

UPDATES FOR COVID 19 Lillooet and Surrounding Area:

With increased activity of COVID cases in the region, please see below information to help everyone stay safe.

WHAT ARE CONTACTS AND CASES?

- When a person tests positive for COVID-19, they become a “**case**”. Public health will contact you, usually within 24 hours of your test, if your test is positive. They will provide you with information about staying home and isolating so you don’t make others sick. We also suggest you let your doctor or nurse practitioner know you have COVID.
- A public health nurse interviews the case to identify people they have spent time with. People who have been close enough to a case to possibly get infected are considered “**contacts**.” Public health nurses will contact you if you are a contact of a positive COVID case.
- Contacts with no symptoms are asked to **self-isolate and monitor for symptoms for 14 days after their last contact** with the case **EVEN IF COVID TESTING IS NEGATIVE**.
- If you are a contact, and you develop any symptom(s) of COVID (listed below), you should arrange for COVID testing. If you have become infected with COVID, we can do contact tracing to stop the chain of transmission and protect others in your family and your community.
- Here is how contact tracing works: <http://www.bccdc.ca/Health-Info-Site/Documents/Contact-Tracing-Infographic.pdf>

DO I NEED A TEST?

For people who do not know if they had a contact with someone with COVID-19, you need a COVID-19 test if you have **new or worsening symptoms**.

If you have **1 or more** of these key symptoms, seek testing as soon as possible:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

If you have **2 or more** of the symptoms below for more than 24 hours, and they are not related to any other pre-existing conditions, seek testing.

These symptoms are:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea
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If you have only one of these symptoms, or a symptom that is not on this list and you are able to manage the symptoms at home, stay home until you feel better. If you have any questions, or the symptoms do not go away contact your health care provider or call 8-1-1.

If you do not have any symptoms, testing is not recommended even if you are a contact.

Please use the latest SELF ASSESSMENT tool located on the BCCDC Website for the above symptoms and updated information. www.bccdc.ca

The online booking tool can be found at www.interiorhealth.ca. An IH Covid-10 Test Booking phone line is also available at 1-877-740-7747, seven days a week, from 8 am to 7 pm. FNHA also provides testing and can be reached at 250-256-7017.

AFTER YOU ARE TESTED

- Return home and avoid contact with others (self-isolate) while you wait for your test result. The length of time until your result is available varies by testing location.
- **Test results hotline:** Call 1-833-707-2792 from 8:30 AM to 4:30 PM, seven days a week. It may be easier to get through to someone on the line in the afternoon when the call volume is generally lower.
- If you test positive, public health will contact you.

SELF ISOLATION

How to self-isolate

1. Do not leave your home. Do not go to work, school, or public areas including places of worship, stores, shopping malls and restaurants. Cancel or reschedule all appointments.
2. Do not have visitors. It is okay for friends, family or delivery drivers to drop off food or other necessities but try to have them drop off deliveries outside your home or door. Need help with shopping the local Lillooet Volunteer Connect group can help either call 250-256-3820 or email ask4help2shop@lillooet.ca
3. Go to www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation for more information.
4. Avoid contact with others at your home
5. If possible, seniors or people with a chronic medical condition such as diabetes, lung problems, heart disease or weakened immune system should stay somewhere else. As this may not be possible, please see the advice below on how to limit your contact with others in your home.
6. Stay in a separate room and use a separate bathroom; clean and disinfect high-touch surfaces.
7. Stay and sleep in a different room away from other people in your home as much as possible.
8. Make sure that any shared rooms have good airflow (e.g., open windows)
9. Use a different bathroom if available. Flush the toilet with the lid down as the virus may be in poop

10. Keep a physical distance if you are in a room with other people, keep a physical distance of at least two metres apart (about 6 feet or the length of a queen-size bed).
11. If you cannot avoid being in the same room as others, wear a medical face mask (surgical or procedural) that covers your nose and mouth.
12. If you need to leave your home for an essential medical visit or COVID-19 testing, wear a mask. It is best to walk or drive yourself if you can

Even if your test is negative, if you are identified as a contact, you are required to self isolate according to the public health information provided to you.

HOW DO I STAY INFORMED?

- For **non-medical information** about COVID-19, call 1-888-COVID19 (1-888-268-4319), 7:30am-8pm, 7 days a week.
- If you have **questions about your health**, call 8-1-1 at any time or speak with your health care provider.
- **Seniors** can call 2-1-1 for information on support services including meal delivery, help with cooking, delivery of groceries and medications, wellness calls and visits.
- **BC Government** <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

LOCAL PLACES TO ACCESS INFORMATION

- Lillooet Medical Clinic- 250-256-7505
- St'at'imc Outreach Health Services – 250-256-7530 or statimchealth.net
- First Nations Health Authority- 250-256-7017
- 811 for general information
- 211 for Seniors
- BC CDC Website – www.bccdc.ca
- Lillooet Hospital and Health Centre – 250-256-4233

ALWAYS remember to call 911 for any emergencies and the Emergency Department in Lillooet is open 24/7.