



4 December 2020

Gitsegukla residents

There is a confirmed case of COVID-19 in our community as of today.

Community has been moved to a LEVEL 5 lock down which means residents only for entry to the village, limited travel (groceries, health care, work), no gatherings and essential workers only.

The following restrictions have been implemented immediately:

1. No visitors (including family) into your home
2. Essential travel only for medical reasons, food or work
3. STAY HOME
4. Follow the COVID protocol: hand wash, wear a mask and social distance. Keep your bubble limited to those in your home.
5. If you feel sick or have any illness call the health center for testing Monday through Friday 830-430pm. Evening and weekend testing can be arranged by calling 1-844-645-7811

Band office and Education is closed until further notice.

Gitsegukla Health and Wellness, 165 Howe Street, Gitsegukla, BC, V0J 2J3

Phone: (250) 849-5231 Fax: (250) 849-5235

Health Centre is providing essential services **only by appointment** and will be locked.

Contact tracing on the positive case is being done locally and testing will be offered for those that fit the criteria. If you feel sick or have any illness call the health center for testing Monday through Friday 830-430pm.

Evening and weekend testing can be arranged by calling 1-844-645-7811.

COVID Symptoms include:

- Fever
- Chills
- Cough or worsening of chronic cough
- Shortness of breath
- Sore throat
- Runny nose
- Loss of sense of smell or taste
- Headache
- Fatigue
- Diarrhea
- Loss of appetite
- Nausea and vomiting
- Muscle aches

If you have any questions, please do not hesitate to speak to our nursing team Mary Ann and Randy at 250-849-5231 Local 223.

Stay safe everyone and be kind. We can get through this.

Hamiyaa,

Julia Sundell
Health Director

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