

Give the gift of health and safety this year – it's one of the *most thoughtful and important gifts* you can give to those around you! While none of us thought that our world would look quite like it does right now, this winter and holiday season will need to look different. It means we have the opportunity to be creative, innovative and resourceful and still make it a meaningful season. This will be the year that we look back and say “do you remember when we did that? Do you remember when we needed to do things differently that season to keep others safe?”. Due to Covid case numbers still being high right across the Province (yes, even in our area), Dr Bonnie Henry has **extended the Province wide restrictions until January 8th, 2021** (at which time they can be changed or extended). This is because social interactions are the biggest transmission mode of Covid-19 right now. So, what does this exactly mean?

Some of these restrictions include:

- In- person events and community-based gatherings of any size are prohibited until further notice (50 people are no longer allowed to gather). Funerals, weddings and baptisms are allowed a maximum of 10 people only, with no feasts, gatherings or receptions afterwards.
- Masks are required in all indoor public spaces
- No social gatherings **of any size** at your residence with anyone other than your household or core bubble (for example: do not invite friends or extended family to your household, do not host gathering outdoors, do not gather in your backyard, do not have playdates for children).
- If you live alone, you can have the same 1-2 people in your bubble
- Travel should be for essential purposes only (for medical purposes or for work/school purposes) – this means not travelling to see family and friends during this holiday season as it's a high risk activity, and you bring that risk back to community when you come home.
- All indoor and outdoor sports for people 19 years of age and older are suspended
- Youth indoor and outdoor team sports can continue, but only for practices, with no travel and no spectators

For the full list of Provincial Health Orders, see

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions#travel-precautions>

What are some ways we can celebrate differently?

- Consider hosting virtual parties and spiritual events and ceremonies
- Take time to learn something new – virtually learn more about traditional medicines that are helpful in this winter season, learn some Secwepemc words, engage in virtual storytelling, or call an Elder to learn more about Secwepemc culture and traditions
- Unwrap gifts over Zoom or Skype
- Drop off baking, meals or a homemade gift at family and friends' doorsteps
- Have a holiday contest among your group of friends and family – have that ugly sweater contest, best hot chocolate concoction or a bake-off challenge on social media
- Go for a drive with your household or bubble to look at holiday lights

If you are experiencing any Covid-19 symptoms, please call or book a Covid test online:

- Covid test booking online: <https://www.interiorhealth.ca/Pages/default.aspx>
- Covid test booking phone number: **1-877-740-7747**

Stay safe and be well in the coming weeks. Take care of each other by staying connected, by staying apart. These measures are what is needed right now to keep the community safe, but they won't be forever.

Le7es Ke7s w7ec ne xexe7 t'e sit q't (Merry Christmas) and Ts7ecw-wc ne tsitsle t'e kwelltiyencwu (Happy New Year).