Help Keep Your Loved Ones COVID-19 Safe

COVID-19 clusters are on the rise and the virus is currently spreading in the community. This means it's more important than ever to use COVID-19 safety protocols.

People who do not have access to wifi, Facebook or a phone may not realize what is going on. We ask that everyone check-in with friends and family members who may not be connected online or the community. Please help your friends and family members in accessing online and phone resources.

Make sure the people you care about have sanitizer, soap, masks and food essentials. Remind them that part of staying safe is to limiting number of people coming and going from their homes. Find out if they have gotten vaccinated or need some notice of upcoming vaccine clinics for both COVID-19 and the flu.

Show your love by helping the people you love keep safe.

COVID-19 Testing Information

If you, or a loved one, have come in contact with someone infected with COVID-19 or are experiencing symptoms of COVID-19, you can get a COVID-19 test in Pemberton.

Call or text **778-689-1732** to book an appointment. Staff monitor calls and texts to this dedicated COVID-19 phone number between 10 AM and 3 PM daily.

Feeling Unwell but Unsure?

- Call **8-1-1** to discuss you symptoms with a nurse and decide whether you need to be tested
- Use the online COVID-19 screening tool at: **www.bc.thrive health**.

Symptoms of COVID–19

Symptoms of COVID-19 can vary from person to person. They can also vary depending on the age group. Symptoms can take up to 14 days to appear after exposure to COVID-19.

COVID-19 vaccines are all very effective in preventing severe forms of COVID-19 and death. However, vaccines are rarely 100% effective and you could still get infected with or without symptoms.

Here are some of the most commonly reported symptoms:

- New or worsening cough
- Shortness of breath or difficulty in breathing
- Temperature equal to or greater than 38°C (96.8*F)
- Feverish feeling
- Chills
- Fatigue or weakness
- Muscle pain or stiffness
- Loss of smell or taste
- Headache
- Abdominal pain, diarrhea and vomiting
- Intense discomfort

You can develop symptoms later or never show symptoms. You can be infected and infect others even if you have no symptoms. (See over.)

(Information current as of October 21, 2021)

Lil'wat Nation

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Severe COVID-19 Symptoms

Dial 911 or your local emergency number if you have severe symptoms, such as:

- Severe breathing difficulty
- Chest pain or tightness
- New onset confusion
- Difficulty waking up

Don't ignore any of these symptoms. Seek medical attention immediately. These severe COVID-19 symptoms can also be indicators of other serious illnesses.

How COVID-19 Spreads

An infected person transmits COVID-19 through respiratory droplets and aerosols (tiny droplets) that they release when they:

- Call out
- Speak
- Cough
- Sing
- Sneeze

You can also get COVID-19 when you touch something the virus is on and then touch your mouth, nose or eyes before washing your hands. You can pass COVID-19 before,or without showing symptoms.

Líĺwat Nation Emergency Response COVID-19 Support

If you have tested positive, or are self-isolating, an isolation package can be delivered by **Líĺwat Nation Emergency Response**. Please call to arrange for your package to be dropped off by calling **604-902-4397.**

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