

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

Sept 9, 2021

Adams Lake Covid 19 Update

Submitted by Health & Wellness Department

Covid updates for September 9, 2021

We are now in our fourth wave of Covid-19. The cases of covid are rising in BC but also for Adam' Lake Indian band. We now have 4 covid cases confirmed for Adam's Lake band.

What to do if you or your child have covid symptoms? call 8-1-1 to have your symptoms assessed.

Key symptoms of COVID-19 include:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

Other symptoms may include:

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

Go to an urgent care clinic or Emergency Department if you:

- Find it hard to breathe
- Have Chest pain
- Can't drink anything
- Feel very sick
- Feel confused

For COVID testing, there are multiple ways to book a test:

Online at Interior Health (Salmon Arm and Kamloops Public Health clinics): <https://interiorhealthcovid.secureform.ca/index.php>

Call the Interior Health Covid test booking line: **1-877-740-7747** for assistance between 8:00 a.m. – 7:00 p.m., PST, seven days a week

Chase Medical Clinic- has limited spots for testing only in the mornings (You need an appointment): **250-679-1420**

What to do if you or one of your family members (family member living in your household) test positive?

You must isolate, contact Adam's Lake Indian band home care nurse at 250-679-8841, and wait for Interior health CDU to contact you to interview you. The home care nurse at Adam's Lake only gets the positive cases once Interior health nurse has contacted the clients so it is important for clients who test positive to call Adam's Lake Indian band health centre and ask to be directed to the nurse for support. If you test positive you are eligible for some help with groceries for your two weeks isolation and for a box of cleaning supplies. In addition, the nurse will follow up with you every couple day to make sure you are doing better.

Proof of Vaccination and BC vaccine card

Starting September 13, you will need proof of vaccination to access some events, services and businesses. The website for the vaccine card will be up and running sept 13 but we are told to be patient as there will be a lot of people trying to access their cards on that day. From September 13 to September 26, you can use your covid vaccine card you were given by the nurse when you got your vaccine. You have till September 27 to get your BC vaccine card.

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Website to get vaccine card is WWW2.gov.bc.ca.
you can also download BC Services Card App.

What will you need to get your vaccine card?

Date of birth, your personal health number (which you will find on the back of your driver license or on your BC health card), the date you got the first or second dose of covid vaccine (which you will find on the covid vaccine card you were given when you got your vaccines). If you can't find your personal health number, you can call 1-833-838-2323 or Adam's Lake Indian band nurse.

You will be able to save a copy of your vaccine card on your phone. You can print a copy of your card, your children's cards or your parent's cards. We recommend you print multiple copies.

What are the places your vaccine card is required?
(for people 12 and over)

Indoor ticketed sporting events, Indoor concerts, theatre, dance and symphony events. Licensed restaurants (indoor and patio), pubs, bars and lounges. Nightclubs, casinos, movie theatres. Gyms, pools and recreation centres. Indoor organized events with 50 people or more. Post secondary on-campus student housing. Proof of vaccination not required to vote for this September 20 election.

You do not have to show proof of vaccination in grocery stores, liquor stores, pharmacies, unlicensed restaurants that don't offer table sitting

like fast food, coffee shops and takeout. Hotels, resorts, cabins, campsites, banks, retail clothing stores, food banks, shelters, post secondary cafeterias. You also don't have to show proof of vaccination to worship services, indoor youth recreational sports for people 19 and under, before and after school programs K to 12. Students' events activities K to 12, and indoor organized events with less than 50 people, except adult sports.

You must be fully vaccinated by October 24 to access some events, services and businesses.

How to schedule a covid vaccine appointment?
Call 1-833-838-2323. Or register online at WWW2.gov.bc.ca

IF your child has symptoms of covid please keep your child home from school and or daycare then call the covid line to see if your child needs to be tested, call 8-1-1.

For the Public Health restrictions (note the extra restrictions in the Interior and the North):

[https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions?
bcgovtm=20210311_GCPE_Vizeum_COVID_Goo
gle_Search_BCGOV_EN_BC_Text](https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions?bcgovtm=20210311_GCPE_Vizeum_COVID_Google_Search_BCGOV_EN_BC_Text)

Be kind, be smart, be safe, keep your love ones and community safe.