



Cowichan Tribes

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TO: Cowichan Tribes Members and Residents

February 17, 2021

FROM: Cowichan Tribes Chief and Council

SUBJECT: COVID-19 Shelter in Place Order Extended Until March 5, 2021

Dear Cowichan Tribes community,

I would like to inform you that Council has extended the Cowichan Tribes Shelter in Place Order for an additional two weeks. The order will remain in effect until 5 pm on **March 5, 2021**.

The order is being extended because we are still seeing new COVID-19 cases in our community, some people are in hospital, and new households are being affected. We are also saddened by the loss of two more community members, who passed away over the weekend. On behalf of Chief and Council, and the entire community, I want to offer our condolences.

It's important to share that the individuals who passed away were both young adults. While we've been making great efforts to protect our Elders, we now see that this virus is high-risk for many and we must all take it seriously and continue to be careful.

Many of you have been staying home and doing your part. **Thank you** for making these choices that are keeping everyone safe. Please continue to follow all COVID-19 safety protocols by not visiting other households, keeping your distance (2 m/6 ft), wearing a mask in public, only leaving home for essential reasons, and getting tested if you are sick.

The new variants of this disease out of the United Kingdom and elsewhere make it so important that everyone continue to follow public health orders, and our Shelter in Place Order. We have seen here in Cowichan and with neighbouring communities that Shelter in Place orders can be successful. By following these orders, we can stop the spread and get back to having zero cases in our community.

For your health, it's important to get tested at the FIRST sign of symptoms. If you catch this virus early, you have a much better chance of recovering from it. To make testing more accessible, there is COVID-19 testing available at our Health Centre and we can have you tested at your home. Medical Transportation for testing is available - please call Ts'ewulhtun Health Centre at **250-746-6184**.

We understand this is a difficult time. Especially not being able to visit with family and friends, and practice our culture the way we normally do. If you need support, please reach out by calling our COVID-19 Community Navigators at 250-715-3339. We have made various financial and mental health supports available to help our members. See this [COVID-19 guide](#) for more information.

Let's all continue to work together to bring the case numbers down to zero. Together we will get through this.

Chief William Seymour

Shelter In Place Order Extended & Restrictions On Access To Reserve

Due to the ongoing cases, Chief and Council have extended the [Shelter in Place Order](#) which all members and residents on reserve must follow.

This order initially in effect from January 6th, 2021 to January 22nd, 2021, was first extended until February 5th, then again until February 19th. It is now being extended once again until **March 5th, 2021**. This is referred to as the “Closure Period”.

This order is authorized under Cowichan Tribes’ *COVID-19 Community Protection Bylaw*.

Under this order:

- 1) **All members must shelter in place (stay at home).**
- 2) **Access to residential areas and residential buildings in Cowichan Tribes Reserve is restricted.**
- 3) **Barriers and checkpoints will be set up to enforce this order and provide information.**

Shelter in Place (Stay at Home) Order Under this order:

- **Cowichan Tribes residents must stay at home.** Residents may only leave their homes for the following reasons: work, school, medical appointments, to obtain groceries, medicines and other essential items, or to care for a family member who is ill. Members may also go outdoors for fresh air, time in nature, or walking pets - but only alone or with members of their household. When outside, do not stop to gather with people you don’t live with.
- **No events or gatherings with people from outside your household.** Cowichan Tribes residents cannot gather or hold events – indoors or outdoors – with people from outside their household. For individuals living alone, follow the [Provincial Health Officer’s orders](#).
- **Designate a household shopper & limit shopping trips.** Cowichan Tribes residents should designate one person per household to go out shopping, and limit shopping trips to once per week. Residents are encouraged to have groceries, medications, and other essential goods delivered to your home by ordering online or over the phone.

Restrictions on Access to the Reserve Under this order:

- All residential buildings in Cowichan Tribes are designated as “Restricted Areas” during the Closure Period. This means that access to residential buildings and residential areas on reserve is restricted.
- A person may only be present in a Restricted Area if they are:
 - i. a Member;
 - ii. an Authorized Occupant;
 - iii. the spouse or family member of a Member who routinely resides with a Member on the Restricted Area;
 - iv. conducting urgent appliance or home repairs;
 - v. delivering goods to a home or a Member-owned business on the Restricted Area;
 - vi. caring for an Authorized Occupant;

- vii. providing emergency services (e.g. firefighting, child and family services, medical, RCMP and Search and Rescue services);
- viii. doing work to maintain or repair utilities or public infrastructure (e.g. hydro, phone, internet, snowplowing, garbage removal);
- ix. providing essential services or other work for Cowichan Tribes at Cowichan Tribes' request; or
- x. ordinarily a resident of the Restricted Area.

This means that no person may visit a residential building or residential area in Cowichan Tribes, unless it is for an essential purpose noted above.

Barriers & Security Checkpoints Under this order:

- Cowichan Tribes will set up barriers with information about the Restricted Areas and the Shelter in Place Order.
- Cowichan Tribes will set up security checkpoints, as necessary, in areas that require additional education and enforcement efforts.

Do You Have Symptoms? Have You Been In Contact With Someone Who Has Symptoms?

If you have any symptoms of COVID-19 – even mild ones – or have been in contact with someone who has symptoms **self-isolate and call 1-844-901-8442**. **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, increasing chronic muscle aches, diarrhea. See [our COVID-19 Guide](#) for more information.

Feeling Sick? Get Tested

Cowichan COVID-19 Assessment Centre, 5151 Polkey Rd., Duncan, BC (by appointment). Call **1-844-901-8442** (8:30 A.M. – 8:00 P.M.). **DO NOT ride share**. Drive alone or call Ts'ewulhtun Health Centre for transportation **250-746-6184**. Masks will be required.

If a contact tracer from Public Health reaches out to you, support their work to keep us safe and answer their questions. **Your answers are confidential.**

We Are Here To Support

COVID-19 Community Navigators (250) 715-3339 or Ts'ewulhtun Health: (250) 746-6184. If you are struggling and need to talk to someone, 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.).

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