

Guidance for WLIB Community Members Who are at Higher Risk for Serious Illness

The Chief & Council want all members to stay healthy; however, members who are Elders or who have underlying health conditions are at higher risk to develop complications from COVID-19.

The Band Members' health is of the utmost importance to us and because of that we are recommending that those members – Elders / Members with compromised immune systems stay at home and away from other people during this time.

WLIB has designated a person to help with shopping and any extra help that you may require. We will be organizing for check ins via phone calls or other ways to make sure that you are okay.

However, we need to make sure that your visitors are healthy and that is how you can help us eliminate the risk of COVID-19; you need to make sure that they understand not to visit if they are not feeling well or if they have travelled recently.

We need you to:

- Practice good health habits including washing your hands frequently with soap and water, covering coughs and sneezes and staying home when you don't feel well.
- Stay at home and not go into public places or workplaces and any local public modes of transportation (bus, taxi);
- Notify us if you are not feeling well;
- Take everyday precautions and keep a space between yourself and others;
- Clean your hands as much as possible with soap and water for at least 20 seconds and avoid touching your face – eyes; nose and mouth;
- Keep away from others that are sick and limit close contact and wash your hands.
- Clean all high touch surfaces every day;
- Make a list of your medications that you need regularly and the WLIB can make arrangements to pick them up or to arrange for you to have an extra supply.

We need you to stay at home to reduce the risk of being exposed to the COVID-19

Please notify us if you or your family member falls into the category of a member with a compromised immune system or an Elder and call Maggie Berns at 250 296 3507 ext. 138