



COVID-19 COMMUNITY UPDATE

March 17, 2020

Weyk-p community, thank you for your patience, the Soda Creek Band team is currently reviewing and diligently working to create plans to support prevention of Covid-19 in the community. As well, we are looking at program and services to what will be offered through the time of progression of the pandemic. We have staff monitoring daily the reputable information outlets which will be shared as per new information that will come forward.

To date we do not have any confirmed cases in the community.

Our recommendations to the community:

1. **Prevention** – the number 1 way to prevent the Covid-19 virus from entering the community is **PREVENTION**. What is does this look like?

Community

- a. Good hand hygiene,
- b. cover your coughs and sneezes,
- c. disinfecting surfaces with bleach and water (once a day),
- d. flush the toilet with the lid down,
- e. practice social distancing,
- f. Limit out of community visitors,
- g. avoid public places and gatherings,
- h. only leave your home for the essentials,
- i. cancel all unnecessary appointments,
- j. self-isolate for **14 days** if you have been out of the country and been in contact with someone with Covid-19 or have symptoms.

Administrative:

- a. Chief and Council has restricted all staff travel to essential travel only (emergency travel, prescription runs)
- b. Staff, including Three Corners Health Service Society, participate on the coordination calls with Interior Health and Emergency Management of British Columbia
- c. Maintain a healthy work environment by ensuring fresh air circulation and posting tips on how to stop the spread of illness at work
- d. Encourage employees to stay home when ill.

We encourage families to extend the self-isolation to all residents of the home.

All community events, gatherings and activities have been cancelled.

SODA CREEK BAND



2. **Messaging to the Community** – updates are being provided via social media. Please check the Soda Creek Band Facebook Page for the most accurate information. We are encouraging families and friends to share the information with those who are not on social media. Band Administrator, Craig Smith oversees all official incoming and outgoing information from the Soda Creek Band. Please contact him via email bandadmin@xatsull.com or text/cell phone call **250-305-9731**.
3. **Family Plans** – we are encouraging families to communicate and create a family plan for support. Make decisions on who will deliver food, medications, etc. Please ensure plans are in place for the vulnerable population – elders, youth, those with compromised health.
4. **Information Sharing** – if you are self-isolating or you need information, please inform the Community Health Department – **250-989-2355**.
5. **Important Phone Numbers** – for concerns about your health, or the health of your family members call **811** OR **888-COVID19 (888-268-4319)**. **CALL AHEAD PRIOR TO HOSPITAL VISIT.**
6. **Trusted Internet Links** – First Nations Health Authority www.fnha.ca OR BC Centre for Disease Control <http://covid-19.bccdc.ca/>.
7. **Mental Health** – we encourage community members to remain active, go for a walk, spend time in nature, meditate, read a book, chat on the phone or FaceTime with family and friends, learn something new, start a new arts/crafts project, take time for rest and relaxation. If you or your family members require emotional support call **Soda Creek Band, 250-989-2355**

We thank everyone for their patience and continue to ask you to remain vigilant in sanitizing your environments. Be assured, as developments occur, we will be sure to update you. Soda Creek Health and Three Corners Health Service Society will post regular communication as they come in

Sincerely

Chief and Council