

Adams Lake Indian Band

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ALIB Community Communique

FOR IMMEDIATE RELEASE

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Adams Lake Response to Covid 19

Confirmed cases in our community

Submitted by Health & Wellness Department

Please be advised we have confirmed Covid cases in the community, as well as the surrounding area. Interior Health and our nurses are working on the follow-up for this, which is a very complex and detailed process. If you have been exposed as a close contact, you will be notified by Interior Health. It is important that you respond to these phone calls. 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.

Leadership are working with the First Nations Health Authority and Interior Health to support the response to confirmed cases of Covid 19 in our community. Please continue to follow all Covid safety precautions so we keep safe and protect others even when there are cases nearby. Covid 19 protocols including:

Feeling unwell? Get yourself tested.

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. COVID-19 symptoms can range from mild to severe. Sometimes people with COVID-19 will have mild illness, but their symptoms suddenly worsen in a few days.

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 ache
- Nausea or vomiting
- Diarrhea

What to do if you **have symptoms that may be COVID-19 – **First, stay home! Then:****

- Use the BC COVID-19 Self-Assessment Tool to see if you need to be tested at <https://bc.thrive.health/>
- **COVID-19 Test Central Line Booking** 1-877-740-7747
- **Book a Covid test Online on Interior Health website -** <https://www.interiorhealth.ca> (Click on “Book a Covid `19 test” on the right hand side of screen)
- **Call Ahead - Chase Medical Clinic – 826 Thompson Avenue, Chase, BC 250-679-1420** Mon-Fri 8:00 - 1:00pm

If you don't have symptoms, but have more questions, or wonder if you should be tested (if you were in contact with a positive case), then:

Use the BC COVID-19 Self-Assessment Tool to see if you need to be tested at <https://bc.thrive.health/>

Call the 24 hr. BC Nurse Line at 811.