



OKIB COVID-19 COMMUNITY UPDATE

As of January 13, 2021 @ 3 p.m.

This information has been compiled by OKIB Health to provide you with current information about COVID-19 in community.

If you have any questions or concerns regarding COVID-19, including testing, and would like to speak to an OKIB nurse, call **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 **0 active cases** in community and **2 active cases** among members off reserve. 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**. OKIB Nurses are bound by oath and by law to treat your information confidentially. We are here to help you.

[Click here to read about Rachel Marchand's COVID-19 story.](#)

When will vaccines 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, as determined by FNHA, then will be made available to the general population of OKIB members and their households, both on and off reserve. To get on the vaccination list call the **Nurse Hotline at 250-241-7595**.

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.

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.

Can I visit my family and friends?

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. No visiting anyone you do not live with outside your household bubble.

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.