



COVID-19

The health and wellness of NBIS staff, clients and volunteers is always our first priority. As such, we have some new COVID-19 procedures and protocols at the NBIS Office. We are no longer accepting drop in client meetings. Individual client meetings with Community Navigator Mick Timbrell can take place by phone, video conferencing, or an in-person meeting can be booked upon request. COVID-19 safety protocols will be in place. To book an appointment with Mick contact: 250-753-5600 Ext.1 /Text: 250-268-3959 or email mick@nbis.ca. A message can also be left on our office general line 250-753-5600 Ext. 0

In office COVID-19 procedures and protocols:

- Answering COVID-19 screening questions, please do not enter the office if you have any symptoms of illness or feel unwell
- Using hand sanitizer when entering the NBIS office
- Wearing a mask when entering the NBIS office and when moving around the office

Thank you for your understanding. Stay healthy, stay calm and wash your hands!

Needing some tips and strategies to reduce stress during this difficult COVID-19 situation? NBIS sat down with Dr. Nancy Reeves and did a special online education session, "Coping with Stress During Difficult Times" to help some of our clients and caregivers get through the coming weeks. To watch click [HERE](#).

For more information:

- Financial Support Summary List put out by School District #68: <https://www.sd68.bc.ca/documents/2020/04/covid-19-summary-of-financial-suports.pdf/>
- Public Health Agency of Canada: 1-833-784-4397
- HealthLinkBC (8-1-1) at any time or speak with your BC health care provider.
- BCCDC's website: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

[-CRA COVID Economic Response Plan](#)

[-COVID Measures for Persons with Disabilities](#)