

## **Adams Lake Indian Band**

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

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

[www.adamslakeband.org](http://www.adamslakeband.org) email: [receptionist@alib.ca](mailto:receptionist@alib.ca)

# **ALIB Community Communique**

FOR IMMEDIATE RELEASE

**August 26, 2021**

## **Adams Lake Covid 19 Update**

*Submitted by Health & Wellness Department*

**Delta variant:** as per the Centre for Disease Control and Prevention, almost all of the Covid-19 cases identified in BC, including the Interior Health region, are of the Delta variant. The Delta variant spreads as fast as the chicken pox and can infect twice as many people than the original Covid-19 strain. In addition, the Delta variant seems to cause more severe illness than the original strain in unvaccinated individuals. People infected with the variant are more likely to be hospitalized than people who are infected with the original strain. Unvaccinated people are at much higher risk to get very ill from the Delta variant than fully vaccinated individuals, but do not be fooled, the Delta strain can affect vaccinated individuals as well, but fully vaccinated individuals appear to be less infectious, for a shorter time and requiring less hospitalization. The Delta virus produce less virus in the bodies of fully vaccinated individuals, keeping fully vaccinated individuals safer than unvaccinated ones. This is good news for fully vaccinated people and communities, but we must keep up the good work by keeping up with health measures, such as frequent hand washing, use of hand sanitizers, keeping our social bubble to family and close friends, maintaining two meters distance with individuals not in our bubble, and avoid non-essential travel as much as we can. As a review the covid symptoms includes fever, chill,

coughing, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea, vomiting, and muscles aches. Testing is only recommended for anyone with symptoms. If you do have symptoms, please contact the Interior Health Covid-19 booking support line at **1-877-740-7747** or **8-1-1**. Our values, our culture, and our teaching gives us the strength and the wisdom to face this challenge.

### **Latest news on Covid-19 in BC**

The Province of BC has ordered mandatory vaccination for all health workers at long-term care facilities. All health workers working at long-term care facilities must be vaccinated by October 12, 2021.

### **Effective immediately for all Interior Health Region:**

- **Masks are mandatory in all public spaces for people 12 and older.**
- Gatherings in vacation rentals are limited to five guests or one additional household.
- Personal indoor gatherings are limited to five guests or one other household.
- Organized indoor gatherings (e.g. weddings, funerals) are limited to 50 people and outdoor gathering are limited to 100.
- Outdoor personal gatherings such as BBQs, birthday parties, block parties, are limited to no more than 50 people.
- Low intensity indoor group exercise is permitted for a maximum of 10 people per class.
- High intensity fitness classes are not permitted.
- Outdoor group exercise is permitted up to 50 people per class.

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\*\*\*The Province of British Columbia has announced that starting September 13, 2021, **proof of vaccination will be required** for people attending certain social and recreational settings and events (events such as; sport events, indoor and patio dining, fitness centres, casinos and indoor organized events, conferences, weddings). People 12 years and older will be required to show proof of vaccination. A secure weblink will be provided before September 13<sup>th</sup> for individuals to look up and access their covid vaccine immunization record. Individuals will be able to save a copy on their phone to show it when entering or using designated businesses and events. The weblink has not yet been made public. There will be some alternative method for those unable to access the weblink.

While the case of Covid-19 in Central Okanagan is stabilizing, we are seeing increase Covid cases in all the other Interior Health regions. Most people are being exposed at social gatherings, workplaces, and social events. The Delta variant is leading to faster transmission and more severe outcomes for young people. The Province of BC is asking all those who work in public places and who have not received their Covid vaccines to get immunize ASAP. Currently there are no Covid vaccine clinics schedule for Adams Lake Indian Band, as a re-

sult we recommend that individuals contact Interior Health for their Covid vaccines. See below the phone numbers and or weblink to register online. There are no new travel restrictions for BC currently, but the Province of BC is asking people to stay home and to only travel for essential travel.

### How to get vaccinated

- Call 1-877-740-7747

- Or visit provincial website to register online [www.getvaccinated.gov.bc.ca](http://www.getvaccinated.gov.bc.ca)

- For a list of all Interior Health Covid-19 immunization clinics and other resources visit

<https://newsinteriorhealth.ca/news/covid-19-vaccines>

### School - Covid updates

As of now, schools will open beginning September, but masks will be mandatory for grades 4 to 12 in classrooms. Additional measures might be added where community transmission rates are higher. If your child 12-17 years old has not had his covid vaccines yet, we recommend you make an appointment with Interior Health at 1-877-740-7747.

*Be kind, Be safe.*

