



OKANAGAN NATION ALLIANCE

#101 – 3535 Old Okanagan Hwy, Westbank, BC V4T 3L7

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UPDATE: ONA RESPONSE TO COVID-19

tkwəłniwt (Westbank), Syilx Okanagan Territory: On March 18, 2020, as of today, ONA offices are only open for staff. Over the next few days, ONA staff will be transitioning to working from home as much as possible to mitigate risks and to ensure we do our part in keeping Nation members and partners safe.

During this time, we remain committed to fulfilling our responsibilities to our Syilx Okanagan Nation families and communities.

We will continue to be available by phone, email, or social media. The following staff may be contacted if you have any questions:

- **Pauline Terbasket, Executive Director** - 250-878-6242
- **Jennifer Lewis, Wellness Manager** - 250-826-7844
- **Howie Wright, Fisheries Program Manager** - 250-718-5215
- **Cailyn Glasser, Natural Resources Operations Biologist** - 250-469-1595
- **Carol Roberts, Financial Administrator** - 250-707-0095 ext. 207
- **Charlotte Armstrong, Executive Assistant** - 250-707-0095 ext. 208
- **Tara Montgomery, Communications Lead** – 250-862-6866

WHY THIS IS NOT “JUST THE FLU”

COVID-19 can be shared with others before we know we are sick

- We can have it for as long as 2 weeks before we get sick. This how it has spread so far and fast.

Most of us will be fine, but our hospitals are in trouble

- Italy has a good public health system but it is collapsing under the rapid rise in flu patients experiencing respiratory failure. They are putting patients in tents and importing doctors.

If we don't slow the spread here right now—today—we face the same situation

- This will mean even normal health emergencies like accidents or injuries will be harder to treat.



If we act now, we can keep our local hospitals working

- Stay calm. Stay home. Go outside. Sing, pray, and take care of one another.

PROTECT COMMUNITY MEMBERS AT HIGHER RISK

Some of us are more likely to get very sick from COVID-19. By taking collective action, each of us can help to protect our Elders and our community members with health conditions.

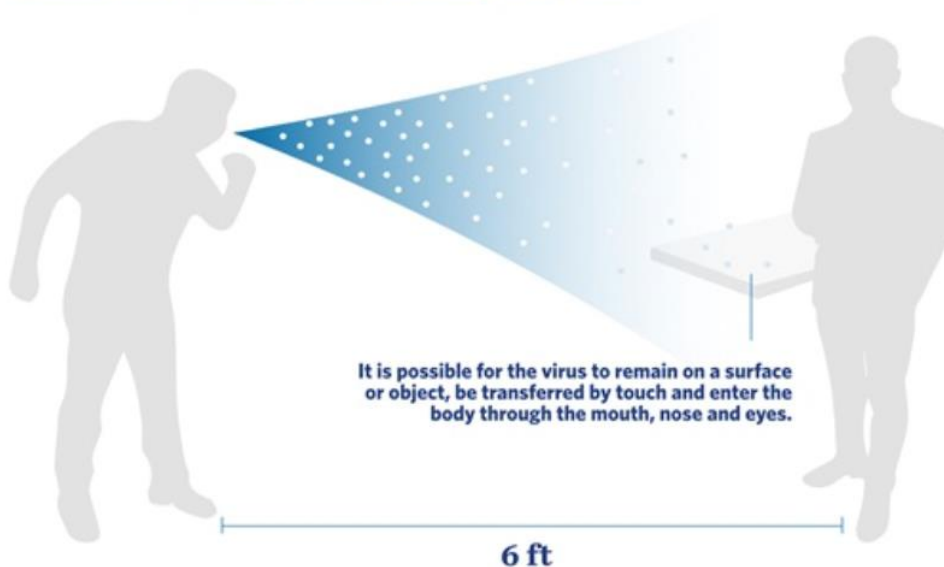
- Older adults
- Those with health conditions: diabetes, heart disease, lung disease, cancer, autoimmune diseases, and other underlying conditions that reduce immunity
- How to protect those at higher risk <http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%201%20-%20CDC/COVID-19-Handout-chronic-disease.pdf>

HEALTH GUIDELINES

As of Monday, March 16, Canada has introduced measures to limit the spread of the virus. We respectfully suggest that for our collective well-being, it is wise to follow them.

- **Stay home:** Everyone is being asked, whenever possible, to stay home for a few weeks.
- **Social distance:** Except for members of your household, it is best to stay 3-6 feet away from other people. Going outside is a good way to meet others—but still 3-6 feet apart.

COVID-19 can spread person-to-person within 6 feet through respiratory droplets.



- **US travel:** Anyone coming back from outside Canada is required to isolate themselves at home for 14 days on their return. Avoid contact with others. Monitor yourself to see if symptoms develop. This video provides info on how to self-isolate. <https://www.cbc.ca/news/thenational/what-to-do-if-you-re-self-isolating-at-home-for-covid-19-1.5498654>

HOW TO PREVENT COVID-19

- #1: Wash your hands thoroughly with soap for at least 20 seconds.
- Do not touch your face with unwashed hands.
- Cover your mouth and nose with a tissue or cough into your elbow.
- Do not share food, drinks, utensils.
- Close the lid when you flush the toilet. The virus sheds in poop.
- Regularly clean frequently touched surfaces. Rub hard with soap or disinfectant.
- [Cleaning Guide](#)

Wash your hands with soap to destroy the COVID-19 virus



RESOURCES

- **COVID-19 INFO LINE: 1-833-784-4397** (Public Health Canada)
- **If you have symptoms, call HealthLink BC at 811.**
- **Common questions about COVID-19**
- [Update and guide to all aspects of COVID](#)
- BC non-medical COVID-19 hotline: 1-888-COVID19 from 7:30 am-8 pm daily