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## COVID-19 Community Update

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*November 20, 2020*

### **New Public Health Order**

On November 19, 2020, BC's Public Health Officer, Dr. Bonnie Henry, issued a new Public Health Order. COVID-19 is spreading across BC and is beginning to strain health resources. It is important for us to all work together now to help stop the spread and protect our loved ones and vulnerable members. This Public Health Order is in effect until December 7, 2020. It states that:

- All events and gatherings are banned, including in the home.
  - Only those who live with you or are a part of your core bubble (up to two people who live outside your home) can visit in your home.
- Baptisms, weddings, and funerals will be limited to seven people, with no events or gatherings before or after (including in or outside a home).
- Places of worship are closed except for individual prayer or contemplation.
- Masks are mandatory in indoor retail and public spaces, including elevators.
- No non-essential travel.
- Schools will remain open.
- COVID-19 guidelines have been updated. COVID-19 transmission now includes aerosol particles, not just droplets.

We recognize that this order asks a lot of us. But we are confident that we, as a community, can get through this safely. While you may not be able to visit your friend or family member, take the time to give them a phone call, send them an email, or write them a letter. Stay home as much as you can. Only go out for essential needs, such as groceries or work, and wear a mask when you do. Wash your hands regularly with soap and water or use hand sanitizer. Always do your best to stay 2 metres away from anyone who doesn't live with you and wear a mask when you can't.

Above all, be caring. We are all going through this tough time together, but we will make it through.

Due to this Public Health Order, the Saik'uz Band Office will be closed to visitors. If you need to speak with one of our employees, please contact us at 250-567-9293 or email us at [communications@saikuz.com](mailto:communications@saikuz.com) to set up your telephone or online appointment.

## COVID-19 in Vanderhoof

An employee at the North Country Inn in Vanderhoof has tested positive for COVID-19. The restaurant reports that the employee has not been in direct contact with any of its patrons and that it is taking all steps needed to keep its staff and patrons safe. However, this means that we must be extra careful about protecting ourselves from COVID-19 and doing our best to not bring it back to the community. Wear a mask, wash your hands, and practise social distancing.

## More Information

This information and more can be found on the BC government's website at <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions#travel>. You can also contact the Saik'uz Band Office at 250-567-9293 or at [communications@saikuz.com](mailto:communications@saikuz.com).

## Social Gatherings & Events

No social gatherings of **any size** at your home with anyone other than your household or core bubble. For example:

- Do not invite friends or extended family to your house
- Do not host gathering outdoors
- Do not gather in your backyard
- Do not have playdates for children

### *Core bubble*

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling. For example:

- If you live in an apartment or house with family members or roommates, you are all members of the same household
- If you have a rental suite in your home, the suite is a separate household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a **maximum of two people** outside of those living in your immediate household.

### *People who live alone*

For people who live alone, a core bubble is a maximum of two people you see regularly. They cannot host gatherings.

### *University students*

Welcoming your child home from university is okay. This is not a social gathering.

### *Allowed activities*

These activities are not considered a social gathering:

- Going for a walk. You must make sure a walk does not turn into a group of people meeting outside
- Parents carpooling kids to and from school
- Grandparents providing childcare

## **Religious Gatherings & Worship Services**

Religious in-person gatherings and worship services are suspended under the order. For example:

- Do not attend a service at a church, synagogue, mosque, gurdwara, temple, or other places of worship

Religious services can continue using remote or virtual attendance options, like Zoom or Skype. You can still visit your place of worship for individual activities. For example:

- Contemplation or personal prayer
- Meal preparation as part of a religious service

## **Mask Requirements**

Masks are now required for everyone in all public indoor settings and workplaces. People who cannot put on or remove a mask on their own are exempt. Masks for children under the age of 2 is not recommended.

- Employers are expected to enforce the mandatory mask policy with both employees and customers
- A customer can be refused entry or service if they do not wear a mask

### *Masks in public indoor settings*

Masks are required in all indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Coffee shops
- Common areas in hotels
- Libraries
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants and bars when not seated at a table
- Common areas in apartment buildings and condos

### *Masks in workplaces*

Masks are required in all workplaces for shared work areas and areas where physical distancing cannot be maintained. This includes:

- Elevators
- Kitchens
- Hallways
- Customer counters
- Break rooms

### **Non-Essential Travel Advisory**

At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:

- Do not travel for a vacation
- Do not travel to visit friends or family outside of your household or core bubble

### *What is essential travel?*

Individual circumstances may affect whether a particular trip is considered essential or non-essential. Essential travel within B.C. includes:

- Regular travel for work within your region (e.g. travelling from Saik'uz to Fraser Lake for your usual work).
- Travel for things like medical appointment and hospital visits

If you need to travel for essential reasons, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m
- Travel only with yourself, household, or pandemic bubble
- Stick to the outdoors whenever possible
- Clean spaces often

### *Coming from outside of B.C.*

At this time, people travelling to B.C. from another province or territory within Canada should only come for essential reasons. If you do travel, you are expected to follow the same travel guidelines as everyone else in B.C.

- The restriction of all non-essential travel at the Canada-U.S. border remains in effect
- Travellers to and from the United States going to and from Alaska must proceed directly to their destination and self-isolate during any necessary overnight stops
- International travellers returning to B.C. are required by law to self-quarantine for 14 days and complete the federal ArriveCAN application

### *Flights to and from B.C.*

The order does not restrict flights entering and leaving B.C.

## **Enforcement**

During a public health emergency under the Public Health Act, the PHO can make orders as needed. You must follow the orders.

Under the Government's Emergency Program Act, some orders can be enforced by police or other compliance and enforcement officials. People who don't follow these orders could be fined.