

Health & Wellness February Updates:

Feb 23rd is Pink Shirt Day!

As the Pink Shirt Day movement grows each year, we not only see more and more people practicing kindness – both online and off. Wear Pink to support Anti-bullying!



COVID / RAPID testing updates: Active Reported Cases: 8

Rapid tests continue to be available to those who are experiencing COVID symptoms only. Mild symptoms do not require testing. Please stay home if you are not feeling well.

- Rapid tests DO NOT WORK if you have NO symptoms.
- Rapid tests CANNOT be used after infection, to prove negative status for employment.
- Rapid tests are most effective, 3-4 days AFTER start of symptoms.
- Everyone has different isolation requirements, please contact the Community Health Nurse for guidance. Please self-report your positive result to www.bccdc.ca

If you are a close contact to a positive case, and are asymptomatic, NO test is required, continue to self-monitor x 10 days.

To book covid vaccine or booster, Please call 1-833-838-2323.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing/when-to-get-a-covid-19-test>

Please update your Contact information with our Health Center. Phone number, Status number, addresses, family members, Emergency contact.
250-679-7726

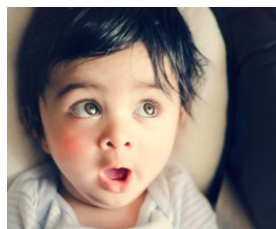


ALIB Health & Wellness will be offering a Health Clinic at ALRCC in March, stay tuned for day and time!

Maternal & Child Update

Child Vaccine Clinic cancelled for Feb 15, 16th due to no interest.

Well Baby Clinic- Baby Circle will be restarting, stay tuned for day and time.



Have Questions?

Ask your Community Nurse
250-679-7726 Chase
250-833-3106 Glen Eden
250-253-1505 Cell / text

