Important—Please Read

August 25, 2021
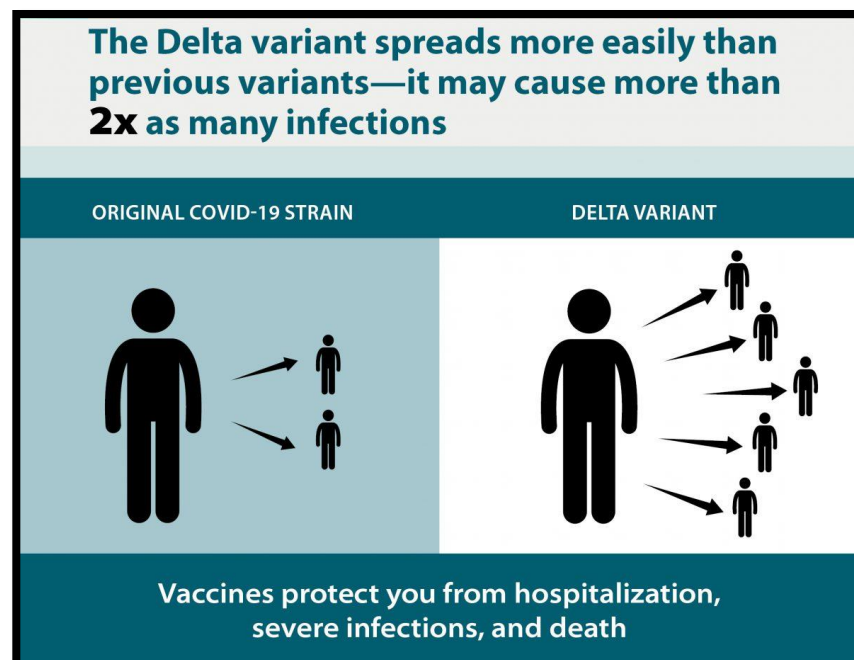
Re: COVID-19 & Delta Variant Update

To: All Saik'uz members and residents

COVID-19 IN SAIK'UZ

WHAT WE KNOW

- There are at least **7 confirmed cases of COVID-19 in Saik'uz** and many more that aren't yet confirmed.
- Saik'uz Health is doing contact tracing for these cases.
- We know some of **these cases are of the Delta variant** of COVID-19.
- **The Delta variant is much easier to pass on** than other types of COVID-19.
- **The Delta variant can be more likely to hospitalize or kill you** than other types of COVID-19 if you are unvaccinated.
- People who are fully vaccinated can get COVID-19 and still feel healthy and have no symptoms. They then pass COVID-19 on to unvaccinated people. This has happened in Saik'uz, and why vaccination is so important.
- Saik'uz Health cannot force individuals to self-isolate. We must all come together as individuals and a community and choose to make safe decisions.

The Delta variant spreads more easily than previous variants—it may cause more than 2x as many infections

ORIGINAL COVID-19 STRAIN   DELTA VARIANT

Vaccines protect you from hospitalization, severe infections, and death

WHAT CAN DO I DO TO PROTECT MYSELF AND OTHERS?

- **Get vaccinated!**
    - Being vaccinated reduces the chance of you getting COVID-19.
    - Even if you do get COVID-19, the vaccine can reduce the risk of hospitalization and death to almost zero.
- **Wear a mask** when inside public places and **wash your hands frequently**.
    - Wash your hands as often as you look at your phone!
- **Only visit with the same few people** and stay 2 metres (6 feet) away from anyone who isn't one of those people.
- **Stay home when you are sick** (this includes if you are sniffly or have a headache, sore throat, or cough).

NORTHERN HEALTH VIRTUAL CLINIC LINE - 1-844-645-7811

Please note that hold times for the Northern Health Virtual Clinic line can be 2-3 hours. There are options to sign up for a call back when you are on the line.

The best time to reach the line is after 6PM.

WHAT IF I THINK I HAVE COVID-19?

- Take the self-assessment at Thrive Health: https://bc.thrive.health/covid19/en
- If it recommends you get tested, call the Northern Health Virtual Clinic line and follow their instructions. Take the test again if you develop symptoms or your existing symptoms change or worsen.

OR

- Call the Northern Health Virtual Clinic line and follow their instructions.

WHAT DO I DO IF I TEST POSITIVE FOR COVID-19?

