



# VICTORIA NATIVE FRIENDSHIP CENTRE

231 Regina Avenue, Victoria, BC V8Z 1J6

Phone: (250) 384-3211 Fax: (250) 384-1586

March 17, 2020

Good Morning to all VNFC Community,

Effective immediately the VNFC will postpone all gatherings and non-essential services as per the advice from BC's Public Health Officer to practice social distancing and avoid large group activity, especially for those 70 years or older.

We encourage all community members to follow the advice of the BC Public Health Officer and stay home if possible and allow 3 metres of space between you and other people if you must go out. Again, our Elders should remain home. Only community members with confirmed appointments should be coming to the Centre.

We realize this may have negative impacts on some community members and we assure you our intentions are to keep connected with those needing ongoing support.

Immediate **CANCELATIONS** will include:

- All Elder Programming
- Hospitality Training Programs
- Warriors Women and Men Program
- IMDEES; current group moving online, no more in-person work
- Youth Drop-In Centre
- Bruce Parisian Library
- Friday Community Lunch
- community workshops
- most outreach services

We foresee these cancellations lasting several weeks and progressing to full closure of all VNFC programs.

Essential services that will continue include the daycare, shelter and homelessness outreach. Services which can be shifted to the telephone will be maintained and those who must come to the Centre will have to follow new safety protocols. Plans are also being made for food hampers for community members connected to a program who may struggle during our time of reduced service. If you require food supports, or want to confirm if the service you access is available, please contact your VNFC Outreach/Support Worker or reception, [reception@vnfc.ca](mailto:reception@vnfc.ca).

**Logo Created and Donated by Leslie McGarry**

– United Way Member Agency –



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We will continue to monitor daily updates from health authorities and adopt recommended measures. We anticipate at some point in the coming days the need to close the Centre to all community. During the closure we will find ways to continue to be of service.

IT WILL BE IMPORTANT THAT YOU (OR FRIEND OR FAMILY MEMBER) HAVE WAYS TO VISIT OUR WEBSITE AND WE HAVE YOUR PERSONAL CONTACT INFORMATION, EMAIL, PHONE AND HOME ADDRESS. ESPECIALLY IF YOU REQUIRE ON GOING SUPPORT.

We appreciate your cooperation and continued practice of self-isolation efforts in order to flatten the growth curve of COVID-19. We will continue to provide updates once new information is available.

If you have any questions, please contact your VNFC worker. If that person becomes unavailable, they will leave word on who to contact next.

These extreme, however calculated, actions are being done to protect you, your family and VNFC Staff.

Be Safe. Be Well. Get fresh air (Nature remains open for business). Read, watch fun TV. Call a friend or family member to check in and say hello.

Thank you,

Ron Rice  
Executive Director

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## RESOURCE LINKS:

We advise the public to follow accurate, qualified sources for information.

### World Health Organization (WHO)

Includes detailed information on how to protect yourself and others:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



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Canada Public Health

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

## Island Health

<https://www.islandhealth.ca/learn-about-health/diseases-conditions/novel-coronavirus-information>

## Prevention

The best way to prevent illness is to avoid being exposed to COVID-19 as it is thought to be passed from person-to-person. Keep distance between people, especially people coughing and sneezing.

Take steps to protect yourself:

- Maintain social distancing: greet people by nodding. Stay 3 metres away from others.
- Frequently wash hands with soap and water for thirty seconds. This is important to do after being in a public place and before eating.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid people who are sick.
- Stay at home when possible, connect with others by phone.

## Cleaning Tips:

- Daily clean and disinfect frequently all touched surfaces. Daily cleaning includes tables, counters, doorknobs, light switches, handles, desks, phones, keyboards, faucets, sink and toilets. Disinfect with household bleach (5 tablespoons bleach per 1.8 litres of water) or alcohol solutions with at least 70 percent isopropyl alcohol. Other regular cleaning can be done with regular cleaning products.
- Cell phones can be cleaned with limited amount of disinfectants and lint-free cloth. Disinfectants include 70 percent isopropyl alcohol and lint-free cloth or gently wipe with [isopropyl alcohol or Clorox disinfecting wipes](#). Avoid getting moisture in any openings. Damp the lint-free cloth with disinfectant then wipe phone. Ideally, limit wiping your phone with disinfectants. Another option is to stop using your phone in public. If you need to use in public place wash your hand before and after using your phone.