



The First Nations Health Authority and Interior Health are working with leadership to support the response to confirmed cases of COVID-19 in your community.

We all know how to keep safe and protect others even when there are cases nearby:

- Keep your social bubble small and limited to your immediate and work family.
- Self-isolate and get tested if you have any symptoms that might be COVID-19.
- Maintain a distance of two meters from anyone not in your bubble, or wear a mask if that's not possible.
- Avoid large gatherings, especially indoors.

Testing is only recommended for anyone with symptoms. If you do have symptoms, contact the Interior Health testing site closest to you.

Any time a case is identified, our health response teams will work to keep your family and your community safe by tracing the contacts of anyone who has tested positive and supporting anyone who is sick to self-isolate. Close contacts are those who share a home, or are face-to-face for 15 minutes or more, particularly indoors and when social distancing is not possible.

If you have not been contacted directly and you have no symptoms, no further action is required.

If there is a broader risk to other individuals or the community, Interior Health will issue a public notification. For the privacy of individuals involved, Interior Health will not provide specific details about individual cases unless there are broader exposure risks. Privacy and trust are important for people to be comfortable coming forward to get tested. Identifying these initial cases is at the heart of our contact tracing process that reduces further exposures in our communities - we can't do that if people are scared to come forward.

Our values, our culture and our teachings give us the strength and the wisdom to face this challenge. We look after our sick; we don't judge them and remember:

- Kindness and compassion are the best way to counter the virus.
- Support those who are getting tested. In doing so, they are protecting us.



Let's do this for our families, our communities, as well as for our Elders and Knowledge Keepers.

COVID symptoms include: Fever; chills; coughing; shortness of breath; sore throat; runny nose; loss of sense of smell or taste; headache; fatigue; diarrhea; loss of appetite; nausea and vomiting and muscle aches.

For more information go to:

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

Sincerely,

A handwritten signature in blue ink that reads "Shannon McDonald".

Dr. Shannon McDonald  
Acting Chief Medical Officer  
First Nations Health Authority

A handwritten signature in black ink that reads "Rob Parker".

Dr. Rob Parker  
Medical Health Officer  
Interior Health