



## VINPRANA Area

### Statement Regarding Coronavirus, COVID19

We have had many inquiries and questions about health concerns regarding the coronavirus (COVID-19). While it is not our role to make statements regarding health issues, we encourage NA groups to discuss the situations you are facing and the options you must, to provide safe environments for those who attend your meetings. Groups may want to consider asking members to temporarily stop some of the common practices found at NA meetings such as hugging or shaking hands or offering refreshments. You may also want to consider alternatives to “circling up” at the end of the meeting.

Some groups are discussing contingencies for the possibility that they will not be able to meet face to face for some period; ideas include hosting phone meetings or online meetings. These are just a few thoughts; we honor each NA group’s responsibility to discuss and determine what is best for their meeting.

Some groups in our have implemented the following steps:

- Avoid hugging or shaking hands. Traditions can help to keep us grounded, but for now, consider a fist an elbow tap. Head nods, toe taps, and even subtle bows are also nice way of greeting someone without transferring germs.
- Refrain from holding hands and embracing when closing a meeting.
- Make sure coffee and information areas are sanitary.
- Possibly suspend food and drink stations for the time being.
- Groups should make hand sanitizer and disinfecting wipes available at meetings.
- Panic helps no one. Follow the guidelines given by local public health authorities and use your common sense to keep yourself and your community safe.

Regardless of group decisions, everyone is responsible for their own health decisions. NA support can come in many forms. Along with meetings, there are contact lists, social media, and phone/online meetings. For NA virtual meetings go to [www.virtual-na.org](http://www.virtual-na.org). For more information on the British Columbia Region of Narcotics Anonymous, go to <http://www.bcrna.ca>.

You may want to contact your Provincial or local public health agencies for specific guidance regarding meetings and gatherings. We are aware of the guidelines and recommendations provided by the BC Provincial Health Authority <https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/health> Vancouver Island Health Authority (VIHA) <https://www.islandhealth.ca/>

If you are seeking information about specific local NA events or meetings, please check our website at <https://vinprana.ca/>

We are hopeful that NA members and groups can continue to provide support for one another as we move through this current situation, and we will update this information as necessary in the coming weeks. You have our best wishes.



## VINPRANA Area Statement Regarding Coronavirus, COVID19

-The April Area Meeting is cancelled for Health and Safety concerns and to follow Provincial Health Guidelines, please send your reports as usual to the area secretary at [secretary@vinprana.ca](mailto:secretary@vinprana.ca)

-any area group contributions please contact the area treasurer [treasurer@vinprana.ca](mailto:treasurer@vinprana.ca)

-If your meeting have been suspended please contact PR at [PR\\_Coordinator@vinprana.ca](mailto:PR_Coordinator@vinprana.ca) **ASAP**

### **BC NA Online Meeting**

Time: This is a recurring meeting Every evening @ 7:30pm

Join Zoom Meeting

<https://zoom.us/j/242104145?pwd=RUdNbIMyYzJBOEhwK2hVaDF0WVZsUT09>

Meeting ID: 242 104 145

Password: 034809

One tap mobile

+17789072071,,242104145# Canada

Dial by your location

+1 778 907 2071 Canada

Meeting ID: 242 104 145

Find your local number: <https://zoom.us/u/azCQwuVSH>

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Yours in Service,

VINPRANA Admin Committee

[secretary@vinprana.ca](mailto:secretary@vinprana.ca)