

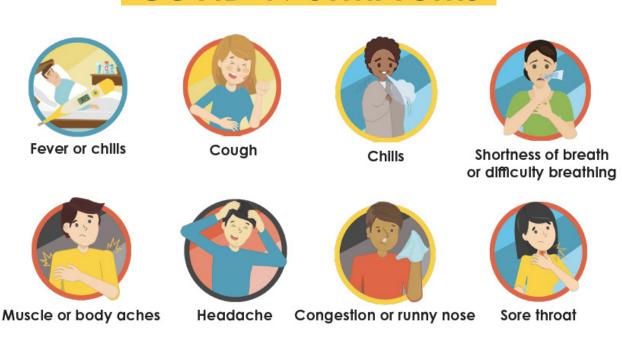
Community Update #7 re: Bella Coola COVID-19 cases

January 13, 2021 - Number of Active Cases: 25

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



• 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

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