closed Friday November 12 th
Christmas Day	Saturday December 25 th	Monday December 27 th

If you need assistance while we are closed, we have nursing services available and a doctor on-call.

NVHA Emergency numbers:

Gitlaxt'aamiks	250-633-2298
Gitwinksihkw	250-633-2298
Laxgalts'ap	250-621-3423
Gingolx	250-326-2345

Respectfully,

Administration