



Okanagan Indian Band

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HEALTH BULLETIN

March 23, 2020

What to do if you have symptoms

Information for all members of the Okanagan Indian Band

If you have **any** of these symptoms:

- Cough
- Fever
- Runny nose
- Sore throat
- Flu-like feelings
- Trouble with your breathing

You are **required** to do the following:

1. Self-isolate immediately (stay home and away from others).
2. Use the online COVID-19 Symptom Self-assessment Tool at <https://bc.thrive.health/covid19> or call **8-1-1**.
3. Call the OKIB Hotline Number at **250-241-7595** to let the OKIB Nurses know that you or your family are self-isolating.

IT IS VITAL THAT ALL COMMUNITY MEMBERS FOLLOW THESE STEPS.

**IF EVERYONE FOLLOWS THESE STEPS WE CAN REDUCE
THE RISK OF COVID-19 TO OUR COMMUNITY.**

OUR COMMUNITY'S HEALTH AND WELLNESS DEPENDS ON IT.