

## Health Alert - Emergency Programs Update COVID-19 exposure in the Nass Valley August 17th - 28th

***Kitsumkalum residents who attended services for the late Dr. Joe Gosnell please call  
Kitsumkalum Health 250-635-6172 and self-isolate***

August 31, 2020

**All Kitsumkalum members, and those non-members living within Kitsumkalum, who attended events related to the funeral of Dr. Joseph Gosnell between August 17th and 28th MUST**

1. Contact the **Kitsumkalum Centre (250-635-6172)** and notify Charlene Webb, Health Director of their activities and all those they have been in contact with after the funeral of Dr. Joseph Gosnell,
2. **MUST enter into MANDATORY Self-Isolation for 14 days with *no direct contact with Kitsumkalum members during the 14 – day self Isolation.*** Kitsumkalum Health will support you during this time.
3. Monitor daily for COVID-19 symptoms: **fever (over 37\*), chills, cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, fatigue, diarrhea, loss of appetite, nausea, vomiting, muscle aches.**  
*Less common symptoms: stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discolouration of fingers or toes.*

All Kitsumkalum offices are still closed to the public until further notice.

Kitsumkalum members are reminded to stay vigilant during this time by:

- Social distancing - stay home and avoid gatherings of more than 6 people
- Self-isolating - if you have travelled outside of the Northern Health region
- Washing your hands - thoroughly washing with warm water and soap for at least 20 seconds, hand sanitizer when soap isn't available. Disinfect all frequently touched surfaces regularly.
- Avoiding non-essential travel - stay home when possible.
- Staying calm, kind, safe and respectful.

Kitsumkalum Band  
Emergency Programs  
T: 250-635-6177 | E: info@kitsumkalum.com

Charlene Webb, Health Director | Kitsumkalum Health Centre  
T: 250-635-6172 | T-F: 1-844-869-5993 | E: director.health@kitsumkalum.com

Visit HealthLinkBC for the most up to date information on COVID-19 and the status of the pandemic:  
[www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19](http://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19)

**HealthLink BC Hotline: 8-1-1 | Northern Health COVID-19 Online Clinic and Information Line: 1-844-645-7811**