



# TAKLA NATION

HEALTH ▪ PROSPERITY ▪ TRADITION

## COVID 19 UPDATE - November 20, 2020

As the numbers continue to rise in British Columbia at **over the 600 cases levels per day**, it is important to take the proper time to re examine how Takla can stay safe and protected. So, for the next two-week period, Takla will be encouraging members to stay at home, reduce contact outside of your family bubble and be extra careful in your Covid 19 practises of hand washing, wearing masks, avoiding gatherings and 2 meters social distancing.

For our staff, we are introducing a new policy and procedure effective 18 November and going forward, that limits meetings, gatherings and other social activities. This means we are returning to a virtual meeting world, not travelling to other offices, and not entertaining guests and clients in our offices.

### 1. What is the trigger for 14 Day period – Self monitoring

- If you are showing signs or symptoms of flu like test triggers.

### 2. Covid Test Triggers

- Testing is advised for anyone with cold, influenza or COVID-19-like symptoms.

Symptoms include:

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

While less common, symptoms can also include:

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

### 3. Next Level activation- When would we return to High level at Takla?

- **Takla is at low risk presently.**
- High risk will be triggered for Takla Landing by a confirmed case in community; direction by Chief and Council; and/or a change in provincial level of Covid 19 status.
- **The bylaw is still in effect.**



# TAKLA NATION

HEALTH ▪ PROSPERITY ▪ TRADITION

## 4. Isolation (Self Isolation/ Self Monitoring/Quarantine Definition BC Health)

- Self-isolation/Self Monitoring means staying home and avoiding situations where you could come in contact with others. You may have been exposed to the virus and are at risk for developing COVID-19 and passing it on to others. You should not self-isolate in a place where you will be in contact with vulnerable people, such as seniors and individuals with underlying health conditions.
- If you have been exposed to the virus, you will be contacted by your regional health authority's public health team through a process called contact tracing. This means you are a contact of a confirmed case. If you do not have symptoms, you will be asked to self-isolate so that if you develop COVID-19, you won't spread it to others in the community.
- Family- It is better if those you live with can stay somewhere else, especially if they have a weak immune system or chronic health conditions. If you need to share a home, stay and sleep in a room with good airflow that is away from others. Use a separate bathroom if you can. Wear a face mask (surgical/procedure mask) if you are in the same room with anyone. Avoid face-to-face contact; friends or family can drop off food outside your room or home.

## 5. Takla Offices and returning to minimal staffing

Takla Finance office, Administration office, and Sasuchan Development will be taking a 2-week soft reset. This means that our staff will be working from home and very minimal staff in office this soft reset plan is to ensure our staff and community members are safe. You are still able to call the offices and staff will relay messages or forward your call to the appropriate person, although the best way to contact staff is through email, we understand this isn't the platform all members use.

## 6. Travel – Out of province, country, areas of risk

- At present we are advised to not travel out of province, no travel to known areas of Covid 19 high level cases (changes daily), or out of country. Stay home, stay safe
- **HOT SPOTS!**  
-When you leave your house expect everyone has it. Everywhere is considered a hot spot.



# TAKLA NATION

HEALTH ▪ PROSPERITY ▪ TRADITION

## 7. The Vaccination

- Currently there is no immediate cure for this at this time. Health Canada needs to approve it, and there needs to be verification that it works and meets the numbers expressed.

### Effective 18 November 2020

- December 2 and 3 AGA is postponed until further notice
- Christmas Concert at NWCS School is on hold pending a review of situation in 2 weeks
- Meals on Wheels program is suspended until further notice
- Chief and Council meeting will be reduced to Virtual meeting
- Teacher Appreciation dinner is postponed
- Gatherings and in person meetings are cancelled for next two weeks
- Contractors in community will be screened daily and following protocols while in community.
- Manager check in each morning and afternoon with Staff on group call
- Internship Program on hold for now
- Travel restrictions to High-Risk areas

### Contact Numbers!

- COVID screening number If you have symptoms, instead of coming to the clinic call
- 1-844-645-7811 to discuss your symptoms, if you require testing a referral will be sent to the clinic
  - if you have any questions or concerns please call the following:
  - FNHB  
Phone (toll-free): 1-855-550-5454  
Email: [healthbenefits@fnha.ca](mailto:healthbenefits@fnha.ca)  
Fax: 1-888-299-9222
  - Or Carrier Sekani Family Services  
T: 250-567-2900  
Toll Free: 1-866-567-2333  
Fax: 250-567-2975
  - It is a provincial recommendation to avoid all non-essential travel for the next two weeks.
  - If you have any other questions, please call the Takla Nursing Station at 250-996-7780.

## STAY WELL, STAY SAFE!