



# Community Update #1 re: Bella Coola COVID-19 cases

## January 7, 2021 - Number of Active Cases: 3

The Nuxalk EOC is requesting that we follow COVID-19 protocols:

1. **Please get a test if you have any symptoms: call Public Health Nurse Sophie Mack 250.799.5902**
2. **STAY AT HOME REQUEST** for all individuals in the Nuxalk Nation until further notice. Please do not visit outside your household. This is extremely important to help stop the spread of the virus.
3. A **CURFEW** is in effect **IMMEDIATELY** from **9PM to 6AM** – Please expect the Safety Patrol to be doing rounds in the coming days. If there are large parties or gatherings, the RCMP will be notified.
4. **WEAR A MASK AT ALL TIMES – SOCIAL DISTANCE – WASH YOUR HANDS**
5. Only essential services will be provided from the band office for the next two weeks (January 8 - 26, 2021)
6. The Nuxalk EOC is active and will work full time.
7. Continue to follow all precautions. **BE KIND**. This virus does not discriminate.
8. Check in on your elderly relatives and those with compromised immune systems by **TELEPHONE** only.
9. If you are returning **HOME FROM TRAVEL, YOU MUST SELF ISOLATE FOR 7 DAYS AND STRICTLY SELF-MONITOR FOR SYMPTOMS**
10. Limit any travel out of the valley to medical needs **ONLY**
11. Please do **NOT** invite any visitors from out-of-town.
12. Contact tracing is in progress

## COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

People with these symptoms may have COVID-19:



Fever or chills



Cough



Chills



Shortness of breath  
or difficulty breathing



Muscle or body aches



Headache



Congestion or runny nose



Sore throat

- Other symptoms may be:
- New loss of taste or smell
  - Fatigue
  - Nausea or vomiting
  - Diarrhea

This list does not include all possible symptoms.

~ Be Kind ~ Be Calm ~ Be Safe ~

## LARGE GATHERINGS ARE NOT PERMITTED

Please check the website and Facebook for updates

**Nuxalk Emergency Operations Centre**

Ph. 250.799.5368

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