



First Nations Health Authority  
Health through wellness

# COVID-19 Meal Support *Frequently Asked Questions*

## WHO CAN APPLY FOR COVID-19 MEAL SUPPORT FUNDING?

- Status and Status-eligible First Nations members who have needed to self-isolate in BC due to COVID-19. The specifics vary according to date.
  - Self-isolation dates after Mar. 14, 2022, will include:
    - Fully vaccinated individuals who test positive on a PCR or rapid take-home test. They will be eligible for five days of meal support.
    - Unvaccinated or partially vaccinated individuals who test positive on a PCR test or rapid take-home test. They are eligible for up to ten days of meal support
  - For self-isolation dates between Jan. 6, 2022 and Mar. 14, 2022, where the individual has been advised to self-isolate by a health care provider, or because of a positive result from a PCR or rapid take-home test:
    - Individuals are eligible for up to ten days of support unless directed by a health care provider to isolate for a longer period of time. Applications for more than 10 days will be reviewed on a case-by-case basis.
  - Individuals who self-isolated between Jan. 12, 2021 and Jan. 5, 2022, as advised by a health care provider

From Mar. 1, 2022, meal support funding is no longer available for individuals who are a close contact of someone who tests positive on a PCR or rapid take-home test.

## WHAT IS THE APPLICATION DEADLINE?

- Meal support submissions for self-isolation between the dates of Jan. 12, 2021 and Sept. 30, 2021 will be accepted until Apr. 15, 2022
- Meal support submissions for self-isolation between the dates of Oct. 1, 2021 and Jun. 30, 2022 will be accepted until Jul. 15, 2022

## WHAT INFORMATION IS NEEDED TO APPLY?

- To process your application, the following are required:
  - Status number
  - Last name, first name
  - Date of birth
  - Start date of isolation, end date of isolation
  - Mailing address
  - Contact phone number or email address

## WHAT IS THE APPLICATION PROCESS FOR COVID-19 MEAL SUPPORTS?

- There are two application pathways:
  - Communities can apply on behalf of their members using the [Community Meal Support Calculator](#)
  - Individuals can apply for themselves and their households using the [Individual Meal Support Calculator](#)
- Here are the steps to request meal support for Status First Nations individuals in BC:
  - Complete the [Individual Meal Support Funding Calculator](#) or the [Community Meal Support Funding Calculator](#)
  - Email your completed calculator to [COVID19@fnha.ca](mailto:COVID19@fnha.ca)
- Alternatively, you can also call **Health Benefits** at **1-888-305-1505** (press 2 for the 'other' option, and then 1 for enrolment). This direct telephone line is open Monday to Friday from 8:30 a.m. - 4:30 p.m.

## CAN I APPLY THROUGH THE INDIVIDUAL PATHWAY IF MY COMMUNITY HAS APPLIED FOR ME THROUGH THE COMMUNITY PATHWAY?

- If your community has already applied for meal support for your self-isolation dates on your behalf, you will not be eligible for support through the individual pathway for the same dates

## WHAT IF I NEED IMMEDIATE SUPPORT TO COORDINATE ACCESS TO NO-CONTACT MEAL AND GROCERY DELIVERY WHILE IN ISOLATION?

- It is recommended that you connect with your community to see if they can support you by advancing funds or providing meals. Alternatively, arrangements for support may be possible by contacting the Regional FNHA Isolation Lead or [COVID19needs@fnha.ca](mailto:COVID19needs@fnha.ca)

## I AM NOT ABLE TO SAFELY ISOLATE AT HOME. ARE THERE OTHER SUPPORTS AVAILABLE TO ME?

- If you are unable to safely isolate at home, please contact the Health Benefits medical transportation team for assistance with alternative accommodation, meals and transportation. Call **Health Benefits** at **1-888-305-1505** (press 2 for the 'other' option, then 3 for patient travel, and 3 for benefit exceptions). This direct telephone line is open Monday to Friday from 8:30 a.m. - 4:30 p.m.

## MORE INFORMATION ON SELF-ISOLATION:

- [A Guide to COVID-19: Caring for Yourself and Loved Ones](#) (FNHA guide)
- [How to isolate: For those who have COVID-19 or respiratory symptoms](#) (BCCDC fact sheet)
- [Self-isolation after a COVID-19 test](#) (BC Centre for Disease fact sheet)
- [Mental Health and Wellness Support](#) (FNHA web page)