



*Tkemlúps te Secwépemc*  
OFFICE OF THE CHIEF

March 25 2020

On behalf of Chief and Council, please find enclosed some information that we hope you find helpful in educating yourself and protecting yourself against the COVID 19 virus.

Updates are posted daily on the TteS Facebook, TteS Webpage (under Emergency or COVID 19 on the top right of the home page) and on Community Boards.

In the upcoming time we want you to:

Yecwestsútce = look after yourself

Ta7 us ke7 snes tri7 thé7en = don't go anywhere

Mútce ne7 tsitcw = stay in your house

As always, your Chief and Council are here to support you. If you have questions, please feel free to reach out via email, phone or text.

Yours truly,  
**Tkemlúps te Secwépemc**

Kukpi7 Rosanne Casimir (Chief)  
On behalf of Council



## *Tkemlups te Secwépemc*

OFFICE OF THE CHIEF

### **Summary of Decisions Made by TteS Chief and Council to Date Regarding COVID 19 – As of March 24, 2020**

1. Rent increase freeze – There will not be a 3% increase in April
2. No eviction of rentals or rent to own homes during COVID 19
3. We are doing a financial distribution for immediate assistance. A \$200 cheque will be mailed to all on and off Band members 18 and over. Any future disbursement will be dependent on the length of the pandemic and available resources.
4. TteS food distribution – Community Services will disperse food this week with priority going to Elders, our vulnerable, single parents and those in need.
5. We have activated our Emergency Operations Centre (EOC). We are working in collaboration with the City of Kamloops EOC.
6. Meeting with ISC on financial flows – TteS will be receiving \$92,873 by the end of next week for Income Assistance and Emergency Management.
7. Organization is down to essential services
8. All contracts that expired March 31 will not be renewed
9. Along with the Kupkupi7 of the Secwepemc Nation, we signed a declaration to declare a State of Emergency within Secwepemcúl'ecw
10. The TteS website and Facebook have daily updates. On the website, you can click the emergency tab or the COVID 19 tab to access information

Yours truly,  
**Tkemlups te Secwépemc**

Kukpi7 Rosanne Casimir (Chief)  
On behalf of Council



## *Tkemlups te Secwépemc*

OFFICE OF THE CHIEF

COVID 19 UPDATE March 19 2020

### **What Services are Available in TteS?**

- The TteS Administration building is closed to the public and most staff are not at work
- TteS Executive, Managers and other salaried staff are working remotely and available via email or by phone. See attached list.
- Chief and Council are very hard at work both at the office and remotely. They are accessible by phone or email. See attached list.
- **Essential services are still being provided to the community.** Essential services include:  
Water Treatment Plant Operators, Public Works, such as recycling and garbage collection, or Infrastructure, Payroll, Accounts Payable, Accounts Receivable, Social Assistance, Security.
- Within community services, social assistance is an essential service. The Social Assistance office is closed to members except by appointment, Please call 250-314-1522 to arrange.
- Petro Can is open
- The Sk'elep School of excellence has been closed indefinitely along with all other schools in BC.
- The Little Fawn Nursey is currently closed for March break but will be open after March break. This could change depending on the orders from the Provincial Government.

- RCMP Rural Detachment has asked the public to make reports to the police via the phone and not come into the detachment unless absolutely necessary. They will continue to respond in situations that require police presence / intervention. The responding officers will also likely try to deal with each file via the telephone if possible.

### **City of Kamloops – Services that are Closed:**

- City hall and most City departments are closed to the public, except for council and council committee meetings. Other services at city hall may be available by appointment. Call 250-828-3311.
- All fire halls, except Fire Station No. 1 in Sahali, are closed to the public. Fire Station No. 1 will be open for permits by appointment only. Call 250-372-5131.
- The 22 recreation facilities announced on Monday remain closed to the public. Information will be available by phone at 250-828-3500.

