



Okanagan Indian Band

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HEALTH BULLETIN

September 7, 2021

COVID-19 Testing

Members, please call the OKIB Nurses Hotline at **250-241-7595** to book for COVID-19 testing (see the document below for testing requirements).

We have COVID-19 testing available Mon-Fri by appointment only. Sat/Sun: Call Interior Health 1-877-740-7747 for COVID-19 testing.

When to get tested for COVID-19

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others.

If you or your child have any of the symptoms listed on the attached document follow the instructions.

http://www.bccdc.ca/.../COVID.../When_to_get_tested.pdf

COVID-19

When to get tested for COVID-19

Based on current evidence, some symptoms are more likely to be related to COVID-19 than others.

If you or your child have any of the symptoms listed below, follow the instructions.

SYMPTOMS	WHAT TO DO
<ul style="list-style-type: none">• Fever (above 38° C)• Chills• Cough• Loss of sense of smell or taste• Difficulty breathing	<p>1 or more of these symptoms: Get tested and stay home.</p>
<ul style="list-style-type: none">• Sore throat• Loss of appetite• Headache• Body aches• Extreme fatigue or tiredness• Nausea or vomiting• Diarrhea	<p>If you have 1 symptom: Stay home until you feel better.</p> <p>2 or more of these symptoms: Stay home and wait 24 hours to see if you feel better. Get tested if not better after 24 hours.</p>
<p>If you are a close contact* of someone who has COVID-19 and have any of the symptoms listed above: Get tested and stay home.</p>	
<p>Check your symptoms with the B.C. Self-Assessment Tool. If you have any questions, or the symptoms get worse, contact your healthcare provider or call 8-1-1.</p>	

* You will be notified if you are a close contact. For more information on close contacts, go to <http://www.bccdc.ca/covid19closecontacts>

For more information on COVID-19, go to www.bccdc.ca

If you develop severe symptoms, such as difficulty breathing (e.g. struggling to breathe or speaking in single words) or chest pain, **call 9-1-1 or go to the nearest Emergency Department.**