



Community Update #10 re: Bella Coola COVID-19 cases

January 18, 2021 - Number of cases to date: 58

Please be advised this is the total number of cases in the Valley to date; we have not been updated yet as to how many cases are now out of isolation. We will provide this information as soon as we can.

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 or Amy Pootlass to book an appointment for a test 250.799.5441**
2. **STAY AT HOME REQUEST** for all individuals in the Nuxalk Nation until further notice. Please do not visit outside your household. This is very important to help stop the spread of the virus.
3. A **CURFEW** is in effect **IMMEDIATELY** from **9PM to 6AM** – 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. **BE KIND.** This virus does not discriminate.
8. Check in on your elderly relatives and those with compromised immune systems by **TELEPHONE**
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



Fever or chills



Cough



Chills



Shortness of breath
or difficulty breathing



Muscle or body aches



Headache



Congestion or runny nose



Sore throat

- Symptoms include cough, fever, chills, shortness of breath, headache, runny nose, muscle aches, fatigue, loss of smell or taste, sore throat, nausea and vomiting, diarrhea, loss of appetite

Please check the website and Facebook for updates

Nuxalk Emergency Operations Centre

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