### **City of Kamloops – Services that are available:**

- Kamloops Fire Rescue
- Kamloops RCMP
- Kamloops Bylaw services
- Emergency social services
- Residential garbage and recycling pickup (includes commercial and multi-family)
- Landfills, recycling, and Yard Waste Depots
- City parks, dog parks, and trails
- Community public washrooms
- Kamloops Centre for Water Quality
- Kamloops Sewage Treatment Centre

- Building inspection services
- Building permit services
- Business licensing services
- Planning services
- Transportation and engineering services
- Social and community health
- Road maintenance, water, and sewer utilities
- Financial services
- BC Transit will be running regular service schedules in Kamloops
- Council meetings

#### **Kamloops Services Generally –**

- Many stores are either closed or operating on limited hours
- Many banks are operating on limited hours
- Movie theatres closed
- Dentist offices closed except emergencies
- Aberdeen malls -most stores in the mall are closed or operating on limited hours

Kamloops this week is tracking what is open and closed:

<https://www.kamloopsthisweek.com/news/an-update-on-kamloops-store-closures-altered-hours-amid-pandemic-1.24101024>



<https://www.kamloopsthisweek.com/news/covid-19-pandemic-leads-to-cancellation-of-events-in-kamloops-1.24096829>

Yours truly,  
**Tkemplúps te Secwépemc**

Kukpi7 Rosanne Casimir (Chief)  
On behalf of Council

**Tkemplúps te Secwépemc  
Business Phone List**

**Chief & Council**

Last Name	First Name	Job Title	Portfolio	Mobile Phone
Casimir	Rosanne	Kukwpl7	Public Relations / External Affairs	(250) 819-2255
Baptiste	Marie	Councillor	Housing	(250) 320-1568
Blank	Thomas	Councillor	Natural Resources	(236) 597-4242
Gottfriedson	Justin	Councillor	Planning & Engineering	(250)-819-1437
Gottfriedson	Katy	Councillor	Lands, Leasing & Taxation	(250) 319-2826
Jules	Jeanette	Councillor	Legal & Community Services	(250) 319-1464
Leonard	Sonny	Councillor	Business Development	(250) 319-8937

**Managers & Supervisors**

Last Name	First Name	Job Title	Department	Mobile Phone
Anderson	Travis	Financial Controller	Finance	(250) 819-8278
Bagshaw	Calvin	Manager of Petro Can	KIBUC	(250) 214-4884
Bennett	Darrel	Supervisor	Water Treatment Plant	(250) 299-6504
Camille	TJ	Ranch Manager	Spiyu7ull7ullcw Ranch	(250) 318-7422
Casimir	Victoria	Lands & Leasing Manager	Lands, Leasing & Taxation	(778) 220-5581
Dean	Les	Security Supervisor	Administration	(250) 214-0243
Gambler	Devin	Acting Manager	Economic Development	(250) 320-2759
Gottfriedson	Dessa	Chief Administrative Officer	Corporate	(250) 571-2586
Gottfriedson	Lynn	Acting Tax Administrator	Lands, Leasing & Taxation	(250) 682-0940
Gottfriedson	Sharon	Manager	Housing	(250) 318-4856
Gottfriedson	Ted	Manager	Language & Culture	(250) 320-5585
Green	Hilda	Manager	Community Services	(250) 819-3402
Hazelwood	Ivan	Supervisor	Public Works	(250) 318-6400
Jules	Freda	Chief Operating Officer	Corporate	(250) 371-7207
Jules	Iva	A/Sr. Leasing Officer & Supervisor	Lands, Leasing & Taxation	(250) 319-0199
Lamarche	Jason	Lead Hand	Public Works	(236) 597-8070
LeBourdais	Leslie	Assistant Manager, Culture & Heritage	Natural Resources	(250) 319-2018
Kennedy	Darin	Manager	Human Resources	(250) 320-5477
McGrath	Jim	Manager	Natural Resources	(250) 318-3639
Sebastian	Cheryl	Principal	Skelep School	(250) 320-1028
Seymour	Jade	Manager	Education	(250) 819-3414
ter Borg	John	Manager	Planning & Engineering	(250) 319-1351





## *Tkemlups te Secwépe'mc*

### Mental Health Services Available to TteS membership

Anxiety is a normal reaction to uncertainty and things that may harm us. For many of us, the coronavirus and the COVID 19 illness make for a very uncertain future. People worry about their own health and the health of their loved ones. People who already experience a lot of anxiety may find their anxiety worsening.

It is important to be kind to yourself. This is an anxious and stressful time for everyone, and it's okay if you feel more anxious than usual, and it's okay to take time for yourself and to manage your mental health. You are doing the best you can in a time when simply turning on the news can feel overwhelming.

