



COVID-19 COMMUNITY UPDATE

Wednesday, September 2, 2020

1. Current numbers

We have not received any updates on numbers today, so our total case count remains at 25.

As we've mentioned before, 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

Remember, if you have had contact with a confirmed case, you **must** self-isolate for 14 days, even if you don't have any symptoms. We can't stop the spread in our communities without full cooperation from everyone who has been exposed.

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

A reminder that we are here for all individuals and families who are self-isolating. We want you to be safe, comfortable, and supported. Contact Member Services at 604-982-7610 during business hours, or 604-505-3776 after-hours to access support.

3. Maintaining a small "bubble"

For those who have not been exposed, we're calling on you to make a serious commitment to maintaining a small bubble.

A bubble is only a true and effective bubble when it's exclusive, or closed off from the outside. If even just one person from your bubble gets within six feet of someone from another bubble without wearing a mask, that entire other bubble can become part of your bubble.

As you can imagine, your bubble of five or six can quickly become a bubble of 15, 20, 40, or more, depending on how much overlap there is between bubbles. This is how the virus can spread widely and quickly; it's not contained.

We will only be able to stop this virus from spreading if every one of us fully commits to ONE single bubble. Every person in the bubble needs to know exactly who is and is not in their

bubbles, and promise not to get within six feet of anyone from another bubble without wearing a mask.

A suggestion: If you or your family members are having a hard time keeping track of who is and isn't in your bubble, make a list and post it somewhere for everybody to see, like on the fridge. Hold each other accountable.

Remember, the smaller the bubble, the better right now. Do it to protect our Elders, our children, and those who may be at higher risk.

4. Masks available upon request

Many members already have their own supply of medical or non-medical masks (and we thank those who have been wearing them as directed); however, many others don't.

If you are in need of a mask, please contact Member Services at 604-982-7610. Masks are available for any members who need them.

Remember, a mask should be worn any time physical distancing is not always possible, including when grocery shopping, on public transit, etc.

5. Community Care Packages for all members

Lastly, as we announced yesterday, there will be an on-reserve delivery of community care packages this Friday, with pickup on Monday (Labour Day) for off-reserve members.

The care packages for each household will contain soap, sanitizer, and assortment of food items, and a crossword or word search to help keep you busy safely at home.

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 Ayas Men Men at 604-985-4111 to arrange for a later pick up time.

Details will also be posted to Facebook and the website.