

COVID-19 COORDINATED INFORMATION UPDATE for the Bella Coola Valley - September 28, 2020

The various leaderships within Nuxalk territory are working together for the safety of all residents



A message from Staltmc
Nuxalk Ancestral Government

- Wear a mask in public, practice social distancing (min. 6 feet) and limit your interactions with others
- Check on elders via telephone
- Wash your hands often
- Watch for announcements regarding COVID-19 and note your last destination
- If you feel sick, stay home and call 250.799.5342 or 250.799.5902
- Stick to 6 - your social bubbles must stay small
- **Nuxalk leaders** should self-isolate when they return from travel outside of the community.
- **Lead by example**

Respect, honour and prayers to those working to keep us healthy.



A message from the
Nuxalk Nation EOC

- **The State of Emergency remains in effect until October 6**
- **There is a Stay at Home Request and a curfew from 9:30pm - 6:00am**
- Wear a mask, social distance, wash your hands
- If you return home from travel you are requested to self-isolate for 14 days
- If you are experiencing symptoms please contact the hospital - 250 799 5342
- Testing is available through the hospital or the band office
- Please continue to respect all COVID-19 protocols and safety plans
- If you have concerns please call the EOC - 250.799.5613 or email eocinfo.nuxalk@gmail.com
- The Health Nurse Sophie Mack can be contacted at 250.799.5902



A message from the Central
Coast Regional District

- The latest statement from the CCRD Chair is available on our website, Facebook page and on our 6 emergency noticeboards which are located throughout the valley.
- CCRD's latest COVID-19 notices and updates can be found by clicking on the top banner of our website
- The CCRD Regional EOC continues to provide response support throughout the Central Coast, including Denny Island, Bella Bella/Heiltsuk Nation, Ocean Falls and Rivers Inlet/Wuikinuxv Nation, Bella Coola Valley/Nuxalk Nation. Please check the CCRD website: ccrd.ca for regular updates and announcements.
- BC's Restart Plan is available on the CCRD website. CCRD's restart service changes will be posted on our website in due course.
- BC Transit has announced that masks must now be worn on all their transit services.
- The Bella Coola Legal Advocacy Program can assist with questions on the Canada Emergency Response Benefit and more. Contact Anne Fletcher at 250-982-2110.
- The Bella Coola Community Support Society offers counselling and support service. To access these services, please call 250-799-5588
- Questions? Contact the CCRD Regional EOC at 250-799-5291 or info@ccrd.ca or visit www.ccrd.ca



A message from Vancouver
Coastal Health

- Assessment and testing is available by contacting the Band office or by coming to the hospital. You will be directed to the appropriate location at each site for further assessment and to determine if swabbing is necessary. Saline gargle tests are also available for school age children. Testing between the hours of 10am -2pm. Our emergency department remains open 24/7 for urgent and emergent care needs.
- Medical clinic continues to offer phone appointments to assess if a face to face visit is necessary. Hours remain unchanged 8:30am to 4:30pm
- Essential visitation is in place at hospital/long term care which will be reassessed on October 6th. Please respect management/physician/nursing direction as to whether a visit can occur.