

# Gitsegukla Band Council

710 Ray Charles Avenue  
Gitsegukla, BC  
V0J 2J3  
Phone: 250-849-5490

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## **COVID-19**

### **Update - Community Protection Measures – Level 3**

### **May 8, 2020**

#### **Community access remains gated and monitored 24/7**

This is an update to the Community Protection Measures – Level 3, first implemented on March 20<sup>th</sup>, 2020. The updates are clearly labelled in Red “Update”.

As stated in the March 20 notice, the community remains open only to local residents and essential personnel e.g. medical or elder care. By implementing Level-3, Community Protection Measures we are significantly lowering the risk of infection within Gitsegukla. The best method to mitigate infection is to avoid it all together. Level-3 measures include:

- **UPDATE:** As you will have noticed by now there is only one gated entrance to the village. All other entry points are blocked to ensure only residents and authorized personnel enter the community. All non-residents are denied entry.
- **UPDATE:** Effective Monday May 11, 2020, all residents leaving the village must self quarantine for a minimum 14 days upon returning to the village. This includes returning from New Hazelton, Terrace and Smithers. The only exceptions are frontline workers that are providing essential services to the community e.g. Personal Car Aids, Community Health Reps, First Responders etc.
- **UPDATE:** Gatekeepers keep a log book of all activities that happen in and around the village entrance. The log will be reviewed and those found to be breaking quarantine will be contacted. In addition, all non-residents that are not authorized to be in the village will be noted and if needed their names and/or description of themselves and/or vehicles will be published on the Gitsegukla website.
- **UPDATE:** For those that need to quarantine or are already doing so, please post the attached self-quarantine notice on your door to inform others you are doing your part to protect the community.
- **UPDATE:** All notices and other COVID19 related information is available 24/7 on our website at: <http://www.gitsegukla.net/covid-19/>

In order to mitigate risks to the community especially our elders and residents with pre-existing medical conditions, please limit your travel in and out of Gitsegukla. Remember all it takes is one infection. If you absolutely must leave, please exercise social distancing. Helpful tip: Send one person in to shop for you, wash your hands as much as possible, and stay at least a distance of 3 – 9 feet away from others.

It is important to remember that some people in Canada carrying the COVID-19 virus have not displayed any symptoms and later tested positive.

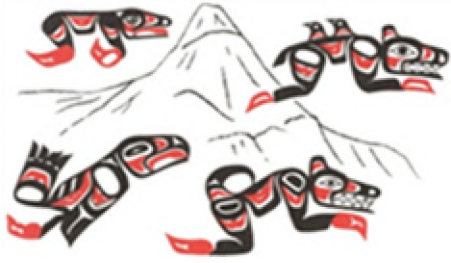
## Self Quarantine Information

### THE FOLLOWING PEOPLE MUST SELF-QUARANTINE:

<ul style="list-style-type: none"> <li>● Individuals who have traveled outside of Gitsegukla, or to other provinces, or outside the country;</li> <li>● Individuals who have been in direct contact with individuals who have traveled outside our local area, to other provinces, or outside the country;</li> <li>● Those individuals who have cold and/or flu symptoms, including a fever, cough, runny nose, and sneezing; and,</li> <li>● <i>It is also suggested that those individuals who are at high risk for COVID-19 (i.e. elders, persons with compromised immunity, etc.) practice self-quarantine measures.</i></li> </ul>
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### SELF-QUARANTINE PROCEDURES

<b>Community Members should do the following in self-quarantine:</b>
<b>DO</b> stay home and stay safe.
<b>DO</b> self-isolate for 14 days minimum.
<b>DO</b> contact a Gitsegukla Community Liaison for further assistance. <ul style="list-style-type: none"> <li>● Primary Community Liaison: Wanda Howard - 250-901-9188</li> <li>● Back-up Community Liaison (If Wanda Howard is unavailable): Sharon P. Russell -250-631-8928.</li> </ul>
<b>DO</b> stay on your own property if you go outside.
<b>DO</b> use the <a href="https://bc.thrive.health/">https://bc.thrive.health/</a> application to perform and initial assessment.
<b>DO</b> call the <b>8-1-1</b> HealthLink BC health information line for phone advice phone line.
<b>DO</b> call the virtual online clinic offered by Northern Health at <b>1-844-645-7811</b> – this is a clinical number that if you feel unwell you can call. They offer a 3-tier system where they will screen your matter, connect you with a nurse if necessary, and connect you with a doctor to discuss your symptoms if necessary. Please note that they are currently getting 140-160 calls per hour and are adding staff daily to assist people.
<b>DO</b> use the phone to call or Facetime, text message, e-mail, and use social media to stay socially connected.
<b>DO</b> reach out to your friends and family to drop items off for you (tell them to leave it on doorstep, do not have contact).
<b>DO</b> enjoy your backyard within the confines of your own lot to get fresh air and exercise.
<b>DO</b> cancel or reschedule unnecessary appointments, meetings, and travel.
<b>DO</b> read communications from reliable sources, Health Canada or Provincial Health Officer, etc.



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<b>Community Members should NOT do the following in self-quarantine:</b>
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<b>DO NOT</b> allow visitors into your home, this includes social interactions of any type; only residents of your household should be in your household and all residents should try to remain 6 feet apart at all times.
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<b>DO NOT</b> go to other people's homes, or leave your property, this includes social interactions with others who are not in your household.
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<b>DO NOT</b> go to any public places, including stores.
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<b>DO NOT</b> travel to higher risk locations (Vancouver, Edmonton, Grande Prairie, Prince George, and Fort St John, NWT, Yukon etc.)
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**This message is from the Gitsegukla Chief and Council**