



# Gitsegukla Band Council

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## COVID-19 Social Distancing & Self-Isolation – Do Your Part March 31, 2020

On March 28, 2020, the Provincial Health Officer for British Columbia, Dr. Bonnie Henry, respectfully asked BC First Nations to cease all gatherings that would pose a risk to their elders and member with pre-existing medical conditions. Dr. Bonnie Henry reiterated the importance of not coming together physically, but understands it is challenging when ceremonies are also important. She encourages the gatherings for ceremonial purposes to be done virtually and continue with precautionary measures that will not endanger the lives of elders and those with underlying medical issues. Dr. Bonnie Henry, stated we need 100% commitment from everyone to flatten the curve.

### What does Social Distancing look like in the community of Gitsegukla?

1. Cease all social gatherings that include:
  - a. Ceremonial Gatherings
  - b. Parties and get-togethers
  - c. Family and/or Friend Dinners
2. Stop visiting others in the community, especially if you live with elders
3. Staying at least 6 feet apart when shopping for essentials or for required medical appointments.
4. Stay home.

### What is Social Distancing and Self-Isolation?

**Social Distancing:** *“It is a set of infection control actions intended to stop or slow down the spread of a contagious disease. The objective of social distancing is to reduce the probability of contact between persons carrying an infection, and others who are not infected, so as to minimize disease transmission, morbidity and ultimately mortality.”*

[-Wikipedia](#)

**Self-Isolation:** *“It means staying home and avoiding situations where you could come in contact with others. You may have been exposed to the virus and are at risk for developing COVID-19 and passing it on to others. You may not self-isolate in a place where you will be in contact with vulnerable people, such as seniors and individuals with underlying health conditions.”*

[-BC Center for Disease Control](#)

**This message is from the Gitsegukla Chief and Council**