



Okanagan Indian Band

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HEALTH BULLETIN

January 12, 2022

Updated information regarding COVID testing, self-isolating, and FNHA meal funding available to Members who have been asked to isolate due to COVID-19

If you are isolated due to a confirmed COVID-19 diagnosis please consider using the FNHA COVID meal support hotline phone number 1-888-305-1505. For more information please refer to the Frequently Asked Question (FAQ) info sheet:

<https://www.fnha.ca/Documents/FNHA-COVID-19-Meal-Support-FAQs.pdf>

Way' Members,

With the recent surge in the omicron variant, it is becoming increasingly difficult to count COVID-19 cases. Rather than counting cases, health authorities including OKIB Health now monitor these markers:

- Rates of absenteeism from work, school or daycare. Basically, if someone is absent it is assumed they have COVID-19 symptoms. If you have COVID-19 symptoms please stay at home and isolate for 5 days. Seek medical care if your symptoms worsen.
- Level of acuity / sickness. We continue to monitor severe cases including hospitalizations (currently low).

If you have any questions or concerns regarding COVID-19 and you would like to speak to an OKIB nurse, please call the Nurse Hotline at **250-241-7595**. A nurse is available Monday to Friday, 8 a.m. to 4:30 p.m. Or you can call the provincial HealthLinkBC line at **8-1-1**.

COVID-19 Testing no longer provided at OKIB Health Center

COVID testing will no longer be offered at OKIB Health Clinic due to the surge in confirmed cases. Those wanting to schedule a COVID test are encouraged to book an appointment in town with Interior Health. Please visit the Interior Health website for additional information on COVID testing: <https://www.interiorhealth.ca/health-and-wellness/disease-outbreaks/covid-19/testing-information>

Best offense is a strong defence: Continue to practice the COVID-19 protocols

As we move through this phase of the pandemic, please remember that the COVID-19 protocols provide a significant level of protection and can ensure the symptoms are less severe:

- **Get vaccinated. Call the Health Centre today at 250-542-5094 to book an appointment.** Over 3.5 billion COVID vaccine injections have been provided worldwide. The vaccine is safe and effective.
- Wear a mask properly when in public places.
- Maintain a physical distance of 2 m / 6 ft. when possible.
- Use hand sanitizer and wash your hands frequently.

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Self-isolation and self-monitoring

The BC Centre for Disease Control website provides information about self-isolation and self-monitoring very clearly and goes through numerous scenarios: <http://www.bccdc.ca/>