**Fernie/Sparwood/Elkford COVID Resources**

If you are in self- isolation and require any type of assistance please call the following number to reach a **Pandemic Health Coordinator**.  This number is answered 7 days a week- select EAST KOOTENAY as our area : **1-833-469-9803**

If you require re-testing and cannot safely get to the Sparwood testing centre please call 250-423-8581 to speak with a testing centre nurse

**Additional resources**

* East Kootenay Crisis Line: 1-888-353-2273
* Fernie Fresh Food Share- food is donated by local grocery stores that is near the best before date and is then provided for free to the public. Open from 11-1 weekdays-located next door to Salvation Army
* Fernie Food Bank 250-423-4668
* Sparwood Food share 250-425-3746
* Alcoholics Anonymous 250-423-2131 (Fernie) 250-425-2529 (Sparwood)
* East Kootenay Addictions Services Society 1-800-664-6144
* EK Employment 250-423-4204
* The Fernie Shuttle 250-423-4023 Calgary and Cranbrook Airport Transfers
* Fernie Ski Shuttle 250-423-2435 Connects Fernie with Fernie Alpine Resort
* Mountain High Shuttles 250-423-5008 or 1-877-423-4555 Shuttle from Calgary Airport to Fernie
* BC Transit Service to Sparwood and Elkford 1-855-417-4636
* Health Connections to Cranbrook and Elkford 1-877-343-2461
* Elk Valley Safe homes : 250-946-6004
* Elkford Women’s Task Force Society- Elk Valley HPP Rental Assistance Program 1-800-202-3003
* Fernie Women’s Resource Centre 1-800-339-7393 or 250-423-4687

**There are many local community groups that will assist if you require grocery drop off or food hampers please reach out to local facebook pages/community groups:**

* Mountainside community church Fernie 250-423-4112/ Sparwood 250-425-2887
* Sara Mitchell 250-430-1177 [saralrmitchell@gmail.com](mailto:saralrmitchell@gmail.com)
* Elk valley garage sale facebook page is a widely used local page if