(Canadian Mental Health Association – BC Division]

### **Mental Health services (over the phone):**

Counsellors:

Sharnelle Matthew (MSW) Call 250-320-5100

Tracy Davison with Qwemtsin Health Society Call 250-314-6732

### **Kuu-Us Crisis Line - 24 hour**

Adult/ Elder Crisis Line: 250-723-4050

Child/Youth Crisis Line: 250-723-2040

## Resources and Helpful Websites for COVID 19 Information

There is a lot of misinformation being circulated. For reliable information, please consult the following websites:

- BC Government Self Assessment Tool – to determine if your symptoms are COVID 19  
<https://covid19.thrive.health/>
  
- World Health Organization  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>
  
- HealthLinkBC (811) Webpage  
<https://www.healthlinkbc.ca/health-feature/coronavirus-covid-19>  
  
Call 811 and talk to a nurse about your symptoms BEFORE going to your doctor or the hospital
  
- Public Health Agency of Canada Webpage  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
  
- FNHA Webpage  
<https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus> (Public information)
  
- BC Centre for Disease Control Webpage  
[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))
  
- Government of Canada  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Please check Tkemlups's websites regularly as we will be posting updates on the Home page under Recent News. (tkemlups.ca)

# Steps to help prevent the spread of COVID-19 if you are sick

**FOLLOW THE STEPS BELOW:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



## Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



## Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



## Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



## Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



## Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.





- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

### Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) external icon.

### Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

### How to discontinue home isolation

- People with **COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
    - at least 7 days have passed since your symptoms first appeared
  - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use medicine that reduces fevers) AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
    - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

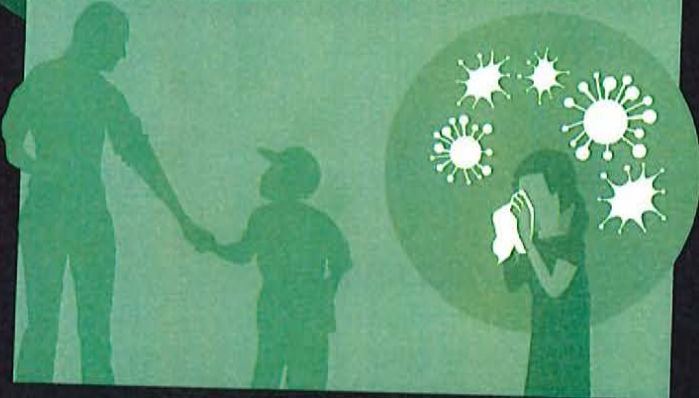
Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).



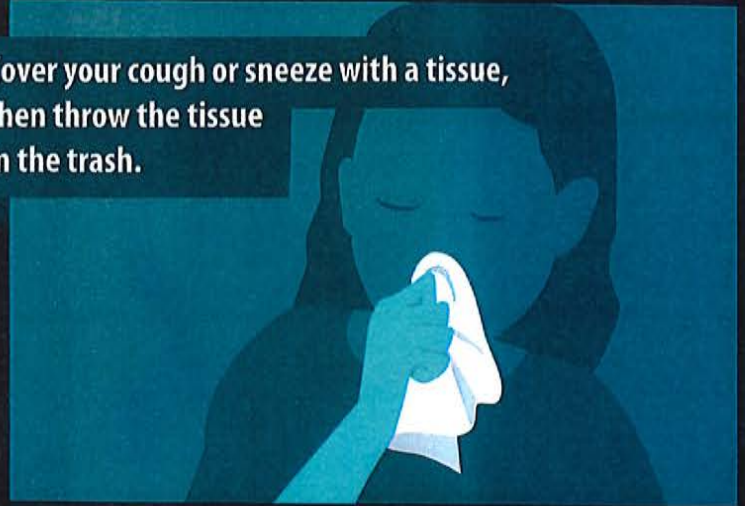
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