- If your symptoms can be managed at home, **self-isolate at home for at least 10 days** since the start of your symptoms. You should keep self-isolating until you feel better and your fever is gone without the use of fever-reducing medication (like Tylenol or Advil). Public health will let you know if you need to self-isolate for more than 10 days.

- If you are willing, contact Saik'uz Health and let them know you have COVID-19. You are not required to inform Saik'uz Health if you have COVID-19, but it helps them coordinate their response to the virus in the community.

If someone is sick at home with COVID-19

BC Centre for Disease Control
Provincial Health Services Authority

Sam is sick. Sam needs to stay home for 10 days until better. Sam tries to stay in a separate room.
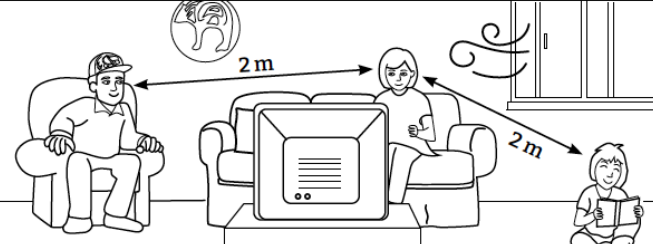
Sam wears a mask when going to the bathroom.

In the bathroom, Sam opens the window. After, Sam flushes with the lid closed. Sam cleans counters and handles.
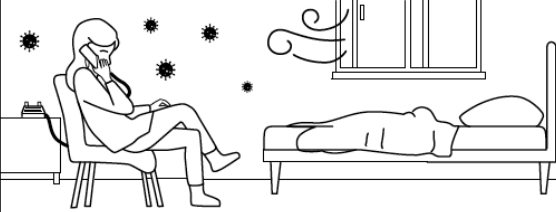
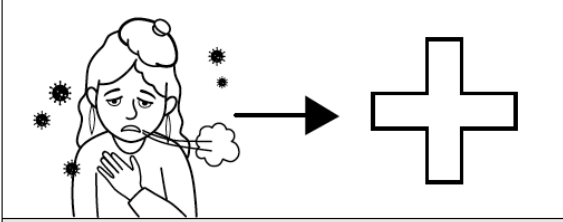Someone at home leaves food outside Sam's room and can go in if Sam needs help.

2 m

2 m

Everyone stays 2 metres apart at home. Sam stays in the bedroom.

Everyone stays home. No one visits. Someone drops off food outside.

Sam can spread COVID-19 for 10 days. Sam tries to stay in a separate room.

Sam should go to the hospital right away if breathing becomes hard.

For more info on COVID-19, visit **www.bccdc.ca**

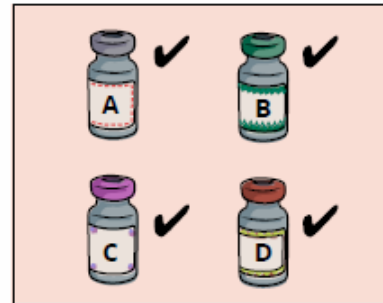Questions? Call Healthlink BC at **8-1-1**
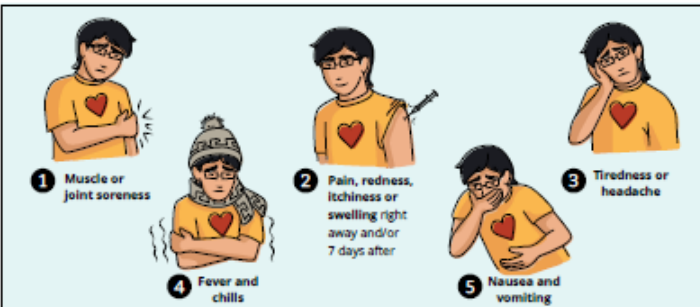
Protecting communities: COVID-19 vaccination

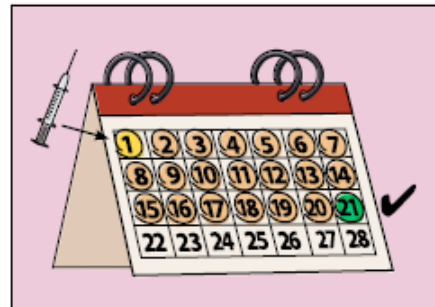Max has questions about the COVID-19 vaccine. He calls his doctor for more information.

