Making Sense of Rising COVID-19 Cases

First Nations Health Authority
Health through wellness

A message from Dr. Nel Wieman, Acting Deputy Chief Medical Officer

The COVID-19 pandemic has been with us for a long time and has had its share of twists and turns. By now, we all know that COVID-19 cases are increasing again and public health measures were reinstated in BC. What's more, COVID-19 vaccine cards will now be required for many venues.

You may feel feel disappointed, worried, and/or frustrated. We hoped the progress we were making was here to stay. However we may feel, we know that if we want the pandemic to end, we will have to set aside our disappointment, square our shoulders, and continue working together against it.
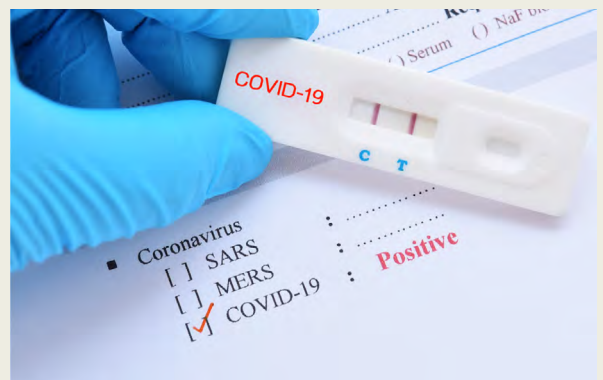
WHAT CAN WE DO?

- **Get fully vaccinated (both doses + 14 days after the second shot).** The evidence shows that doing so protects people from getting COVID-19, and even if they do it prevents severe illness hospitalization and death. The more people who get vaccinated, the safer we all are: "community immunity".

- **Wear a mask when indoors.** Even wear one outdoors if you can't stay six feet away from people outside your household.

- **Wash your hands regularly and thoroughly.**

- **Avoid large gatherings, and crowded indoor spaces.**

- **Stay at home and isolate when sick.**

- **Get tested if you have COVID-19 symptoms, even if you're fully vaccinated.** A high proportion of tests for First Nations people in BC are coming back positive, meaning the virus is spreading in places we may not expect.

- **Stay strong by taking care of your mental health and wellness.**

The COVID-19 virus has proven itself to be stealthy and it is still spreading. Although this pandemic is going on for a lot longer than we initially thought, let's encourage ourselves by continuing to use the strategies above.

First Nations in BC have shown remarkable strength and resilience, drawing on culture and traditions, and finding new ways to connect and support each other. We can and will do this, together.