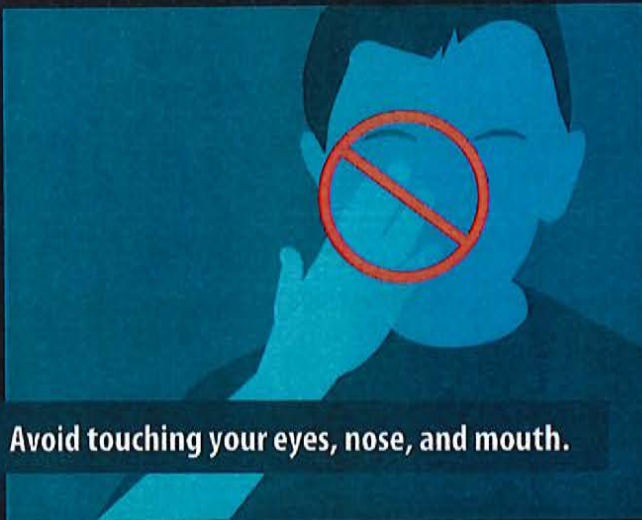
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



[cdc.gov/COVID19](https://cdc.gov/COVID19)



# KNOW THE DIFFERENCE: SELF-MONITORING, SELF-ISOLATION, AND ISOLATION FOR COVID-19

## SYMPTOMS OF COVID-19



FEVER



COUGH



DIFFICULTY BREATHING

### SELF-MONITORING



You have:

- ▶ no symptoms

AND

- ▶ a history of possible exposure to the novel coronavirus that causes COVID-19, in the last 14 days

### SELF-ISOLATION

You have:

- ▶ no symptoms

AND

- ▶ a history of possible exposure to the novel coronavirus due to travel outside of Canada or close contact with a person diagnosed with COVID-19

### ISOLATION

You have:

- ▶ symptoms, even if mild

AND

- ▶ you have been **diagnosed with COVID-19** or are waiting for the results of a lab test for COVID-19



**SELF-MONITOR** means to:

- ▶ **monitor yourself** for 14 days for one or more symptoms of COVID-19
- ▶ go about your day but **avoid crowded places** and increase your personal space from others, whenever possible

**SELF-ISOLATE** means to:

- ▶ **stay at home** and monitor yourself for symptoms, even if mild, for 14 days
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community in the event you become symptomatic

To be **ISOLATED** means to:

- ▶ **stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others
- ▶ **avoid contact with other people** to help prevent the spread of disease in your home and in your community, particularly people at high risk of severe illness outcomes such as older adults or medically vulnerable people



You need to **self-monitor** if:

- ▶ you have reason to believe you have been **exposed to a person** with COVID-19

OR

- ▶ you are in **close contact** with older adults or medically vulnerable people

OR

- ▶ you have **been advised to self-monitor** for any other reason by your Public Health Authority



**Self-isolate** if:

- ▶ you have travelled **outside of Canada** within the last 14 days

OR

- ▶ your Public Health Authority has identified you as a **close contact** of someone diagnosed with COVID-19

You need to **isolate** if:

- ▶ you have been **diagnosed** with COVID-19

OR

- ▶ you are **waiting to hear the results** of a laboratory test for COVID-19

OR

- ▶ you have been **advised to isolate at home** for any other reason by your Public Health Authority



If you develop symptoms, **isolate yourself from others immediately**

If you develop symptoms, even if mild, **stay home, avoid**

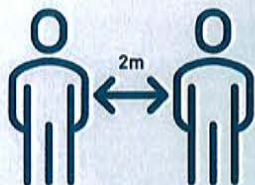
If your symptoms get worse, immediately contact your



# SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

## What does Social Distancing mean?



This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

## Here's how you can practice social distancing:



- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ shop or take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family



If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home

## Remember to:



- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often

## If you're concerned you may have COVID-19:



- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit





# PROTOCOLS: LIVING WITH SOMEONE AT RISK



## FIGHTING COVID-19

1



Sleep in separate beds.

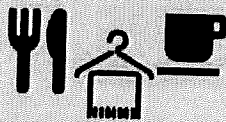


Prepare 20ml bleach per 1 litre of water solution.

2

Use different bathrooms, disinfect them with bleach.

3



Do not share towels, cutlery, glasses, etc.



Knobs, switches, tables, back of chairs, etc.

4

Daily clean and disinfect high transit and contact areas and surfaces.

5



Wash clothes, bed linen and towels frequently.



6

Keep distance, sleep in different rooms.

7



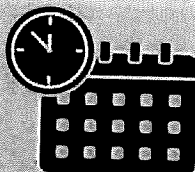
Air out bedrooms frequently.



8

Call health services if you present with 38° fever and have difficulty breathing

9



Do not break the 14 day quarantine. Every day you breach you reset the counter.