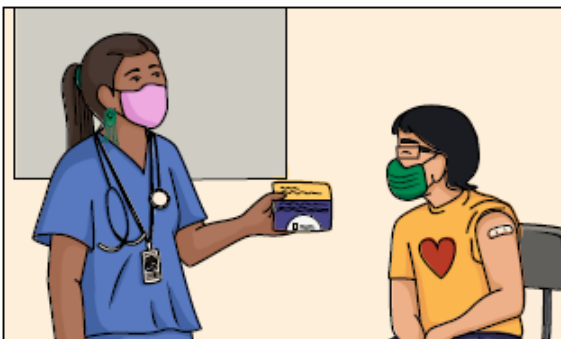Getting vaccinated will protect Max's family and community.

All of the COVID-19 vaccines will help protect Max from serious illness, hospitalization and death.
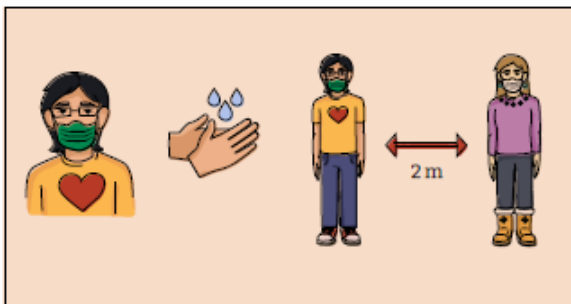
1. Muscle or joint soreness
2. Pain, redness, itchiness or swelling right away and/or 7 days after
3. Tiredness or headache
4. Fever and chills
5. Nausea and vomiting

After his 1st or 2nd dose, Max might get side effects that will make him feel sick. If they don't go away after a few days, Max calls his doctor or **8-1-1**. **None of the vaccines can give Max COVID-19.**

Max isn't protected right away. It takes 2-3 weeks for his body to build immunity after his vaccine.

The person who gives Max his 1st dose will let him know **how** and **when** he will get his 2nd dose. This can be up to 16 weeks later.

After his first dose, Max continues to clean his hands often, wear a face mask and keep a distance from others. This protects him and his community until everyone is vaccinated.

2 m

Illustration: Shoshannah Greene

For more info on COVID-19, visit www.bccdc.ca

Questions? Call Healthlink BC at 8-1-1

CONCERNED ABOUT LONG-TERM COVID VACCINE SIDE EFFECTS?

The Pfizer and Moderna phase 3 trials started on July 27, 2020, so we have been studying COVID-19 vaccine side effects for over a year.

★ Millions of people have received COVID-19 vaccines, and no long-term side effects have been detected.

★ No non-live vaccine has ever been shown to cause side effects years later. The COVID-19 vaccine is non-live.

★ The COVID-19 vaccine leaves your body within 72 hours. Your body makes antibodies after the vaccine, and that is what sticks around to protect you.

★ Serious side effects following vaccination are extremely RARE. In contrast, you might experience long-term health problems after getting sick with COVID-19.

SAIK'UZ OFFICES CLOSURE

Due to a COVID-19 exposure, **the Saik'uz Offices** (Band Office, Health Centre, Daycare, Elders Centre, and Multiplex) **will be closed until September 8th, 2021**. This is a preventative measure to ensure no further cases happen at the offices. All close contacts of the person with COVID-19 are self-isolating. The remaining staff are self-monitoring, as per the recommendations of the Northern Health Virtual Clinic hotline.

Self-monitoring vs. self-isolating

Self-monitoring is when an individual pays careful attention to whether they have COVID-19 symptoms. They are still allowed to go out and live life as usual but should take extra precautions to keep others around them safe.

Self-isolating is when an individual isolates themself from others when they have or are likely to have COVID-19.

This includes people who have tested positive for COVID-19, who are waiting for the results of their COVID-19 test results or develop COVID-19 symptoms.

Services will continue to the best of our ability as staff work from home. If you require assistance from the Band Office or Daycare before September 8th, please contact staff members via email or message us on our Facebook page. You may also leave a voicemail at the Band Office and a staff member will follow up on any important messages. Members may request assistance through the Chief and Council.

The Health Centre is closed, but staff are available to answer your questions. You can reach the Health Centre at 250-567-9773. If you have questions about COVID-19 after hours, you can contact the COVID-19 hotline at *811. **Please note that, due to privacy laws, we cannot share the names of anyone who has COVID-19.**

We understand this is a stressful time. Care for yourself and others by staying home if you are sick, wearing a mask when in public, limiting your visiting with those who live outside your household, and getting plenty of rest and water. We thank everyone for their patience and look forward to returning to the offices in September.