



Cowichan Tribes

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TO: Cowichan Tribes Members and Residents

January 21, 2021

FROM: Cowichan Tribes Chief and Council

SUBJECT: COVID-19 Shelter in Place Order Extended

Update to Members on COVID-19 – Shelter In Place Order The Current Situation

Since the first cases of COVID-19 were reported on January 1, 2021, Chief and Council and Cowichan Tribes' Pandemic Response Team have been working closely with FNHA, Island Health, and public health to support contact tracing, monitor cases, and keep members safe.

This is a critical time for each of us to do our part to limit the spread of the virus and to remain calm and be kind to one another.

Members who have tested positive or have been in direct contact with those who have tested positive must self-isolate. Health officials are in regular contact with these members and are providing support and guidance.

Shelter In Place Order Extended & Restrictions On Access To Reserve

Due to the growing number of 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 6, 2021 until 5 pm on January 22, 2021, **is extended until 5 pm on February 5th, 2021.** 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, except not alcohol or drugs unless they are being delivered as part of an essential health service (e.g. managed alcohol program, prescription delivery);
 - 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 resident at such 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 – **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. (by appointment). Call **1-844-901-8442** (8:30 A.M. – 4:00 P.M.). **DO NOT ride share**. Drive alone or call Ts'ewulhtun Health Centre for transportation **250-746-6184**. Masks will be required.

What You Can Do

All Cowichan Tribes residents must:

- Stay home; Say “no” to in-person gatherings or events outside your household.
- If you have symptoms, self-isolate and call 8-1-1 and get tested.
- Wear a mask, physically distance, wash your hands regularly.
- 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 You

If you have questions or need assistance, call **8-1-1** or **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' shilhukw, 'u tu COVID-19 lhxeen (We're all in this together)