



First Nations Health Authority
Health through wellness

PO Box 19, Stn. Matsqui
Abbotsford, BC
Canada V4X 3R2
T 604-743-0627
F 604-743-0626
www.fnha.ca

It is unfortunate to hear of increased COVID-19 cases in community. Contact tracing is underway to notify all who may have been exposed. This reminds us that COVID-19 is still very active in the region and that we must continue to err on the side of caution to keep loved ones and community members safe. Even someone who is fully vaccinated can still get sick, be a carrier and spread the virus to others.

We understand that it is hard to keep up with changing public health recommendations. Below is a quick overview on what we can do to help minimize the spread and keep each other safe:

Continue to be diligent with **hand washing, physical distancing** and **wearing a mask**.

Avoid sharing things like food, drinks, cigarettes, vape pens, masks etc.

What to do if you test positive for COVID-19

- Public Health will be in contact and will notify you of a start and end date as to when you need to isolate
- Monitor symptoms and call 8-1-1 if you have any concerns
- Let close contacts know that you have tested positive and are following direction from Public Health

Why self-isolate when you test positive for COVID-19?

- If you have not received a COVID-19 vaccine, your body has not had the opportunity to build an immune response
- If you received 1 dose of vaccine, you are only partially immune to the vaccine after 3 weeks when your body has started to produce antibodies. You can still carry and pass this on to others who may not be immunized or have antibodies (especially infants and children who are not able or who have not received the vaccine)
- If you have received 2 doses of vaccine, you may still be able to catch the virus and be a carrier. You can pass on the virus to others without realizing it, even if you don't have symptoms

What does it mean to self-isolate?

- Avoid contact with others (even people in your own home)
- Do not visit with others in person
- Have a friend or family member get groceries, cleaning supplies etc. for you

While Phase 3 of BC's restart plan has allowed outdoor gatherings to return, there are still many things we are learning about the virus (such as the variants).

We need to be mindful that children under 12 cannot get a vaccine and people with complex medical conditions may not be vaccinated.

It is important we work together, respect one another and respect local restrictions to keep everyone safe.

The infographic attached captures a snapshot of the information above. Please feel free to share with community members and on your social media sites.

For anyone who has not yet received a dose of the COVID-19 vaccine, here is the direct link for booking: <https://www.getvaccinated.gov.bc.ca/s/>. You can also look for drop-in clinics across the region by visiting <https://www.gov.bc.ca/VaxForBC>. We understand that this is not an easy decision to make - we encourage everyone to take the time they need and move forward at their own pace. The Fraser Salish team is here to support in any way we can. Do not hesitate to call the FNHA system support line at 604-743-0653 for any questions you have.

Thank you all for your time. Keep well and stay safe.

In wellness,