

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

Nov 12, 2021

Adams Lake Covid 19 Update

Submitted by Health & Wellness Department

Total cases since January 1, 2021: 87 cases.

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

Current Active Covid Cases	Recovered Covid Cases	Isolating at Home (Confirmed case or close contact)
5	81	5

Covid vaccines third dose:

Good news, we are receiving our shipment for the third dose of Moderna Nov 15th. Our Sxwetsméllp office will be calling Elders who live in Sxwetsméllp for their third doses, the clinic is set for Nov 17. Our nurse will have a clinic for Elders at our Sexqeltqin Health Centre on Nov 15th and 16th (mornings). If you are an Elder, please call the nurse to schedule your appointment. We will let you know the dates for our mass clinics once dates are confirmed.

*******A reminder to not attend any flu or covid clinics if you have any symptoms of flu and or Covid. If you have symptoms of Covid, please get tested for Covid*****

Will I require to show my third dose to enter events and to travel? At this point only two doses are required.

Covid restrictions:

Masks are still required in all public indoor settings for all people born in 2016 or earlier (5+).

The two vaccines are now mandatory in BC and Canada to access certain businesses and events.

If you did not receive your Covid vaccines, please call **1-833-838-2323** or book online at www.getvaccinated.gov.bc.ca you can also book your first and or second dose of Covid with our nurse at Sexqeltqin Health Centre.

How do I get my vaccine passport?

Go to www2gov.bc.ca, you will need your birth date, your health card number, and the date of one of your Covid vaccine. You can save a copy of your vaccine passport on your iPhone and your smartphone.

Isolation funding for covid

Who can receive isolation funding?

If you are isolating because you are Covid positive or are told to isolate due to exposure you are eligible to get isolation funding through FNHA. The funding is also retroactive.

The date to be eligible for the isolation funding are January 12, 2021, to December 31, 2021.

For isolation funding call **1-855-550-5454**.

***In addition, if** you are Covid positive or told to isolate please call Sexqeltqin Health Centre nurse. We can help you with cleaning supplies.

Continued next page

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

Influenza Flu vaccines

Our nurse has held a few small flu clinics already. You will be able to get your flu vaccines at the same time as your Covid vaccine at the mass clinic. The dates for the mass clinics are not set yet.

For a flu vaccine appointment call our nurse at Sex-qeltqin Health Centre.

What is Influenza?

Influenza is an infection of the upper way caused by the influenza virus.

Why should I get the Flu shot? A flu shot will protect you against the influenza virus. A person who has influenza is at risk of contracting other infections such as Covid, and pneumonia, while sick with the influenza. Therefore, it is important that you get your influenza shot.

Who should get the Flu shot?

All children 6 months and older, pregnant women, elders, teens and adults and essential workers.

Who should not get the Flu shot?

Speak to your doctor if you had life threatening reaction to a previous dose of Influenza vaccine, or to any part of the vaccine. People with allergy to eggs can receive the flu shot. People who had severe Oculo-respiratory syndrome

How does Influenza spread? Influenza spreads easily from person to person through coughing, sneezing, or face to face contact. The virus can also survive on objects, if an infected person touches their nose and then touches an object, then you can catch it from that object.

Grade six and 9 routine vaccines

For grade 6 and 9 vaccines please book with Public Health in Chase at **250-679-3312**.

PAP and breast exams

We would like to remind ladies to keep up with their annual PAP test and their breast exam (40 years old and over). It is easy to be distracted during the pandemic and not easy to access some health services but please take time to book your annual PAP test and breast exam.

Where can I get my PAP test done?

You can get your pap test at your doctor office, and at a BC PAP test clinic. Go to bccancer.bc.ca Women's health and sexual clinic; **778-765-3218** Salmon Arm options clinic: **250-833-4100** Breast exam (women 40 years and over are eligible) To book a breast exam call **1-800-663-9203** or go to bccancer.bc.ca



TOGETHER
WE WILL
GET
~~~~
THROUGH
THIS