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NOTICE – 5 community members are now lab-confirmed cases of COVID-19

Dear Community Members,

This secondary distribution is to update you about the evolving COVID-19 cases in our community, so that you can be informed and exercise caution in protecting yourselves and your family from COVID-19.

We have been made aware that there are now five (5) community members with lab-confirmed cases of COVID-19. Due to resource constraints within Northern Health contact tracing is delayed, so if you believe you may have been in contact with a lab-confirmed case we ask to exercise precautions and call 8-1-1 for health advice. Additionally, we ask all community members to exercise extreme caution and vigilance in protecting yourselves and your families against this virus. You are encouraged to self-isolate and monitor for symptoms. At minimum please self-monitor for symptoms, and keep your interactions with those outside your home to a minimum to safeguard your health, and follow all provincial guidelines and restrictions.

The 5 individuals who are lab-confirmed cases of COVID-19 are currently in isolation and following provincial guidelines and restrictions.

In a notice released by Northern Health last week, they report that the recent surge in lab-confirmed COVID 19 cases in the Northern Health region is creating a backlog on contact tracing resources. Contact tracing means public health identifying and directly notifying all close contacts of every confirmed case.

Due to delays in contact tracing, all community members are reminded to continue to self-monitor and continue to practice all provincial guidelines and restrictions. Again, it is crucial that at minimum you please self-monitor for symptoms, and keep your interactions with those outside your home to a minimum to safeguard your health - follow all provincial guidelines and restrictions.

Northern Health reports that rates of COVID-19 activity in the North during this second wave mean that all residents, whether or not they are known close contacts of a lab-confirmed COVID case, are at similar risk. For this reason, everyone should follow public health advice and orders, and closely self-monitor for symptoms, and seek testing if symptoms develop. Everyone who tests positive for COVID-19 should immediately self-isolate, along with all persons in their household.

If you are experiencing any COVID-19 symptoms, we ask that you self-isolate, and contact your primary care provider or any of the following:

- **1-855-344-3800** - First Nations Virtual Doctor of the Day, 8:30 a.m. - 4:30 p.m., 7 days a week
- **1-866-913-0033** - First Nations Health Authority
- **8-1-1** - HealthLinkBC;
- **1-866-565-2999** (or 250-565-2649) - Northern Health Authority
- **1-844-645-7811** Northern Health COVID-19 Information Line

Some general information about testing:

- When an individual is experiencing even a mild symptom of COVID-19, they are advised to be tested.
- Following testing, individuals are advised to self-isolate while awaiting results (this means no travel).
- If an individual is diagnosed with COVID-19 and has symptoms, they are required to self-isolate for a minimum of 10 days from the onset of symptoms, and they must follow the British Columbia Centre for Disease Control self-isolation information.

Following a negative test result, you may still be required to self-isolate:

"For as long as the sun shines, the grass grows and the rivers flow."

- The BC Centre for Disease Control states that *"if you get a negative test result and your symptoms are gone, most people can stop self-isolating. No one should return to work, school, or regular activities unless they feel well enough to be there."*

Close Contacts and contacts of Close Contacts:

- Close contacts of a positive case will be contacted by Public Health and advised to self-isolate. The information bulletin released by Northern Health on December 10, 2020 indicates delays in contact tracing due to resource constraints.
- A close contact is anyone who has been within 2 metres (6 feet) of a positive case, with no masks, for a prolonged period of time (longer than 15 mins).
- If you are a contact of a close contact, you should monitor your health and contact HealthLinkBC or the First Nations Virtual Doctor for further guidance. If 14 days have passed since initial contact with a positive case, and no symptoms have developed, a close contact can return to their day-to-day activities, while following preventative measures.

Travel Advisory, we are asked to limit our travel to essential travel only:

- ***Essential travel*** means travelling for work, school, medical appointments, to obtain groceries and medicines, and other essential items for living. It can also mean travelling to care for someone, such as a family member who is ill.
- ***Non-essential travel*** means travelling for recreation, tourism, or entertainment. Stay local for these activities.

Public Health Office – Order Infractions witnessed can be reported:

As noted on the British Columbia Provincial government website, under the Government's Emergency Program Act, orders can be enforced by police or other compliance and enforcement officials. People who are witnessed as not following Orders can be reported. If you witness non-compliance with the Order, the Regional Health Authority (250-565-7322) or the RCMP (non-emergency line: 250-774-2700) are the authorities who should be contacted.

If you know you were in contact with an individual who has tested positive for COVID-19, do not wait for a health official to contact you, take all precautions to safeguard you and your loved ones and call 8-1-1.

Stay safe, and stay healthy, and do your part to prevent the spread of COVID-19. We are all in this together.

Yours truly,
FORT NELSON FIRST NATION per,



Sharleen Gale
Chief Councillor

C.C. Council
Executive Director
EOC