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Daily Update: Thursday, April 30, 2020

Number of COVID-19 cases in BC: 2087 New cases in BC: 34
Number of deaths in BC: 109
Number in recovery in BC: 1305
Number of COVID -19 cases in Interior Health Region: 169

Support

Are you in need of food? Are you in need of supplies or personal hygiene items? Please connect with band office staff at 250-373-2493 if you have needs we can help address.

Testing for COVID19/Coronavirus

Testing is available for anyone with symptoms. If you have symptoms, please call QHS at 250-373-2580 or 811 or your family physician.

Get Outside...Safely

It is important to get some fresh air and exercise everyday. Please do so safely using physical distancing. Tick are out in full force. Check for ticks if you have in your yard, garden, on the land, etc.

Be Mindful Of Others

Please continue to physically distance. The life you save may be your elder or your neighbour.
Please continue to stay mentally and physically strong and engage in healthy activities.

Be calm, respectful, safe and generous with one another.