

March 22, 2022

## **TAHLTAN NATION COVID-19 EMERGENCY MANAGEMENT UPDATE**

The Tahltan Nation COVID-19 Emergency Management Team (TNCEMT) has met and would like to inform the Tahltan Nation that there are 28 known cases of COVID-19 in our communities.

We encourage our members to practice using their masks in gatherings, social distance where possible and always wash or sanitize your hands. COVID-19 symptoms have been more cold-like for most but may still be life threatening for those who are unvaccinated or have underlying health issues.

As Canada and BC move towards the next stages of COVID-19 management, the Tahltan Nation is also adapting to our new realities. More specifically, the Tahltan Nation has decided to follow the BCCDC protocols and guidelines within the territory effective January 28, 2022.

- **No more PHO contact tracing** (but we encourage those who test positive to notify their close contacts)
- **Stop the spread, stay home if you feel unwell** (isolate if you experience cold or flu-like symptoms)
- **Isolation required only for individuals who have a positive COVID-19 test.** (recommend the whole household isolate)
- **5-day isolation period minimum** (or until symptom -free)
- **Gatherings allowed with safety plans** (WorkSafeBC has good samples)
- **Masks are mandatory in public spaces**
- **Physical distancing of six feet with people outside your bubble** (Maintain bubbles and distance for others)
- **Sanitize or wash your hands frequently**
- **Vaccine passports required to attend public gatherings** (Proof of vaccinations required to attend public gatherings and meetings)
- **Encourage everyone to get fully vaccinated** (The more people vaccinated the sooner this virus will be eradicated)

**Limit the number of positive cases and risk of serious illness and/or death**, everyone in Tahltan Territory needs to pull together and continue to do the following:

**Unvaccinated:** We encourage everyone to get fully vaccinated as this will continue to mitigate the severity of the virus symptoms. Contact your local health center and arrange an appointment to get a vaccine.

**Limit your movement in community to protect** our Elders and those who are immune compromised remain a high priority and the sooner we vaccinate all, the sooner we can achieve herd immunity.

**Individuals are responsible for managing their health, personal risk** and ensure they protect their loved ones by limiting movement and interactions as much as possible. As we move to the endemic phase everyone must be responsible for managing their personal risk by continuing to do the following:

- **Masks are mandatory inside all community/public spaces;** masks must cover the mouth and nose.
- **Limit your travel,** unless you must go to work, or you are going onto the land to exercise with those in your household (people you live with); **Limit visits other communities;**
- **Recommend that when returning from outside Territory,** limit your movement and stay within your bubble for at least 5 days, get tested if symptomatic.
- **Feeling unwell, stay home:** If you have the slightest of symptoms (runny nose, fever, cough, flu-like symptoms) stay home and contact the local health centres.

We thank you all for doing your part to keep yourself and others safe from COVID-19 virus.