



June 2, 2020

**Attention: Lake Babine Nation Members**

**Re: Confirmed COVID-19 case**

**Dear Members**

This important letter was drafted for all Lake Babine Nation (LBN) members as a reminder that COVID-19 remains a real, present threat to our health and safety. Please read this thoroughly and completely so that you can keep your family and the Nation safe and healthy.

**Lake Babine Nation and COVID-19**

The reality of COVID-19 has reached Lake Babine Nation. We now have a member who has tested positive for the respiratory virus and spent time being cared for in the COVID-19 unit at the Prince George hospital. Although this member lives in Prince George, other LBN members have visited this person while contagious and are now on self-isolation monitoring themselves for symptoms of the virus. Similarly, two other First Nations Reserves in the Northern Health region have members who have tested positive for this extremely contagious virus.

**Maintaining Safety**

British Columbia has managed to keep the rate of contagion low and we have moved into what the government has referred to as 'Phase 2'. With more businesses opening up and less restrictions there is an increased opportunity for the spread of COVID-19 if we do not remain vigilant with the following "new normal" principles encouraged by our Provincial Health Officer Dr. Bonnie Henry:

- 1) Staying informed, being prepared and following public health advice;
- 2) Practising good hygiene – hand hygiene, avoid touching your face and respiratory etiquette;
- 3) Staying at home and away from others if you are feeling ill – with no exceptions whether for school, work or socializing;
- 4) Maintaining physical distancing outside the household, e.g., no handshakes or hugs, keeping your number of contacts low and keeping a safe distance;

- 5) Making necessary contacts safer with appropriate controls; e.g., using plexiglass barriers or redesigning spaces;
- 6) Increasing cleaning of frequently touched surfaces at home and work;
- 7) Consider the use of non-medical masks in situations where physical distancing cannot be maintained, such as on transit or while shopping; and
- 8) Continuing to minimize non-essential personal travel.

Our “new normal” will last for weeks and months and because pandemics come in waves, the COVID-19 virus will not be truly behind us until a vaccine is available. However, it is important to know that if we all do our best to follow the above principles and are cautious and thoughtful, we will proceed on our path forward together.

### **Contact with COVID-19 Case**

If you have been in contact with someone diagnosed with COVID-19, you will need to self-isolate for 14 days from the time you were with that person. Staff from the British Columbia Centre for Disease Control (BCCDC) will follow up with the positive COVID-19 case and ask who they have been in contact with so that they can be notified and self-isolate. However, it is possible that they will not be given the names of everyone who the sick person had contact with, or, that they are unable to reach you. If you think that you may have had contact with someone who has COVID-19, please call the **COVID-19 line: 1 844 645-7811** immediately. Always be alert to the signs of this illness (e.g., fever, cough, shortness of breath, muscle pain and lethargy) even if you don't think you have had contact with anyone who is sick and call the **COVID-19** line.

If you need more information on what self isolation means, or have any other questions or concerns, please contact LBN Nursing at 250 692-2400. We are here to help and support you.

Respectfully submitted,

Approved by:

**Emma Palmantier**

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**&**

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pc Emergency Operation Centre Team