



Nuu-chah-nulth Tribal Council

AHOUSAHT
DITIDAHT
ʔIIHATIS / ČIINAXINT
HESQUIAHT
HUPACASATH

HUU-AY-AHT
KA:ʔYU:ʔKʔHʔCHE:K:TLESʔETʔHʔ
MOWACHAHT/MUCHALAHT
NUCHATLAHT
TLA-O-QUI-AHT

TOQUAHT
TSESHAHT
UCHUCKLESAHT
YUʔUʔUʔIʔATH

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Coronavirus Information (COVID-19)

The health and well being of our Nuu-chah-nulth members is a shared priority by all Nuu-chah-nulthaht and we will continue to assess and monitor the current COVID-19 situation. The Nuu-chah-nulth Tribal Council Health director has been working with Vancouver Island Health Authority, First Nations Healthy Authority, and diligently monitoring for updates from Health Canada to ensure health and safety of all Nuu-chah-nulth members.

The Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as low for the general population in Canada but this could change.

We will continue to monitor the situation closely and encourage our members to remain calm and to vigilantly practice the following to help reduce spreading of COVID-19:

- **Wash Your Hands** – please wash your hands for a total time of 20 seconds as often as possible, use alcohol-based hand washing (Purell).
 - Cover nose and mouth while coughing or sneezing
 - Avoid contact with those who are unwell
- **Social Distancing** – do not attend gatherings, try to remain 6 feet away from each other if possible, avoid shaking hands (use your elbows), avoid hugging etc.
- **If you are sick and have any of the following symptoms:** fever, persistent cough, difficulty breathing, pneumonia, please stay home and do not go work. Do not go to the drop-in clinic, phone 8-1-1 for assistance.
- **Travel:** Currently, domestic travel is unrestricted, and we recommend you follow Canadian public health guidelines to reduce your risk of contracting any viruses. If you have travelled abroad or interact with someone who has recently travelled abroad, and you develop fever, cough or difficulty breathing in the next 14 days, isolate yourself as quickly as possible and call your health care provider, HealthLink at **811** or public Health Authority for advice.

COVID-19 (coronavirus) is a respiratory virus that is spread through personal contact and may take 14 days for symptoms to appear. Symptoms are very similar to a cold or the flu and include: fever, cough, difficulty breathing, pneumonia in both lungs.

For more information on COVID-19 including the current state of the outbreak please visit:

- <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>
- <https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus>

Public Health Agency of Canada has set up a 2019 novel coronavirus telephone information line at: 1-833-784-4397
Health information 8-1-1