



# COVID 19 OKIB COMMUNITY MEMBERS PATHWAY OF SUPPORT & RESOURCES

**A PERSON SUSPECTS THEY MAY HAVE COVID 19 AND HAVE HAD COVID 19 SYMPTOMS FOR GREATER THAN 24 HOURS.**

**YES**

## ADVICE

- Begin self-isolation for COVID 19. Go to: **(Self Isolation after a COVID 19 Test)** <http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20-%20CDC/COVID19-self-isolation-post-testing.pdf>
- Complete testing for COVID 19 by contacting one of the following:
  - OKIB COVID 19 Hotline number **250-241-7595**
  - IHA: Downtown Primary Care Clinic **250-503-3737**
  - Family doctor

Was the test result positive?

**YES**

A nurse either from IHA, Public Health or an OKIB nurse will make contact for notification of a positive test result and to provide guidance/support.

## ADVICE

- Follow guidance of self-isolation and COVID 19. Go to [https://www.healthlinkbc.ca/hlbc/files/self-isolation\\_and\\_covid-19.pdf](https://www.healthlinkbc.ca/hlbc/files/self-isolation_and_covid-19.pdf)
- Contact OKIB COVID 19 Hotline nurse (if not previously done) for assistance and support
- Complete OKIB Family Plan for COVID 19
  - OKIB COVID 19 nurse can provide assistance with plan completion. A plan can be requested by contacting OKIB COVID 19 Hotline#.

**NO**

## ADVICE

- Isolate for those who have respiratory symptoms. Go to **(How to Isolate: For those who have Respiratory Symptoms)** <http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>
- If symptoms present and/or last longer than 24 hrs, seek testing and begin self isolation for COVID 19.

**NO**

## ADVICE

- Continue to isolate for respiratory symptoms until the following occurs:
  - At least 10 days have passed since the start of your symptoms, **AND**
  - Your fever is gone without the use of fever-reducing medications (e.g. Tylenol, ibuprofen), **AND**
  - You are feeling better (e.g. improvement in cough, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue)
- Reach out to OKIB COVID Hotline to further teaching and/or supports if required

**OKIB COVID 19 HOTLINE  
250-241-7595**

8:00 am – 4:30 pm, weekdays  
(not evenings or weekends)



Okanagan Indian Band

Okanagan Indian Band Community Services & Development Health T 250-542-5094

### When Covid 19 is Possible or Suspected:

A Community Member can access the following available resources/supports by contacting an OKIB nurse via the OKIB COVID 19 Hotline Number: **250-241-7595**

- Guidance & teaching as well as informative literature on COVID 19 infection, prevention, and management of COVID 19
- Guidance, teaching, and informative literature for protecting vulnerable populations (Elders, Immunocompromised, etc) from COVID 19 infection
- Provision of door signs to indicate household caution for entering or indication of a vulnerable person residing within
- Testing, and assistance with obtaining results for COVID 19 at the OKIB Health Centre
- Assistance with completion of the OKIB Family Plan for COVID 19
- Wellness calls/checks by an OKIB nurse for monitoring of symptoms and possible illness
- Teaching on when to seek Health Care Provider support for COVID 19 symptoms or worsening of symptoms

### When Covid 19 is Confirmed:

A Community Member can access the following available resources/supports by contacting an OKIB nurse via the OKIB COVID 19 Hotline Number: **250-241-7595**

- Guidance, teaching, and informative literature on isolating for COVID 19 infection for the purpose of prevention of infection transmission
- Guidance, teaching, and informative literature for contacts of confirmed case/caregivers/household members of someone with COVID 19 Infection
- Assistance with completion of OKIB Family Plan COVID 19
- Wellness calls and checks to assess infection progression and/or need for higher level of medical care or additional supports
- Provision of door signs to indicate household caution for isolation or vulnerable person residing within
- Assistance on acquiring essential needs such as: shelter, food and or supplies will be reviewed and support can be provided on a case-by-case basis
- Teaching of when, and how person is to seek medical attention or emergency health services
- Assistance, if required, on obtaining transportation to medical attention ([Excluding transportation to Vernon Jubilee Hospital Emergency Room as this type of transportation is a medical emergency and requires a 911 call for ambulance services](#))
- Advocacy and support with health care professionals within the Interior Health Authority
- Direction on when ending of isolation for COVID 19 is indicated
- Directions on when, and if, a person should reach out for further OKIB Supports or to their Health Care Professionals post COVID 19 Infection

### 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, 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).
- **Kid's 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**

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