



Cowichan Tribes

5760 Allenby Road
Qw'utsun Territory
Duncan, BC V9L 5J1
250-748-3196 | cowichantribes.com

TO: Cowichan Tribes Membership

January 1, 2021

FROM: Cowichan Tribes Chief & Council

SUBJECT: Confirmed Cases of COVID-19 in Community

Cowichan Tribes - Update to Members on COVID-19

"This is a difficult time for all of us, and the next few weeks will be challenging. But we are a strong Nation, and we will get through this. Now, we all need to stay home, stay safe, and support each other. Let's work together as a Nation to stop the spread of COVID-19 and protect our Sul'wheen and our loved ones." – Chief William Seymour

The Current Situation & How Cowichan Tribes Is Responding

COVID-19 has reached Cowichan Tribes. As of January 1st, 2021, there are confirmed cases of COVID-19 in our community. The members who have tested positive are self-isolating. They are in regular contact with public health officials and are receiving guidance on health and safety protocols.

Chief and Council and Cowichan Tribes' Pandemic Response Team, under the direction of the General Manager and Ts'ewulhtun Health Centre, are leading the Pandemic Response. Our Nation is working closely with Island Health, First Nations Health Authority and public health officials to support contact tracing, monitor cases, and keep members safe.

If the number of cases in our community grows, Chief and Council may implement additional safety measures and restrictions through our COVID-19 Community Protection Bylaw.

Cowichan Tribes is urging all members to **stay home, stay safe, and follow public health orders**. We must work together as a Nation to stop the spread of COVID-19.

If you require assistance to self-isolate or have questions, call Ts'ewulhtun Health Centre: **250-746-6184**.

You are not alone. Please reach out if you need assistance.

What To Do If You Have Symptoms, Or Have Been In Contact With Someone Who Has Symptoms

If you have any symptoms of COVID-19 – even mild ones – **self-isolate and call 8-1-1.**

If you have been in contact with someone who has symptoms, call 8-1-1.

COVID-19 symptoms include: cough, headache, fever, sore throat, shortness of breath, fatigue, runny nose, loss of appetite, chills, loss of sense of smell or taste, nausea and vomiting, exacerbation of chronic muscle aches, diarrhea.

Feeling Sick? Get Tested

Cowichan COVID-19 Assessment Centre, 5151 Polkey Rd., Duncan, BC.
1-844-901-8442 (8:30 A.M. – 8:00 P.M.)

We Must Work Together to Stop the Spread

To stop the spread of COVID-19 in our communities, all members must

- Follow the provincewide restrictions and health guidelines.
- Stay home as much as possible.
- Avoid in-person interactions outside of your household.
- Avoid gatherings.
- Wear a mask, physically distance, wash your hands regularly.
- If you have symptoms, self-isolate and call 8-1-1.
- If a contact tracer from Public Health reaches out to you, support their work to keep us safe and answer their questions.

We Are Here To Support You

If you need assistance or have questions, please call Ts'ewulhtun Health Centre: **250-746-6184.**

If you are struggling with sadness, loneliness, addiction, or mental health, we are here to support you. **Please call Ts'ewulhtun.**

You can also call the Vancouver Island Crisis Line **1-888-494-3888** (24-hour line) or text 250-800-3806 (from your mobile 6 P.M. -10 P.M.).

Be kind. Be calm. Be safe.

Mukw' tst 'o' shilhukw, 'u tu COVID-19 lhxeen (We're all in this together)

