



## *TK'emlúps te Secwépe'nc*

OFFICE OF THE CHIEF

**TK'EMLÚPS Community Advisor – COVID 19**  
**March 18, 2020**

The World Health Organization (WHO) has declared that COVID19 is a **pandemic**. A pandemic is an outbreak of a disease that occurs over a wide geographic area. In this case, the corona virus is worldwide and has the potential to affect a high proportion of the population. This virus is spread by contact.

Symptoms for COVID19 are:

- Fever
- Cough
- Shortness of breath

**If you have any of these symptoms, please use BC's self assessment tool <https://covid19.thrive.health/> and call 811 for direction. If you are going to seek additional medical advise (your own Dr. or the hospital) it is recommended that you call ahead.**

Currently there is no vaccine and the best way to prevent illness is to avoid being exposed to the virus.

The virus is spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes

Health authorities recommend:

- **Social distancing** (limit physical contact such as hugging, shaking hands, etc.)
- **Wash your hands** often with soap and water for a minimum of 20 seconds
- If soap and water is not available, use **hand sanitizers**
- Cough and sneeze into your elbow
- **Stay at home** if you're sick and stay away from others
- **Clean and disinfect** tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. In other words, clean all areas that you, or others, touch.

- **Use anti-bacterial wipes** to clean frequently used areas. Another option for cleaning is to use a solution of bleach and water in a spray bottle.
- **Do NOT touch your face – especially eyes and mouth** - as that is how the virus gets transmitted.

Many restaurants and stores are closing or limiting hours as a preventative measure. Many are still offering take out food. If you do need to go to the grocery store, please have only one person go and ensure you are washing your hands immediately upon return. Some stores are offering preferred shopping times for Elders.

Yesterday, the Province of BC has closed K-12 schools indefinitely. Please be prepared to have your children at home for the foreseeable future.

The border to the United States is closed for non-essential travel. It does remain open for transporting goods like groceries.

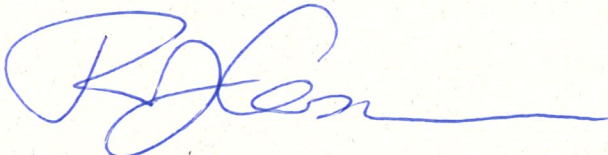
Remember our Elders and health impaired members need to be even more diligent and careful.

Lastly, I think prevention is key to the spreading of COVID-19 and encourage everyone to be diligent and do their best with the information we have. Please check on your family members (via phone and text) to ensure everyone has enough supplies. Self isolate as much as possible.

Your Chief and Council continues to monitor the ongoing situation and as new information evolves, we will be updating our plans and information to you. We are committed to providing the membership the best possible information in a timely fashion.

Let's keep ourselves and our community safe. Prayers to the Creator to keep us strong, healthy and compassionate during these challenging times.

With respect,



Kukpi7 Rosanne Casimir (Chief)  
On behalf of Council  
**Tkemplúps te Secwépemc**