



Gitsegukla Band Council

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Gitsegukla COVID-19 Notice - September 17, 2021

As Northern BC is experiencing another wave of COVID-19 cases, Gitsegukla Band Council Covid Committee would like to remind Gitsegukla members of the process that should be followed if you or someone you may be in close contact with is experiencing symptoms of COVID-19.

The BCCDC COVID-19 testing guidelines have been updated to reflect new evidence about COVID-19 symptoms. Some symptoms, like fever or chills, cough, loss of sense of smell or taste, and trouble breathing are more likely to be COVID-19.

If you don't know if you have had contact with someone who has COVID-19, and have new or worsening symptoms, you need to be tested.

Please contact Gitsegukla Health for local testing locations.

If you have 1 or more of these key symptoms, seek testing as soon as possible:

- Fever
- Chills
- Cough
- Loss of sense of smell
- Loss of sense of taste
- Difficulty breathing

If you have 2 or more of the symptoms below for more than 24 hours, and they are not related to any other pre-existing conditions, seek testing.

These symptoms are:

- Sore throat
- Loss of appetite
- Extreme fatigue/tiredness
- Headache
- Body aches
- Nausea/vomiting
- Diarrhea

A COVID-19 test is also recommended if you are a contact of someone who tested positive for COVID-19 and you have even one of the COVID-19 symptoms above.

A person with mild symptom(s) may elect to seek COVID-19 testing, even when it is not required.

You need to self-isolate while you wait for your test result so you don't potentially spread COVID-19 to others.

Testing is not recommended if you do not have symptoms, even if you are a contact. COVID-19 test results are available by phone by calling the BCCDC COVID-19 Results line at 1-833-707-2792. The line is open from 8:30am to 4:30pm, seven days a week.

If you are required to self isolate while waiting for test results or receive a positive test result, the Health Centre can assist you during this time with groceries, other necessities, and activities to help pass the time in isolation. Please contact Mandy or April at Gitsegukla Health for assistance (250) 849-5231. Do not visit the Health Centre if you are required to be isolating, please reach out by phone.

If you have any questions or concerns, please reach out to Gitsegukla Health by phone (250) 849-5231.

Gitsegukla Band Council Covid-19 Committee