



## Cowichan Tribes

5760 Allenby Road Duncan, BC V9L 5J1  
Telephone (250) 748-3196 Fax: (250) 748-1233

April 1, 2020

Dear Community Members,

### **RE: Cowichan Tribes on Essential Services until further notice - Chief and Council**

Cowichan Tribes will remain on Essential Services indefinitely and until further notice to help protect the community by preventing the transmission of the respiratory infection known as the Coronavirus COVID-19 disease.

Cowichan Tribes schools and daycare, the Si'em Lelum Gym, and the Youth Centre are closed. All Medical Transportation and Elders Programs are also not available at this time. For more information about programs and essential services, please call:

- Ts'ewulhtun Health Centre: (250) 746-6184 or text a Community Health Nurse at (250) 732-4205
- Slhexun Sun'ts'a Primary Care Clinic: (250) 715-3322
- Kwun'atsustul (Mental Health): (250) 746-6184 to speak with an on-call counsellor
  - For after-hours, call the crisis line: 1(888)494-3888
- Social Development: (778) 422-2255
- Cowichan Tribes Security: (250) 732-1449
- Housing Emergency (24/7): (250) 715-3302

For **anyone** who is concerned that they may have been exposed to the Coronavirus, or is experiencing a fever or cough, they should stay at home and avoid contact with others. Please call your family doctor or call **8-1-1** to get further instructions and to find out if you need to be tested. If you are feeling unwell or experiencing any of the related symptoms of the virus, you can [check your symptoms online](#) or [download the self-assessment app](#). These online resources are available 24 hours a day.

Non-medical information about the COVID-19 disease is available at 1(888)COVID19 (1(888)268-4319) from 7:30 am-8:00 pm (PST), 7 days a week or text message at (604) 630-0300.

It is critically important for all community members to help prevent the transmission of this disease by following public health guidelines to:

- **Wash your hands frequently**
- **Avoid touching your face**
- **Cover coughs and sneezes with a tissue (throw in the trash) or inside elbow**
- **Do not share food or drinks**
- **Disinfect surfaces and objects that are often touched**
- **Practice social distancing**
  - **Avoid close contact with others by staying 2 metres (6 feet) apart**
  - **No handshakes or hugs**
- **Avoid gatherings; only spend time with people in your immediate household**
- **Avoid travel outside of Canada.**

Information about the Coronavirus COVID-19 disease is changing daily. To stay up to date or to find out further information, please check the following resources:

- Frequently asked questions about the Coronavirus COVID-19 disease signs and symptoms, including screening criteria, is available on the BCCDC website at [www.bccdc.ca/health-info/diseases-conditions/covid-19](http://www.bccdc.ca/health-info/diseases-conditions/covid-19)
- The Public Health Agency of Canada has set up a coronavirus information line at 1(833)784-4397.

If you have any questions or require further information please contact Derek Thompson, A/General Manager at [General.Manager@cowichantribes.com](mailto:General.Manager@cowichantribes.com) or at (250)732-4962.

Sincerely,



Chief W. Seymour