IT'S THAT TIME OF YEAR AGAIN! We have 2022 planners & calendars in stock!



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2051 VOGHT STREET, MERRITT BC, 250.378.5817

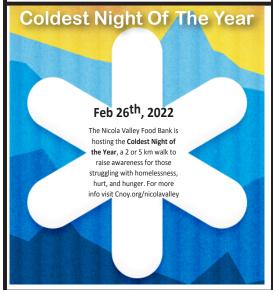


# **Family Literacy Week**

**January 22-29, 2022** 

Visit literacymerritt.com for the calendar of events







#### When to get a COVID-19 test: **Updated guidelines**

IH WIDE - As COVID-19 activity increases across B.C., updated.

## A COVID-19 test is not recommended if:

- You have no symptoms, even if you are a close contact of someone who has tested positive.
- You are fully vaccinated (two doses), experiencing mild symptoms and can manage your illness at home. Self-isolate for seven days. Notify your close contacts so they can self-monitor for symptoms.

#### A COVID-19 test is recommended if:

- You are experiencing one or more of the following symptoms: fever or chills; cough; loss of sense of smell or taste; or difficulty breathing.
- You have experienced one or more of the following symptoms for longer than 24 hours with no improvement: sore throat: loss of appetite: headache or body aches; extreme fatigue; nausea or vomiting; diarrhea.

#### If you feel unwell and are unsure about your symptoms. contact your health care provider or call 8-1-1.

Rapid COVID-19 tests will be available at Interior Health Community Collection Centres (testing centres), including NV Hospital & Health Centre. Where available, rapid tests may be provided to individuals experiencing symptoms of COVID-19 and according to risk factors.

For the latest public health orders and public guidance, visit: https://www2.gov.bc.ca/gov/content/covid-19/info/

For a list of all Interior Health COVID-19 immunization clinics and other resources visit:

https://www.interiorhealth.ca/health-and-wellness/ disease-outbreaks/covid-19/immunization-clinics

#### MONDAY EDITION - JANUARY 24, 2022 #3642

News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8 Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

## **Supports expanded** for flood-affected residents

Starting Feb. 1, 2022, people affected by the flooding in fall 2021 receiving Emergency Support Services will see this support evolve to personalized wraparound services delivered by the Canadian Red Cross.

Through the Red Cross, the provincial and federal governments will provide personalized recovery support, including interim housing and basic needs assistance. These personalized supports will be funded by donations to the 2021 Canadian Red Cross British Columbia Floods and Extreme Weather Appeal.

This is expanding on the initial support that evacuees have received through Emergency Support Services since Nov. 15, 2021. Personalized recovery support will include assessments to identify needs and will complement local government and provincial efforts to assist people as they navigate the recovery process.

A Red Cross case manager will help households access assistance from existing government programs where eligible, such as Disaster Financial Assistance, and develop a plan for recovery that can access additional funds to repair or rebuild their primary residences or relocate to a new community.

The Red Cross is reaching out to people who are currently receiving Emergency Support Services, or those that have indicated they would like to discuss recovery supports.

## Community **Family Literacy Week**

It's a fun-filled week of family literacy activities, this week. The 2022 Interior Savings Unplug and Play Family Literacy Week runs January 22-29 and encourages families to spend time together while participating in a wide variety of literacy activities. Visit Interior Savings, the Merritt Library and the Nicola Valley Arts Centre Gallery & Gift Shop throughout the week to pick up a variety of Literacy Loot bags. Check out all the activities at literacymerritt.com or facebook.com/LMNVS

#### AA meetings

AA meeting are held each Monday 12 noon at United Church, 1899 Quilchena. **AGM for NV Minor Lacrosse Assoc.** 

The Nicola Valley Minor Lacross Assoc. is looking for volunteers to step up to fill executive positions, in order to keep the society going. All the current executive members' kids have either aged out or moved on. The last 2 seasons were very trying with COVID-19, fires and floods, and organizers are hoping there are people who want to keep Canada's national summer sport going in the Nicola Valley. It started in 2004 with just 3 teams, and in an effort to not lose the momentum, they are willing to look at some significant changes. The positions that need to be filled are: President, Vice President, Treasurer, Secretary, Registrar.

