



Your Safety is our Top Priority

Toquaht Nation staff continue to actively monitor information from Federal and Provincial agencies regarding coronavirus (COVID 19). Our immediate priority is the safety of our citizens and staff.

Your government and administration are working together to deliver solutions and find ways to support citizens now and for the months to come.

Access to Macoah is restricted to RESIDENTS ONLY until further notice.

For your safety, we have also taken the following precautionary steps:

Our office in Ucluelet will remain closed until further notice.

Staff continue to be available by phone at **250-726-4230**, via their email as well as general@toquaht.ca

Payments arrangements can be made by contacting the Finance department at finance@toquaht.ca

All travel for government business has been suspended. Meetings must be attended remotely.

The above measures will remain in place until May 11, when we will reassess. We know these changes are an adjustment for everyone in our family-friendly community. We must take these essential steps now to keep everyone safe and healthy. We continue to monitor the situation and we will provide timely updates to the community. **Please check our community Facebook page regularly for updates.**

Please review the information provided in the attached special COVID Bulletin to learn how to remain healthy during this global pandemic.

Please discuss the information with your family members, including children and elders. Please encourage everyone to practice good hygiene and maintain social distancing. For everyone to remain healthy, everyone must do their part.

Signed,

Angela Polifroni
Director of Operations



COVID-19

Special Health Bulletin #1

COVID-19 - sometimes also called the Novel Coronavirus - is a NEW virus. It causes flu-like symptoms.

No one is immune to this virus and you are not protected by the flu shot or other vaccines.

1 out of every 5 people who are infected will experience severe symptoms, including serious difficulty breathing that may require hospitalization or lead to death.

At this time there is no medicine, vaccine or cure that the doctors can provide. Our best defense is prevention.

Take These Steps Now

People who do not look sick can carry and accidentally spread the virus.

The virus is spread through close contact [closer than 6 feet apart] or by contact with surfaces that an infected person has touched.

If you touch a surface and then touch your eyes, mouth, or nose, the virus can enter your body.

1: Practice good hygiene



self-isolate
(stay home and
keep your distance
from others)



do not have visitors,
especially older
adults or those with
medical conditions,
who are at a higher
risk of developing
serious illness



monitor your health
for **fever (greater
or equal to 38°C),
cough and difficulty
breathing**



wash your hands
often with soap and
warm water for
20 seconds, or use
an alcohol-based
hand sanitizer if
soap and water are
not available



cover your mouth
and nose with your
arm when coughing
or sneezing



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2: Be social, from a safe physical distance



People infected with coronavirus may not show any symptoms but may nonetheless be contagious.

Lower the chances of getting infected or accidentally passing it to someone.

Please stay at home NOW. It will save lives in our community.

Avoid hosting groups of people in your home - even when everyone seems ok.

If you need to check in on a member of the community - avoid going as a group.

3: Don't guess. Self-assess.

Determine if you need to be tested by visiting the website covid19.thrive.health

Call 1-888-COVID19 for non-medical information about COVID

Call 811 for medical information about COVID Call 911 for any medical emergencies.

We're Here for our Citizens

NTC Nursing Team is available to discuss the questions or concerns of our citizens.

Amanda Aspinall: 250-726-6114 or 250-726-7721

Kaitlyn Lauzon: 250-726-7721, 250-725-3367 or at 250-725-3335

If you're feeling stressed, anxious or just need someone to talk to, the

Teechuktl Mental Health Services is open Monday to Friday from 8:30am-4:30pm.

Cathy Komjathy, NTC Clinical Counselor is available at

250-0725 - 4470 or cathay.komjathy@nuuchahnulth.org