



Okanagan Indian Band

12420 Westside Road • Vernon, BC, • V1H 2A4
Telephone: 250-542-5094 • Facsimile 250-542-5001

OKIB COVID 19 Hotline

OKIB COVID 19 Hotline Number: 250-241-7595 or 250-542-5094 (Mon-Friday 8-4:30pm)

- This support is a self-referral voluntary program that any community member may participate in.
- COVID 19 Testing:
 - Is available, and recommended, for any community member who: WHO HAS SYMPTOMS OF COVID FOR OVER 24 HRS, HOWEVER MILD THOSE SYMPTOMS MAY BE.
 - Is offered to symptomatic community members by appointment only. The community member must call the OKIB COVID 19 Hotline number first to complete an assessment and to book a test if advised.
- If a person does not have symptoms of COVID 19, then testing would not be offered. However, a community member can always request guidance/teaching and support regardless of symptoms.
- Information on COVID 19 can be provided for the following:
 - Routine Practices for Self, and Community, for COVID 19 prevention
 - Self-Monitoring for COVID
 - Self-Monitoring for Vulnerable Populations
 - Self-Isolation
 - Self-Isolation for COVID
 - Caring for Someone with COVID

Outside of OKIB Community Supports for COVID 19 (After Hours and Weekend) Support:

- 811 24hr Nursing Number
- BC COVID 19 Self Assessment Tool found at: <https://bc.thrive.health/>
- Interior Health Authority: COVID 19 Collection Centre Information 250-541-1094
- Public Health Agency of Canada COVID 19 Information Line: 1-833-784-4397
- Your Family Doctor

When to Seek Immediate Health Care

- If you are exhibiting any severe symptoms and /or difficulty breathing with increased shortness of breath do the following (or any other health alarming symptoms)
 - a. **Call 911 for emergency transport to hospital (Best Choice)**
 - b. Call VJH Emergency department first and advise them of your symptoms and that you are seeking urgent care. (Only if someone can drive you, calling 911 is recommended).