



ULKATCHO
FIRST NATION

COVID-19 UPDATES

What we have Done!

- 1. Ensured Funding support for COVID-19 related Emergencies.**
- 2. Implemented an Emergency Command Center.**
- 3. Continuous communication with Provincial and Federal Emergency planning committees to ensure support for the community.**
- 4. Closed Band Office to the public and employees, except for essential workers.**
- 5. Clinic closed to public, except for emergencies and essential services. Call 250 742 3305 before going to the clinic.**
- 6. Developed and implemented emergency supply acquisition chain**
- 7. An immediate financial response to local members - \$150.00 gift voucher.**
- 8. Met with local stores to ensure essential needs available in the community**
- 9. Worked with Health officials in the updating of the Pandemic a plan for community.**
- 10. Provided community updates of factual information in regard to COVID-19.**
- 11. Ensured local essential services are functioning.**
- 12. Band Resolution declaring a Local State of Emergency**

As we move forward in this time of crisis our daily lives will change and we face uncertain times. We are currently facing a worldwide crisis unlike anything our generations have experienced. As a community we need to do our part!

We need to follow the guidelines provided by the professionals to stop the spread of the Virus.

As Smokey the Bear said, “Only You Can Prevent Forest Fires”. In these times, I’m going to say that “Only You Can Stop the Virus”. Do your part and,

- **Stop traveling in and out of the community**
- **Stop large gatherings**
- **Stop shaking hands**
- **Stop sharing cigarettes, pipes ...**
- **Stop drinking from your friend’s water bottle, pop can or other containers**
- **Stop house parties**
- **Stop sharing food, chips, nuts... only one hand in the bag.**
- **Stop spreading rumors on social media.**
- **Stop the negative comments about each other on-line. *If you can’t say anything nice about someone, it is best to say nothing at all!***

After mentioning all the things to stop, I encourage you to maintain contact with friends and family by phone or social media. Positive messaging is important in these times. I also want you to:

- **Start thanking the *ESSENTIAL WORKERS* that are there to help you, they are putting themselves at risk.**
- **Start/continue to maintain a safe distance from others – 2 meters (6 feet).**
- **Start/continue to follow the directions provided by officials to ensure your safety.**
- **Start taking time to get some exercise, go for a walk, but please maintain a safe distance from others.**
- **Start/continue to make healthy choices.**
- **Start to look for opportunities to help others.**



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



REDUCE THE SPREAD OF COVID-19



PHYSICAL DISTANCING IN PROGRESS

**Maintain a distance of at least
2 arms lengths from others.**



If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.



Ministry of
Health



BC Centre for Disease Control