



Okanagan Indian Band

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MEMBER BULLETIN

January 7, 2021

Several confirmed COVID-19 cases in Community

Chief and Council remind members to practice the COVID-19 protocols: wash your hands, wear a mask, practice social distancing, and avoid all gatherings

As the number of confirmed COVID-19 cases in community continues to grow, Chief and Council and OKIB Health wish to provide information on what happens when there is a positive COVID test, and what you can do to protect yourself to remain COVID-free.

What happens when there is a positive COVID-19 test in community?

When there is confirmation of a positive COVID-19 case, the OKIB Health team works in collaboration with Interior Health to ensure containment by quarantine, and limiting additional spread through contact tracing.

When we become aware of positive cases, and the health system has responded, OKIB nurses and/or Interior Health nurses will continue to work with affected members and their respective families directly for follow-up.

What can I do to help keep myself and my family free of COVID-19?

Members are encouraged to continue practicing the COVID-19 protocols:

- Wash your hand regularly and avoid touching your face.
- Practice social distancing of 2 m / 6 ft.
- Wear a mask in public.
- Avoid our elders and vulnerable people.
- Do not host or attend parties.
- Stay home. Avoid visiting outside of your immediate household.

“We can flatten the COVID-19 curve and make a meaningful impact on our community by following the protocols,” said Chief Byron Louis. “We did it in the spring and summer and we can do it again if we act now. Listen to the health experts and be a leader by helping to protect your community.”

Chief and Council remind members that a positive diagnosis of COVID-19 is a health issue and not necessarily an indication of poor judgement. Those who follow the protocols are at a reduced risk to catch COVID-19 but they are not immune. Only the vaccine can assure immunity at the present time. It would be wrong to blame someone for catching a cold and it is no different for COVID-19.

Still, the current outbreak has been traced to a Christmas get-together, and the OKIB Health team expects to see another spike in the coming days related to New Year's celebrations. This unfortunately confirms the dangers associated with social gatherings. It is important for people to avoid parties and gatherings because even those who test positive may not have any symptoms and may believe themselves to be healthy.

"COVID is here to stay," Chief Louis continued. "Let's get used to the new reality and work hard to protect one another. Follow the protocols. Stay calm, stay positive, and stay home."

COVID-19 vaccines for OKIB members are expected to begin arriving sometime in the first quarter of 2021, although quantities may be limited.

If you have any questions or concerns regarding COVID-19 and you would like to speak to an OKIB nurse please call **250-241-7595**. A nurse is available Monday to Friday, 8 a.m. to 4:30 p.m.

For more information from First Nations, federal and provincial health authorities visit our COVID-19 page at www.okib.ca/covid