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To: Saik'uz First Nation Membership
From: Saik'uz Health Manager
Subject: COVID-19 Update
Date: March 30, 2020

Dear Members,

I hope you are all doing well and practising social distancing (staying away from one another); this is one of the best ways to stop the spread of this disease. I commend those who have been practising staying away from others, as well staying home. This is a critical time for the community to stay home, and not go anywhere. This means stop going to town for no reason, visiting others because that is what we do, or hanging out with one another, children sleep overs, etc.

This is a challenging time for us all, having our life and the way we live put on hold, and asked not to do what we would normally do in our day to day lives. This is for your protection as well for the protection of our grandparents, aunties, uncles, mothers, fathers, sisters, brothers, children, and grandchildren. We all must obey the rules for us to stay healthy, and this virus is quite serious and can potentially end a life. This can be anyone. This virus does not discriminate.

This virus is known as Novel Coronavirus (COVID-19). The symptoms of COVID-19 are similar to the flu and common cold. They include cough, sneezing, fever, sore throat, and difficulty breathing. Until more is understood about the virus, older people and people with a weakened immune system or underlying medical condition are considered at higher risk of severe disease.

COVID-19 is transmitted via larger liquid droplets when a person coughs or sneezes. The virus, through these droplets, can enter through the eyes, nose, or throat if you are in close contact. This is why it is important for you to cover your mouth or nose when you are coughing or sneezing, and to wash your hands regularly. The virus is not known to be airborne (e.g. transmitted through the particles floating in the air) and it is not something that comes in through the skin. But the virus can live on hard surfaces; this is why it is important to disinfect door knobs, light switches, table, countertops, bathrooms, etc., regularly and thoroughly.

As health care providers, Saik'uz Health shares in the increasing concern about COVID-19. We are taking the situation very seriously. As providers, we rely on information which is scientifically proven and medically backed and, accordingly, are closely monitoring and adhering to the advice given by public health officials. I am on conference calls daily with the Provincial and Federal governments, local governments, and a local committee where updates are shared about COVID-19.

Our centre remains closed due to the COVID-19 pandemic. Leadership will be reassessing weekly about office closures. Please see the Saik'uz website or Facebook page for updates on a re-open date.

Again, if you need to see a Carrier Sekani Family Services (CSFS) doctor or nurse, please call 250-562-3591 and ask for the MOA (Medical Office Assistant) Karessa or Michele. They will assist you in setting up a phone appointment. If you would like to book with a specific doctor, tell the MOA. You can call Judith Sanford as well: her number 250-962-0244. If you have an emergency, please call 911.

All medical transportation for urgent appointments must be submitted as a Benefit Exception request to Health Benefits. Clients should submit their Benefit Exception requests to Health Benefits by calling 1-855-550-5454. If the Benefit Exception request is approved, medical transportation will be arranged. Urgent appointments include, but are not limited to, prenatal confinement, dialysis, or cancer treatment.

This certainly is a difficult time for all of us, and if you need to speak with someone, there is confidential crisis lines. The numbers:

Crisis Lines: 250-563-1214 / 1-888-562-1214
Youth Line: 250-564-8336 / 1-888-564-8336
Crisis Chat: www.northernyouthonline.ca

Updates can only be found on the Saik'uz Health page, the COVID-19 Updates & Information Facebook group on the Saik'uz Facebook page, and the Saik'uz website at this time. If a family does not have access to internet, please call them and let them know. We will continue delivering this notice door to door.

The Community Health Representative (CHR) and CSFS Home Care will be checking in with elders via phone call to check in on and keep them updated. If you or your family have a plan in place to take care of an elderly member please contact Linda (CHR) or Shannon (CSFS Home Care) to let them know, as we are taking precautions and limiting the traffic to elders' homes. Linda's number is 250-567-9773 ext. 106. Shannon's number is 250-570-8052. Thank you, Krista, for doing this last week.

A colour code along with coloured paper will also be distributed to the elders and chronic members that will be used to notify Home Care and security if help is needed. Please tape the colour in a window where it can be easily seen from the road. Keep your eye out for the colours.

I wish you all wellness, and safety during this time. If you have any questions about your health, you are encouraged to call *811, or 1-888-COVID19 for non-medical information on the virus covering everything from travel recommendations to social distancing, the Northern Health Online Clinic & Info Line at 1-844-645-7811 or myself at 250-567-9773.

Soo' uniten,

Regina Thomas
Saik'uz Health Manager

White	White Everything is alright
Blue	Blue Need Water
Yellow	Yellow Need Food
Red	Red Sick
Green	Green Single Parent with children needs HELP or Single Person living alone needs HELP

IF YOU NEED HELP, PLEASE POST THE COLOR NEEDED ON YOUR FRONT WINDOW