



# Okanagan Indian Band

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## HEALTH BULLETIN

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### **You can help reduce the impact of the virus on community**

March 18, 2020 - Members, during this exceptional time it is important that we think and act with the needs of our family, friends, and neighbours in mind. Please follow the advice of health officials and Chief and Council:

- Stay at home.
- When you go out be sure to maintain social distancing of 2 meters.
- While you may feel healthy, consider the safety of those around you.
- Continue to practice good hygiene including hand washing and covering your mouth when you cough or sneeze.

By practicing these routines we can help reduce the impact of the pandemic on our community. The goal is to slow the progression so that the health system can cope.

Let's nip it in the bud.

Please visit the OKIB COVID-19 page on the website for daily updates:

<https://okib.ca/departments/community-services-development/health/covid-19>