

Adams Lake Indian Band

P.O. Box 588; Chase, BC V0E 1M0

PHONE: (250) 679-8841 FAX: (250) 679-8813

www.adamslakeband.org email: receptionist@alib.ca

ALIB Community Communique

FOR IMMEDIATE RELEASE

April 23, 2021

Adams Lake Covid 19 Update

Submitted by Health & Wellness Department

Total cases since January 1, 2021: 51 cases.

*approximate, as we don't know all contacts.

Current Active Covid Cases	Recovered Covid Cases	Isolating at Home (Confirmed case or close contact)
0	51	0

Happy to report ALIB hasn't had any new cases in the last few weeks. We must all keep doing our part to slowing the spread of Covid 19.

With the spike across the Province with rise in Covid 19 cases, an order of the Public Health Officer (PHO), provincial restrictions have been strengthened to stop the spread of Covid 19.

Travel/Vacation

New travel restrictions have been put in place to decrease the spread of Covid 19. The new travel restrictions **will take effect this Friday, April 23rd until after May long weekend.**

- Avoid all non-essential travel. Do not travel for vacation.
- Stay within your health region, stay near home. See page two for map of the *Interior Health Authority* region in BC.

- If you made some campground/vacation reservations in another health region other than your region, your booking will be cancelled, and BC Parks will reimburse you.
- There will be some road checkpoints at random locations within the Province we are told, such as on the highway leaving Vancouver area and maybe coming into the lower mainland, and at ferry terminals.
- You can be given a fine if you are travelling out of your health authority for non-essential purposes.

Restaurants, Pubs, Bars

- Restaurants, pubs, bars and food courts are closed for indoor dining until May 25 at midnight.
- Take out and outdoor patio seating are allowed if the restaurant has a Covid 19 Safety Plan in place.

Gym and Recreation Facilities

- Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open if they have a Covid 19 Safety Plan.
- Indoor high intensity groups such as hot yoga, spin classes, aerobics, bootcamps are prohibited.
- Indoor low intensity group exercises are prohibited as well until May 25 at midnight.

If you would like to find out more information on the Covid Updates Restrictions, go to <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>

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Covid 19 variants continue to spread in BC

Three Covid19 variants of concerns have been detected in BC. Currently, the most common variants in BC are the *B.1.17* which was first reported in the United Kingdom and the *P.1* which was first reported in Japan and then Brazil. There is also the *B.1.525* variant first detected in South Africa and other variants from California, India and the Philippines. All the Covid 19 variants spread easier and may cause more severe case of Covid19. Some vaccines may not be as effective on the variants than they are on the original Covid19. As a result it is important to keep following the public health recommendations. All viruses change over time, some viruses change more rapidly such as the

Covid19 virus and the Influenza virus. According to BC Centre for Disease Control the current vaccines have been shown to still protect us from developing severe case of Covid19 caused by the Covid19 variants. There is ongoing research on the relationships between the current vaccines and the Covid19 variants. We will continue to inform you of any updates, but meanwhile keep practicing safe covid precautions such as good hand washing, wearing masks, staying home and practicing physical distancing.

*Be kind, be safe, take good care
of yourself and your family.*

