



Tk'emlúps te Secwépemc

OFFICE OF THE CHIEF

Interior Health Authority Public Forum – March 27, 2020 – 6-7:30pm- Teleconference

- On Friday night, the President of the IHA, Susan Brown and Chief Medical Health Officer for the IHA, Dr. Sue Pollock hosted a webinar to provide an update on the latest planning for COVID 19. The speakers assured participants that the Province and the Health Authorities have a plan and a very well tested strategy in place for pandemics. They proceeded to answer questions from participants.
- Much of the information that was shared, is known; wash your hands, the importance of social distancing, stay home if you feel sick, quarantine yourself for 14 days if you have returned to Canada from elsewhere.
- Symptoms of COVID 19 depends on the individual. Some people only a runny nose for a couple days and others get severely ill. Three common symptoms are fever, cough, shortness of breath. Others get headaches, sore throat, aches and pains.
- The Interior Health Authority is telling people if you do have any symptoms, to please stay home for 10 days from the start of those symptoms.
- Most people who get corona virus recover. People that have harder time recovering are those that have underlying issues such as cardio-vascular disease, diabetic, high blood pressure.

- The virus can survive from hours to days on surfaces. It depends on the surface. It survives longer on plastic or metals. That is why the Health Authority recommends wiping down groceries and fruit/vegetables when you get home from the grocery store. Cooking vegetables will kill the virus.
- The Health Authority representatives assured families that if a child is positive, that a family member come into the hospital with them. The hospital would want to limit access, but a parent can be there.
- The Health Authority does expect more cases, but they are encouraging the public to follow the requirements and flatten the curve. There is very high susceptibility and low immunity toward the disease. There is not an effective treatment for this disease yet.
- They are preparing for the worse and IHA we can manage an influx if that happens. They are preparing to ensure enough beds, staff and equipment.
- This is a very stressful time and the health authority representatives encouraged those that are having mental health issues to reach out to primary care provider. Counselling services are available by video conference or telephone and there is also a crisis line. Please do not feel abandoned. You are not alone.
- Interior health will be putting together a Question and Answer page which we will distribute to you once we receive it.

Chief and Council and staff continue to plan for this emergency. Please stay safe and keep your distance

Yours truly,
Tkemplúps te Secwépemc

Kukpi7 Rosanne Casimir (Chief)
On behalf of Council