



COVID-19 COMMUNITY UPDATE

Tuesday, September 1, 2020

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1. Updated numbers

We have received confirmation of six additional positive cases of COVID-19 on-reserve since Sunday, bringing our total to 25 cases as of this afternoon.

The case count we receive from FNHA is for Indigenous test positive cases only, so non-Indigenous resident on-reserve cases are NOT included.

All cases remain connected to the original cluster.

Those who have tested positive or have had close contact with someone who has tested positive, as well as those awaiting test results, are currently self-isolating. Those who have confirmed cases are in daily contact with public health officials and receiving clear guidance on health and safety protocols.

Public Health is continuing to lead the contact tracing work and reaching out to everyone who is reported to have had close contact with confirmed cases.

2. Self-isolating and self-monitoring

Many people in our communities have been asked to self-isolate due to having recent contact with someone who has tested positive for COVID-19.

We want to ensure our members have a clear understanding of what it means to self-isolate.

If you have had contact with a confirmed case, you **must** self-isolate for 14 days, even if you don't have any symptoms. This is extremely important in helping us stop the spread in our communities.

What is **self-isolation**? Self-isolation means that you need to stay home and avoid any contact with others, including those who live in your household.

What is **self-monitoring**? Self-monitoring for COVID-19 means you pay attention to your health, and record daily your temperature and any of the symptoms of Covid-19. If you don't

have symptoms but have been asked to self-isolate, you will likely be asked to self-monitor as well.

Please see the attached "Dos and Don'ts of Self-isolating" guide from the BC Centre for Disease Control for more information.

3. Supports available for members who are self-isolating

We need members to fully commit to self-isolating as directed for the full period of time. This isn't easy, but it is essential.

We are doing everything we can to support members and families who are self-isolating, making sure they can remain calm and comfortable. We are here for you.

We do not receive names of those who have been instructed to self-isolate due to COVID-19, so we require impacted individuals and families to reach out to us. Please call 604-982-7610 during business hours, or 604-505-3776 after-hours.

We have already begun providing deliveries of hand sanitizer, cleaning products, masks, gloves, toilet paper, and food vouchers to families who are self-isolating, and are ready to help more families in need. We can also assist with grocery shopping and prescription pick-up/drop-off for families who need it, and will provide masks and gloves upon request to Elders and immunocompromised members.

4. Community Care Packages for all members

Lastly, on behalf of Council, Directors, and our hard-working staff, we are pleased to announce that we will be doing an on-reserve delivery of community care packages this Friday, with pickup on Monday for off-reserve members.

The care packages for each household will contain:

- Bar soap
- Hand sanitizer
- Fryer chicken & fresh veggies
- 1 case of canned sockeye (24 cans)
- Kraft Dinner
- Box Lipton chicken noodle soup
- Orange juice
- Crackers
- Tea
- Emergen-C sachets- Vitamin C
- Crossword/word search

Masks are available upon request by contacting Member Services at 604-982-7610.

Off-reserve pickup will be Monday, September 7 at the Marina Freezer – foot of Bewick by Community Operation, from 10:00 am-2:00 pm. For those members off-reserve who work during the day, please contact Member Services to arrange for a later pick up time.

Details will also be posted to Facebook and the website.