



k^wu alá k^wu kəkńíya?

"WE ARE HERE TO LISTEN"

RECOMMENDATIONS FOR ISOLATION &/OR QUARANTINE FOR COVID 19

Should I Attend Work?

Should I send my Child to School?

What if I am in contact with a person with respiratory symptoms?

**Any person/child with symptoms
(1 or more) however mild.**

**Those who have NO SYMPTOMS
of COVID and are contacts or
household members of those
who have symptoms (1 or more)
however mild and have NOT
been diagnosed with COVID 19.**

**Those with more severe illness
(e.g. admitted to hospital directly
due to COVID19) or who are
severely immunocompromised.**

RECOMMENDATIONS

SELF-ISOLATE

**Do not go to work and/or attend
school or daycare.**

Only exception is if symptoms
worsen and person needs to
seek medical attention.

SELF-MONITOR FOR SYMPTOMS

Can go to work, school, or daycare.

* If symptoms present,
person is to follow directions
in first column.

SELF-ISOLATE

**Do not go outside the house for
any reasons including work and/
or attend school or daycare.**

Only exception to leaving is
to seek medical attention.

Any person seeking testing for COVID 19 can contact
OKIB Hotline Number:
250-241-7595 or
Vernon COVID 19
Assessment Centre:
250-541-1097
to book for testing.

Self-isolation can only end when the following occurs:

When there is a
choice not to test
for COVID 19:

All below must be met before a person can return to their routine activities:

- A minimum of 10 days have passed since the onset of symptoms AND
- Fever has resolved (person has been fever free for over 24 hrs) without the use of fever-reducing medications.
- Symptoms (respiratory, gastrointestinal, and systemic) have improved and person is feeling better.

When a COVID 19
test has been
completed:

All below must be met before a person can return to their routine activities:

- A negative COVID test result has been received AND
- Fever has resolved (person has been fever free for over 24 hrs) without the use of fever-reducing medications
- Symptoms (respiratory, gastrointestinal, and systemic) have improved and person is feeling better.

This person is encouraged to do the following:
Be diligent in practicing infection
prevention measures such as:

- Wearing a mask
- Frequent hand hygiene
- Cough or sneeze etiquette
- Avoid people of the vulnerable population (Elderly, immunocompromised, pregnant, those with chronic health conditions and or health concerns)
- Frequent cleaning of high touch surfaces and commonly shared areas
- Maintaining social distancing (6 feet or 2 metres away from others)
- Adopt no-sharing policy (food, work equipment or supplies, etc.)
- Do not attend gatherings with large amounts of people and/ or in poorly ventilated spaces

Remember these contacts or household members have not been in the presence of a confirmed case or probable case of COVID 19 and are not required to quarantine.

* **If the person was in contact, and notified by a health care professional, with a confirmed case/probable case then it would be mandatory for them to self-isolate for COVID 19 for 14 days since their last contact with the case or probable case.**

- Self-isolate in the home, if possible using a separate bedroom and bathroom.
- No sharing of common spaces, and/or items within the house.
- Person's food/supplies to be provided to them (left at bedroom door) in a safe manner maintaining social distancing however possible.
- Person should wear a mask whenever in contact with others.
- Social distancing (6 feet or 2 metres apart from others) should be maintained when possible.
- Have no visitors.

This person is encouraged to do the following after severe illness and/or diagnosed with confirmed or probable case of COVID 19:

All must be met below before a person can return to their routine activities:

- Person has been advised by a health professional that they can end their isolation AND
- 20 days have passed since onset of symptoms AND
- Fever has resolved without use of fever-reducing medication AND
- Symptoms (respiratory, gastrointestinal, and systemic) have improved and the person is feeling better AND

* May be subject to change.

- Person is able to adequately manage their bodily fluids (i.e. they can control their runny nose and cough, and don't have vomiting or diarrhea).

- Person is able and willing to follow infection control measures. Infants & children can be unable to do this effectively given their age. Therefore for them it should not be a reason to not attend school or daycare.

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- Person is able and willing to follow infection control measures (infants & children can be unable to do this effectively given their age. Therefore for them it should not be a reason to not attend school or daycare).



If you or someone you know needs help, please call one of the numbers below:

- **9-1-1** if you are in an emergency
- **KUU-US Crisis Line** Indigenous crisis line available 24 hours per day:
1-800-588-8717 or 1-800-kuu-us17
- **1-800-SUICIDE** if you are considering suicide or are concerned about someone who may be: **1-800-784-2433**

- **310Mental Health Support** for emotional support, information and resources specific to mental health: **310-6789** (no area code needed).
- **Kids Help Phone** to speak to a professional counsellor, 24 hours a day: **1-800-668-6868**
- **Alcohol & Drug Information and Referral Service** to find resources and support: **1-800-663-1441**

- **Victim Services** - RCMP available Monday – Friday, 8:30-4:30: **250-260-7171**
- **ONRT – ONA Response Team:**
Charlotte Whitehead **250-869-9350**
Ali Butler **250-869-1604**
- **Okanagan Indian Band Health Department:**
Monday-Friday 8:00-4:30: **250-542-5094**

Okanagan Indian Band, 12420 Westside Road, Vernon, BC V1H 2A4

T 250.542.5094 **F** 250.542.3083

E hsddirector@okanagan.org



Okanagan Indian Band