



Snuneymuxw

First Nation

www.snuneymuxw.ca

January 10, 2021

Dear Snuneymuxw,

I am writing to update you that in collaboration with the medical health officer for this region, our Nation has confirmed no new test positive cases for covid-19 in our community. We have 17 active cases and eight (8) cases which have fully recovered from the virus.

Observing more recovered cases in our community, less active cases and no new cases is the ideal trend we want to see happening. To continue this momentum, we must hold on tight to our community restrictions because these are helping slow the spread of the virus, contain current transmission as much as possible, and enhance community protection. We have a distance to go yet and I know that our Nation will get there by moving forward cautiously and steadily.

As we move forward, individuals and families who were ordered to isolate by Island Health will reintegrate back into community. Island Health nurses are the medical health professionals who determine who should isolate, when and for how long. Several residents of our community were ordered to isolate for various medical reasons and on behalf of our Nation, we are proud that they safely made it through this difficult time.

We still have active cases and until further notice, the stay at home order and community security will remain in effect.

Updates will be published daily and the next one will be tomorrow. Please be safe, reach out to our Nation at any time, and be kind to one another.

Sincerely,

Chief Mike Wyse



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Learn More About The Medical Definition for Covid Terms

COVID-19 Terms & Definitions



Case = an individual with a lab-confirmed COVID-19 infection



Hotspot = a term used to describe increased activity in comparison to other areas



Cluster = two or more confirmed cases within a 14-day period, with evidence of ongoing transmission



Close contact = 15 minutes (cumulative) or more within six feet of someone with COVID-19



Outbreak = declared when a certain number of people who share a common space are diagnosed with COVID-19 within a 14-day period



Exposure = contact with an individual with a lab-confirmed COVID-19 infection during their infectious period (48 hours prior to symptoms)

islandhealth.ca/covid19



Note:

- Island Health determines a person to be a 'close contact' if within 6-feet of a known test positive person.
- A person is exposed to the virus when they are in direct contact with an infectious person 48 hours before the test results come back. A person is considered "infectious" 48 hours before the lab-confirmed results come in.
- The difference between close contact and exposure → close contacts can be determined at any time whereas an exposure is only 48hrs before the date of test positive.
- Contact tracing is done to medically determine people who are exposures or a close contact
- Island Health nurses determine the isolation period for a person. If you are not contacted by Island Health, you are not a contact or exposed and do not have to isolate.
- **Call *811 if you are concerned you have flu-like symptoms and the Island Health Nurse will provide you with instructions on next steps.**

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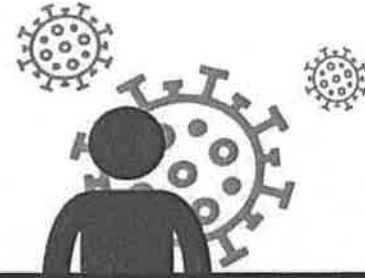
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What's contact tracing?

When a person tests positive for COVID-19, someone from Island Health will contact them to get a list of the people they've been in contact with.



1. To help prevent the virus from spreading, Island Health staff trace the contacts of everyone who tests positive for COVID-19

- "Contacts" are anyone who has recently spent more than 15 minutes within 2 metres (6 feet) of someone who has tested positive

2. Island Health staff follow-up to make sure that:

- a. The contacts self-isolate
- b. If they develop any symptoms, they get tested

Stay COVID-safe:



Wash your hands often (for at least 20 seconds with soap and water), or use hand sanitizer.



If you have to cough or sneeze, do it into your elbow. Remember to wash your hands afterwards.



Avoid touching your face.



If you use a tissue, throw it away as soon as possible, then wash your hands.



Stay 2 metres (6 feet) away from other people.



When in public, the expectation is that you wear a mask.

Contact tracing: It helps keep us all safe!

For more information, visit bccdc.ca/covid19, use bc.thrive.health to check symptoms, and call 1-844-901-8442 (8:30 a.m. – 8:00 p.m.) if recommended.



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10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

- 1. Stay home from work and school.** And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis. 
- 2. Monitor your symptoms carefully.** If your symptoms get worse, call your healthcare provider immediately. 
- 3. Get rest and stay hydrated.** 
- 4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.** 
- 5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.** 
- 6. Cover your cough and sneezes with a tissue or use the inside of your elbow.** 
- 7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.** 
- 8. As much as possible, stay in a specific room and away from other people in your home.** Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask. 
- 9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.** 
- 10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs.** Use household cleaning sprays or wipes according to the label instructions. 



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cdc.gov/coronavirus

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At-Home Treatment and Early Warning Signs

At-home treatment

Most people who become sick with COVID-19 will only experience mild illness and can recover at home. Symptoms might last a few days, and people who have the virus might feel better in about a week. Treatment is aimed at relieving symptoms and includes rest, fluid intake and pain relievers.

Follow the doctor's recommendations about care and home isolation for yourself or your loved one. Talk to the doctor if you have any questions about treatments. Help the sick person get groceries and any medications and, if needed, take care of his or her pet.

It's also important to consider how caring for a sick person might affect your health. If you are older or have an existing chronic medical condition, such as heart or lung disease or diabetes, you may be at higher risk of serious illness with COVID-19. You might consider isolating yourself from the sick person and finding another person to provide care.

Emergency warning signs

Carefully monitor yourself or your loved one for worsening symptoms. If symptoms appear to be getting worse, call the doctor.

If you or the person with COVID-19 experiences emergency warning signs, medical attention is needed immediately. Call 911 or your local emergency number if the sick person can't be woken up or you notice any emergency signs, including:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion
- Bluish lips or face
- Inability to stay awake



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Getting Vaccinated Does Not Mean You Are Immune From The Covid-19 Virus

If you received the Moderna vaccine shot on January 6 or 7, 2021 at the Snuneymuxw gym, then it is important to know that you are not 100% immune from the covid-19 virus.

Generally, it takes 10-14 days after the vaccination date for the antibodies to develop in the body, and these antibodies help protect or fight against the virus.

For a healthy person to get vaccinated means immunity has increased to 70%, however for an immunocompromised persons' the immune system increases to 50%. When you the second Moderna vaccine shot is taken, immunity will increase more.

Everyone, including those who got vaccinated, must continue to practice all health precautions to stay home, socially distance, wear a mask and frequently hand wash.

If you were vaccinated and have medical related questions, please contact Snuneymuxw nurses Connie Paul or Cheryl Mooney.