

## NOTICE TO COMMUNITY

Effective Dates: August 24<sup>th</sup> to September 7<sup>th</sup>



### **Attn Saulteau First Nations members:**

This is an update from your leadership regarding the Covid-19 outbreak.

There continues to be a lot of questions and concerns regarding the potential spread of Covid-19 in and around our community. We want to reinforce to our members that we are taking every precaution to ensure your safety is our top priority.

The situation changes frequently and is being monitored daily. Northeastern BC has recently been issued a Covid-19 Alert that is available on the Northern Health Website. Following this alert, we feel that it is important to address specific topics with the public:

- All Saulteau First Nations offices will be closed to the public for the next 2 weeks, effective immediately.
- All SFN community programs will be postponed until further notice; additionally, the gymnasium and weight room will remain unavailable for use.
- We are restricted in public information regarding specific Covid-19 cases. This information is strictly **confidential**; we do not have access to this information. If there is a case in Saulteau First Nations, and you have been in contact with that person, you **WILL be notified directly** by Health Officials.
- It is highly recommended to ensure we are all social distancing. You may be a carrier of Covid-19 without having any symptoms and can still pass it on to people who may be more vulnerable/immunocompromised. Masks are highly recommended in all public settings.
- If you have **ANY** Covid-19 symptoms, please self-isolate. Please refer to the chart of symptoms on the following page.
- Please note that in BC, you are not able to get a test if you do NOT have symptoms. You can only be tested for Covid-19 if you present with symptoms. If you have symptoms, and would like to arrange a test, call 1-844-645-7811

Leadership will re-evaluate the situation every two weeks, or sooner as new information is released from health authorities, to produce a new notice with requirements reflective of the state of the pandemic.

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### **Symptoms of COVID-19**

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

- Fever
- Shortness of breath
- Loss of sense of smell or taste
- Diarrhea
- Muscle aches
- Chills
- Sore throat
- Headache
- Loss of appetite
- Cough or worsening of chronic cough
- Runny nose
- Fatigue
- Nausea and vomiting

While less common, symptoms can also include:

- Stuffy nose
- Conjunctivitis (pink eye)
- Dizziness, confusion
- Abdominal pain
- Skin rashes or discoloration of fingers or toes

We would like to thank you for your ongoing patience given these unprecedented times as they pose a lot of strain; however, these measures are to ensure safety above all else.

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Thank-you

### *References:*

[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

<https://stories.northernhealth.ca/news/northern-health-covid-19-alert-northeast-bc>