



# Gitsegukla First Nation Administration

710 Ray Charles Avenue  
Gitsegukla, BC  
VOJ 2J3  
Phone: 250-849-5490

## **COVID-19 Self-Assessment Process March 20, 2020**

The BC Ministry of Health strongly urges anyone who has symptoms – including a fever, cough, sneezing, sore throat, or difficulty breathing – to self-isolate for 14 days. If you are showing signs, please follow the listed steps.

- **Step 1: Call the Online Clinic, HealthLink BC, or use the Ministry of Health Self-Assessment Tool.**
  - 1-844-645-7811 - Northern Health Online Clinic, OR
  - 8-1-1 - Nurse's Help Line, OR
  - <https://covid19.thrive.health> – Self-Assessment Tool
  
- **Step 2: Self-Quarantine**
  - Unless instructed by a medical professional to seek medical attention, continue self-quarantine to minimize exposure to yourself and others.
  - Inform everyone by phone, text or email that you have been in contact with and instruct them to quarantine for 14 days.
  - If your symptoms are not decreasing or are becoming severe, please call 9-1-1 immediately.
  
- **Step 3: After you have completed Step 1, please contact a Gitsegukla Community Liaison for further assistance.**
  - Primary Community Liaison: Wanda Howard - 250-901-9188
  - Back-up Community Liaison (If Wanda Howard is unavailable): Sharon P. Russell - 250-631-8928.

**This message is from the Emergency Response Team**