



Chair's Message

Minimizing the spread of COVID-19 in our communities

September 15, 2020

Dear Community Members,

Following the recent news of there being four (to date) confirmed cases of COVID-19 in the Bella Coola Valley, and two (to date) confirmed cases of COVID-19 in Bella Bella, we would like to remind residents throughout the central coast of the minimum measures and steps recommended to reduce the spread of the virus.

- **Wash your hands regularly**
- **Maintain at least 6 feet physical distance between yourself and others, whether inside or out**
- **Stay home as much as possible**
- **Wear a mask when you leave your house**
- **Minimize travel**
- **Self-isolate if you leave and return to your community**

If each of us acts as if we have the virus and are trying to save the next person from becoming infected, we can each help to ensure we are doing our best to minimize the spread. Please remember our resiliency as caring communities through these difficult times. Our kindness, our care and our love will help see us through together.

Call 811 if you are showing COVID symptoms

Where to find the latest information provided to CCRD

Regional:

The CCRD website: **CCRD.CA** (click the banner at the top of the homepage)

CCRD Facebook page: **www.facebook.com/centralcoastregionaldistrict/**

Bella Coola Valley:

Facebook: Bella Coola Valley-Nuxalk Nation Coordinated Information Bulletin

CCRD Emergency Message Boards

There are six message boards located in the Bella Coola Valley:

- The Wharf
- Outside Bella Coola Post Office
- Outside Bella Coola Co-op
- Outside Hagensborg Post Office



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- Outside Hagensborg Mercantile Store
- Bottom of 'The Hill' at the chain-up pullover stop

CCRD continues to operate a Regional EOC to support the provincial health and First Nation response authority leads. The CCRD Regional EOC will continue to support inter-community collaboration and information sharing through the pandemic. The CCRD Board of Directors continues its efforts to advocate for the needs of central coast communities and our constituents through the response.

Let's All Do Our Part

We are asking *everyone* in our region to make it a priority to learn about the medical advice, to take it seriously and to act on it. If each and every one of us follows these actions, together we can minimize the spread of the virus in our communities.

Here is the best advice we have at this time:

Treat any surface outside of your home as a virus risk

Any surface you touch outside of your home could be a risk because the virus can survive on surfaces for up to 3 days (or possibly more).

Wash your hands - many, many times a day from now on

Wash your hands all the time, every time you touch ANY surface such as a door knob, ATM machine, pen at the store, gas pump etc. etc. outside of your home. Any surface at all.

Protecting yourself from the virus also protects your family

Protecting yourself from the virus doesn't just keep you safe but also those around you like elders or people with health problems who are more vulnerable.

Healthy people can still have the virus and accidentally pass it on

People who have no virus symptoms, no cough, cold or fever etc. could still have the virus and be able to pass it on onto others. Because the virus symptoms often don't show for 5-6 days or more.



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Enjoy staying at home

Minimize your visits out of your house, including to the store but remember to make time to go outside while maintaining the minimum safe distance from others to get exercise, fresh air and sunshine.

Offer to shop for those more vulnerable to the virus

The virus is most dangerous to the elderly and those with underlying health problems, so offer to do their shopping for them. BUT make sure you drop the shopping outside of their door and ask them to wash their hands after they have unpacked the bags or boxes.

Keep a minimum of 6 feet from others (outside of your household members)

Maintaining this minimum safe distance will significantly reduce the chance of infection.

Wear a mask when leaving your home

To protect yourself and those around you, please always wear a mask when visiting the grocery store or any public places.

Don't travel

Travelling out of community can increase the likelihood of coming into contact with the virus

Avoid Groups

Avoid gatherings and group meeting – keep your distance from others to significantly reduce your chances of coming into contact with the virus

We know that you will do everything you can to keep yourself, your family members and all of us safe