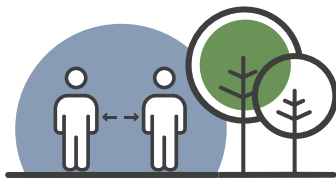


COWICHAN TRIBES

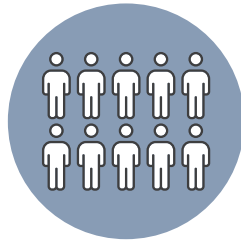
# Updated COVID Restrictions

Cowichan Tribes is lifting its shelter in place order on Friday, March 19. While we know this is welcome news, please remember we all need to continue to follow the Community Protection Bylaw and Provincial Health Officer (PHO) to keep our community safe.

## Allowed



**Outdoor visits**  
of up to 10 people



**Same 10 people** – be  
consistent with your 10

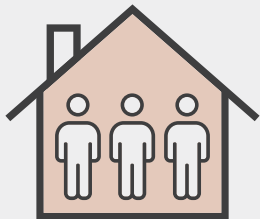


**Eating in restaurants**  
with your household

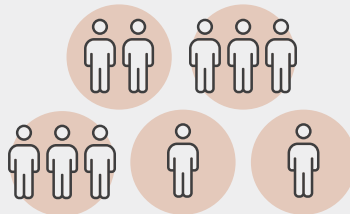


**Visiting a hair salon**  
or barber

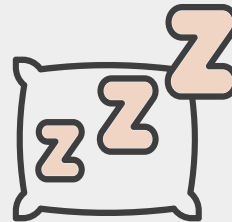
## Not allowed



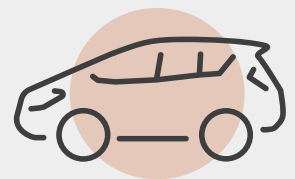
**Indoor gatherings**  
of any size or visiting  
other homes



**Outdoor visits with a  
mix of people** –  
stick to your 10



**Sleepovers** –  
kids can play with their  
friends outside



**Non-essential travel** –  
stick to your community





**Your circle/bubble =**  
Only your household members



**Visiting with friends/family =**  
Outdoors only, includes your circle/bubble  
and the same friends/family, stay consistent.

## First dose vaccination clinic

**When:** Wednesday, March 24 & Thursday, March 25 from 9 am to 4 pm

**Where:** Drive in clinic at Ts'ewulhtun Health Center

**Who:** Members of Cowichan Tribes households living on & off reserve, Ages 18+

Learn more at  
[www.cowichantribes.com/vaccine](http://www.cowichantribes.com/vaccine)



## Checkpoints

Checkpoints will stay up to limit movement between households and throughout the community. With the shelter in place order lifted, it's important we remain close to home to minimize the spread of COVID-19.

Cowichan Tribes' bylaw officers will continue to enforce both the Community Protection Bylaw and Provincial Health Officer restrictions.

## Get tested!

If you're feeling unwell, it's easy to get tested for COVID! **Do not ride share.** Transportation to testing site and home testing is available on request by calling 250-746-6184.

Call to book testing  
appointment

**1-844-901-8442**

