



Gitsegukla Band Council

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Gitsegukla, BC

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Gitsegukla COVID-19 Notice – October 2, 2021

Gitsegukla Band Council COVID-19 Committee met on October 1, 2021 to discuss Gitsegukla's response to the increase transmission of COVID-19 in the local area.

There are currently 7-active cases of COVID-19 in the community.

Gitsegukla Elementary

The COVID-19 Committee has requested the school to move to online-learning for one week beginning Monday, October 4, 2021.

There have not been any confirmed exposures of COVID-19 at Gitsegukla Elementary School.

School will return to in-person teaching on Tuesday, October 12, 2021.

Band Office and Health Building

The Administration Office and Health Centre will remain open on a "by appointment only" basis for the near future. Please continue to call ahead to book your appointments.

Gitsegukla Health: (250) 849-5231.

Gitsegukla Band Office: (250) 849- 5490

Continued Diligence

We continue to stress the importance of following Provincial guidelines and regulations to prevent the spread of COVID-19 including reducing non-essential travel where possible, use of masks when in indoor public spaces, practicing physical distancing (2 metres), and frequent handwashing/use of hand sanitizer. For more information about COVID-19, prevention & risks, or vaccination, please visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Nothern Health Orders

Personal gatherings in your home

- one additional family or 5 guests

Personal gatherings outside your home

- maximum 50 people

Indoor events – have a safety plan (the organizer should have a safety plan, but is not required to submit one for approval) https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/coronavirus/documents/covid-19-event-safety-plan.pdf

Penalties

The Province has instituted violation tickets ranging from \$230 - \$2,300 for engaging in abusive or belligerent behaviour in relation to health orders, failure to comply with orders or event conditions, and refusing to comply with the direction of an enforcement office.

Testing and Symptoms

The BCCDC COVID-19 testing guidelines have been updated to reflect new evidence about COVID-19 symptoms. Some symptoms, like fever or chills, cough, loss of sense of smell or taste, and trouble breathing are more likely to be COVID-19.

If you don't know if you have had contact with someone who has COVID-19, and have new or worsening symptoms, you need to be tested.

If you have 1 or more of these key symptoms, seek testing as soon as possible:

- Fever
- Chills
- Cough
- Loss of sense of smell
- Loss of sense of taste
- Difficulty breathing

If you have 2 or more of the symptoms below for more than 24 hours, and they are not related to any other pre-existing conditions, seek testing.

These symptoms are:

- Sore throat
- Loss of appetite
- Extreme fatigue/tiredness
- Headache
- Body aches
- Nausea/vomiting
- Diarrhea

A COVID-19 test is also recommended if you are a contact of someone who tested positive for COVID-19 and you have even one of the COVID-19 symptoms above.

A person with mild symptom(s) may elect to seek COVID-19 testing, even when it is not required.

You need to self-isolate while you wait for your test result so you don't potentially spread COVID-19 to others.

Testing is not recommended if you do not have symptoms, even if you are a contact. COVID-19 test results are available by phone by calling the BCCDC COVID-19 Results line at 1-833-707-2792. The line is open from 8:30am to 4:30pm, seven days a week.

If you are required to self isolate while waiting for test results or receive a positive test result, the Health Centre can assist you during this time with groceries, other necessities, and activities to help pass the time in isolation. Please contact Mandy or April at Gitsegukla Health for assistance (250) 849-5231. Do not visit the Health Centre if you are required to be isolating, please reach out by phone.

If you have any questions or concerns, please reach out to Gitsegukla Health by phone (250) 849-5231.

If you have any questions or concerns feel free to contact the Health Centre, Band Office, or email GitseguklaCAO@mp.ca

Gitsegukla Band Council Covid-19 Committee