

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

February 19, 2021

Adams Lake Covid 19 Update

*Submitted by Administration Dept &
Health & Wellness Department*

ALIB Health & Wellness (H&W) Staff, with assistance of the Nurses from Little Shuswap Lake Indian Band, Neskonlith Indian Band and Interior Health, held vaccine clinics the week of Feb 8 to 12. Administering 210 Moderna vaccine doses from our first allotment. All of the 210 doses received, were given out to whom opted in and were eligible, including Elders, Staff members/their household members, and residents. At this time, the BC Covid 19 Immunization Program is for those 18 years and older. Clinical trials are starting to take place in children under 18, and so we may see eligibility change over time.

The H&W Dept received some feedback that some people who received the first dose experienced some side effects for one or two days after they received the vaccine. Side effects were typically mild to moderate, including pain or swelling in the arm where the vaccine was given. Tiredness, headache, fever, chills, soreness or nausea. Its not unusual to experience some side effects and some of them are a sign that your body is responding to the injection and your immune system is building a response. Serious side effects after getting the vaccine are rare.

Timeline for additional allotments is dependent on vaccine supply and availability. Everyone living on Chase and Salmon Arm reserves, who would like a vaccine and who are eligible to receive one, will have the opportunity to be vaccinated. **Please call to pre-register your name** on immunization waiting list for upcoming vaccine clinics.

If you live in the Chase community, call the Health Centre at **250-679-7726**, and if you live in the Gleneden community, please call the Health Centre at **250-833-0356**.

People who got their first vaccine dose will be notified when they are eligible to book an appointment for their second dose. Anticipate anywhere from 3 to 6 weeks after first dose.

For those Band Members who live outside our community and elsewhere in the province will be on a priority list in the areas where they live. Please call ALIB Health Centre **250-679-7726** for resource contact information.

It is still extremely important to continue to practice all of these preventive measures:

- **Wash your hands often**
- **Stay home when sick and getting tested**
- **Keep a safe distance from others (6 feet)**
- **Wear a mask in public spaces**
- **No gatherings, no visiting**
- **Stay in your household bubble**
- **Cover your nose and mouth with tissue when you cough or sneeze**
- **Clean and disinfect frequently touched objects and surfaces regularly**
- **If isolating or quarantined, stay home and comply with your set time, do not leave home and stay away from others.**

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Total cases since January 1, 2021: 50 cases.

Stats below are as of Feb. 17, 2021

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

Current Active Covid Cases	Recovered Covid Cases	Isolating at Home (Confirmed case or close contact)
7	43	*20

ALIB Band offices will continue to be temporarily closed, until we flatten the curve in our community. Essential services continue to be provided. Staff are working remotely. Band office re-opening will be assessed every Friday as to an opening date.

How Covid 19 Spreads

Covid 19 spreads from an infected person to others through respiratory droplets and aerosols created when an infected person coughs, sneezes, sings, shouts, or talks. The droplets vary in size from large droplets that fall to the ground rapidly (within seconds or minutes) near the infected person, to smaller droplets, sometimes called aerosols, which linger in the air under some circumstances.

The relative infectiousness of droplets of different sizes is not clear. Infectious droplets or aerosols may come into direct contact with the mucous membranes of another person's nose, mouth or eyes, or they may be inhaled into their nose, mouth, airways and lungs. The virus may also spread when a person touches another person (i.e., a handshake) or a surface or an object (also referred to as a fomite) that has the virus on it, and then touches their mouth, nose or eyes with unwashed hands.

First Nations Health Authority has great resources if you want to learn more information on Covid 19. Website: www.fnha.ca

If you require more information please contact Grace at ALIB Health Centre **250-679-7726** or email her at health-reception@alib.ca

Covid 19 Care Package Delivery

The ALIB Emergency Operations Centre Team members continue to work to ensure cooperative efforts, as we strive to get through this pandemic. Another Care Package is being prepared for delivery to households on Chase and Salmon Arm reserves. Care packages will include hand sanitizer, bleach, spray bottle, traditional medicines etc.

Door to door deliveries will be made on Tuesday, February 23, 2021 on Reserves #4 and #6.

The box will be left just outside your front door.

We hope this effort is helpful to our members and urge everyone to continue to take precautions and do your part in this global pandemic.

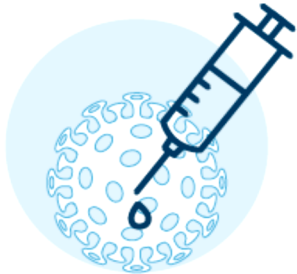


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First Nations Health Authority
Health through wellness

The facts about COVID-19 Vaccines



What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING FIRST NATIONS PEOPLE IS A PRIORITY

December



COVID-19 vaccines began rolling out to First Nations in BC at the end of December, 2020, and will be made more widely available over the next few months. The FNHA's Medical Officers strongly recommend that First Nations people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.

**STAY STRONG,
STAY THE COURSE.**

For more information, visit
www.fnha.ca