



# Community Update #5 re: Bella Coola COVID-19 cases

**January 11, 2021 - Number of Active Cases: 16**

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

**~ 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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