



OKIB COVID-19 COMMUNITY UPDATE

As of January 8, 2021 @ 4 p.m.

This information has been compiled by OKIB Health to provide you with the current status about COVID-19 cases in Community.

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

How many active cases of COVID-19 are there in community?

There are currently 9 active cases that we are aware of. There may be other cases that we are not aware of. If anyone has COVID-19 symptoms, and would like to be tested, please call the **Nurse Hotline at 250-241-7595**.

If you have been diagnosed with COVID-19 but have not informed OKIB Health, please call the **Nurse Hotline at 250-241-7595**.

Schools

- All daycare programs remain OPEN, including the preschool (K4) and Nest classes.
- All school programs (Kindergarten through to Grade 7) remain online.
- Language and Cultural learning will remain online.
- 10 children per room maximum.

My neighbour has COVID-19. What should I do?

Treat your neighbour with kindness. Do not judge. Practice lateral kindness and follow 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 or gatherings.
- Stay home. Avoid visiting outside of your immediate household.
- No visitors, or having visits with anyone you do not live with or anyone outside your household bubble.

I have been diagnosed with COVID-19. Should I check in with OKIB Health team?

Yes. OKIB Health does our own contact tracing and we have capacity to help members. Call the Nurse Hotline at **250-241-7595**. OKIB Nurses and physicians are bound by oath and by law to treat your information confidentially. And we may be able to help.

Among my family, who can I visit?

The advice of Dr. Bonnie Henry, Provincial Health Officer, is to limit contact to the people within your “household bubble”. This is not the same as your “family bubble” which may be much larger. Keep your bubbles small (maximum 6 people).

If your family needs to assist an elder or others, pick one person from your household as the liaison (masks and safe distancing required; no hugging please). Otherwise, please shelter in place within your household bubble. No visitors, or having visits with anyone you do not live with or anyone outside your household bubble.

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What about the vaccines? When will they be available?

The vaccines have been promised to arrive at OKIB Health any day now, although we do not have an exact date of arrival.

Vaccines will be distributed to vulnerable people first, then will be made available to the general population of OKIB members and their households, both on and off reserve.

The vaccines are safe, as proven by numerous scientific studies. There is no credible scientific evidence that vaccines are dangerous. Diseases like TB and small pox, which previously decimated OKIB members, no longer affect large populations because of effective vaccines. **The COVID-19 vaccines are safe and effective.**

To help prevent you and your loved ones from becoming sick—and to prevent the spread of COVID-19—we recommend everyone get a vaccination. Once approximately 75% of the population has been vaccinated the herd immunity factor will kick in, although those who have not been vaccinated will remain at risk of catching COVID-19.

When will the restrictions end?

As stated by Chief Byron:

COVID is here to stay. Let's get used to the new reality and work hard to protect one another. Follow the protocols. Stay calm, stay positive, treat people with 'lateral kindness,' and stay home. We can flatten the COVID-19 curve and make a meaningful impact on our community by following the protocols. 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. Be strong; be kind.

Has anything like this every happened before to OKIB?

OKIB has a rich history of facing and overcoming pandemics that have decimated our communities. This is why we take the pandemic so seriously. We must fight this beast until it can no longer hurt us. This will be attained through the vaccine. In the meantime, it is vital that we follow the advice of First Nations, federal and provincial public health officials.