

Please be advised we have confirmed Covid cases and contacts in the community, as well as the surrounding area. Our nurses are working very closely with Interior Health to respond to follow-up. We want to assure the community that contrary to what some think, we are a priority for Interior Health, and First Nations Health Authority is closely involved as well. Due to the significant rise in positive cases in Interior Health linked to the holidays, they are experiencing a higher burden on the healthcare system. All processes are still being followed. This follow-up is very detailed and takes time. We ask for patience and understanding and advise everyone to respond to phone calls if Interior Health calls you. By not answering your phone, or not giving accurate information, this delays the process, and puts others at risk. If you have been exposed as a close contact, you will be notified by Interior Health. A close contact is someone who shared airspace for 15 cumulative minutes in a day, and has been within 6 feet of that person for all 15 minutes. It is important that you always monitor how you feel and get tested if you have Covid symptoms, and to always follow all Covid restrictions and precautions. Because of a high rate of positive cases, Dr Bonnie Henry has **extended the Province wide restrictions until February 5th, 2021** (at which time they can be changed or extended).

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 22 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>

There is HOPE, especially as we see continued spread and the potential of a 3rd wave. Covid vaccines are coming. First Nations Health Authority has a lot of good information on the Covid vaccine at:

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>