



**Nisga'a Valley Health Authority  
Office of Senior Administration**

4920 Tait Avenue, PO BOX 234  
Gitlaxt'aamiks, B.C. V0J 1A0  
250 633 5000



**2020 COVID-19 Community Notification: `**  
**Confirmed COVID-19 within the Nass Valley**

**Date: December 31st, 2020**

Please be advised that Nisga'a Valley Health has received **2 more laboratory confirmation** from Northern Health Authority of new positive cases. The new total is at a total of 8 positive COVID-19 cases that have originated in or been through the Nass Valley.

NVHA is working closely with our partners, NLG EPC, Northern Health Authority and First Nations health authority in ensuring we are all working together to protect our community members. We are meeting regularly and providing collaborative updates to ensure all those involved are aware and working through this together.

NVHA is prioritizing testing to those community members that have been contacted by either Northern Health Authority or Nisga'a Valley Health Public Health, as being identified as potential primary contacts or experiencing flu-like symptoms, once we have more comprehensive information, we may be required to expand testing strategy.

If any member is experiencing any of the following flu like symptoms they are requested to arrange a COVID -19 test ASAP and to self-isolate.

<b>Symptoms include:</b>	<b>Less common, symptoms can also include:</b>
<ul style="list-style-type: none"><li>• Fever (temperature over 37.0)</li><li>• Chills</li><li>• Cough or worsening of chronic cough</li><li>• Shortness of breath</li><li>• Sore throat</li><li>• Runny nose</li><li>• Loss of sense of smell or taste</li><li>• Headache</li><li>• Fatigue</li><li>• Diarrhea</li><li>• Loss of appetite</li><li>• Nausea and vomiting</li><li>• Muscle aches</li></ul>	<ul style="list-style-type: none"><li>• Stuffy nose</li><li>• Conjunctivitis (pink eye)</li><li>• Dizziness, confusion</li><li>• Abdominal pain</li><li>• Skin rashes or discoloration of fingers or toes</li></ul>



**Nisga'a Valley Health Authority  
Office of Senior Administration**

4920 Tait Avenue, PO BOX 234  
Gitlaxt'aamiks, B.C. V0J 1A0  
250 633 5000



<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

**NVHA is continuing with regular COVID Lab testing  
Monday to Friday 2:00 – 4:00.  
By appointment only**

**Please remember that testing will be focused on those with symptoms or contacted by NHA or NVHA and identified as a primary contact.**

**\*\*\* Reminder that a negative COVID-19 laboratory test DOES NOT confirm individual is not able to develop active illness or transmit the virus.**

<b>VHF</b>	<b>Phone number</b>	<b>Toll free</b>
New Aiyansh Health Center <b>EMERGENCY NUMBER (250) 633 2298</b>	250 633 5000	1-888-233-2212
Laxgalts'ap Health Center <b>EMERGENCY NUMBER 250 (621-3423)</b>	250 621 3274	1-800-991-5667
Gingolx Health Center <b>EMERGENCY NUMBER (250) 326-2345</b>	250 326 4258	1-800-991-5671

Due to the confirmation of positive tests and high risk of COVID-19 transmission, Nisga'a Valley Health is requesting that all Nisga'a residents restrict travel to essential trips only and self-isolate for the 14 days when travelling to the Terrace area and beyond.

Working closely with the NLG Emergency Operations Committee, NVHA will continue to keep the Nation and communities informed of the situation on an ongoing basis.



**Nisga'a Valley Health Authority  
Office of Senior Administration**

4920 Tait Avenue, PO BOX 234  
Gitlaxt'aamiks, B.C. V0J 1A0  
250 633 5000



For further information regarding COVID-19 please refer to the B.C Center of Disease Control's website, as they provide the most reliable and up to date information regarding BC's pandemic.

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/data>

During these uncertain times it is essential that we come together as a Nation to support and care for each other. The COVID -19 virus does not discriminate and all members are at risk for transmission. Please remember, however, that the risk is greatly increased for our most vulnerable in community; Elders, Infants, those that are immunocompromised with chronic disease, cancer or other health concerns.

Taking the lead from the **Ayuukhl Nisga'a** that shows us that every being has a rightful and meaningful place in society — and that we are all interdependent — we need one another.” Together we will get through this.

Much Respect,

Brandi Trudell-Davis, RN, BScN  
Chief Executive Officer, Nisga'a Valley Health Authority