The next AGM will be held via Zoom on February 2, at 7pm. FMI or to get the zoom invite, please email Rose rmgflowers@gmail.com or Terra rtfox4@telus.net

#### **Creature Comforts: We Love Our Pets**

and Animals The NV Community Arts Council community show theme is our pets and animals. This past year has challenged our Nicola Valley community in so many ways. And one of the recurring challenges has been the care of our creatures- the pets

During the forest fires and during the river flooding the stories of animals on the move, losses, lost, found, rescues, and the stories of comfort that our animals have brought to us...all the stories are touching. And they show how our animals are very present in our lives, as livelihood, as companions, as family.

We invited the community to submit their stories, photos, and art that show the challenges and comfort that our animals bring to us. And we hope to share the stories of our creatures during our challenging year of forest fires and floods. Come and share your stories of your pets and animals with our volunteers and workers at the Arts Centre.

No Reception planned, but check posts on our Facebook pages for a Meet and Greet if we can make it happen. Kids Program! Animal Art!... Amanda Pryzner-Dunn is holding a kids art workshop on Saturday, February 26, 10-11:45am. The children will take a tour of the Creature Comfort show. Then they'll have a chance to share stories of their own pets during a related art activity. Go to nicolavalleyarts.com or the Arts Centre to register.

Someone asked me to name two structures that hold water. I was like well, damn.

A Wish Gone Wrong A genie granted me one wish, so I said, "I just want to be happy." Now I'm living in a cottage with 6 dwarves and working in a mine.

There are three kinds of men: - The ones who learn by reading, - The few who learn by observation, and - The rest of them have to touch the electric fence to see if it's really on.

# HIS WEEK'S HOROSCOPE

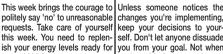


March 21 - April 19













You may think that that nothing resolving. It's challenged you much is changing in your life. mentally & emotionally. Your Yet a crucial process has been commonsense approach will set in motion. One aspect of lead to a rare, delightfully gen- your world is set to change And that's a very good thing.

🕽 Cancer

Unless someone notices the

changes you're implementing

keep your decisions to your

June 21 -

July 22

Scorpio

Oct 23 -

Nov 21



The more you try to explain the greater the chance you'll With gentle but firm encourage- impose your views on an unprecedented series of events that is transforming your life, in

## Hallmark Cards now in stock

Free delivery - Call for info 2037 Quilchena Avenue, Merritt BC 250-378-2155



invites members of the community to join us for our 2021 Annual General Meeting Wednesday, February 16th at 6:00pm via Zoom

A link will be available on the 16th via https://www.merrittchamber.com/blog Guest Speaker: Fiona Famulak, BC Chamber of Commerce. Several Bylaws up for review and voting by members of the Board.



Interested individuals should submit their application to Fran Delaney, General Manager <u>fran@cfdcnv.com</u>

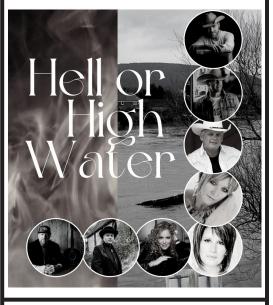
A Board of Directors Recruitment package an be requested by email at admin@cfdcnv.com

or pick one up at our office 2181 Quilchena Ave. Please call 250-378-3923 for more information.

With submission, please include a letter of interest Tell us why you would like to be on our Board of Directors, including Board position of interest

www.hellorhighwater.ca #hellorhighwaterbc

#### March 13th, 2022 **Concert & Telethon Fundraiser**









with someone who knows what

you need to know. As you'll see

when you take a closer look

You deserve praise & acknowl-

edgment for your behind-the-scenes helpfulness. Your con-

tributions are appreciated by

The path this week to your

adaptable, you can easily deal

lem' than you realize.

show how they feel.

more merit to this 'prob-

Leo

July 23 -

Aug 22

Sagittarius

Nov 22 -

Dec 21

someone hasn't had a chance to about someone you think you

longterm goals won't be presents itself this week. You straightforward. But, being might be wary, but you'll be

with the twists and turns along adapt. It will inspire you to alter

A new,

This week brings an encounter



actly why you made the right-

Virgo

Aug 23 -

Sept 22

'You can't judge a book by

looking at its cover was never about books. This week brings

a chance to change your mind

**Capricorn** 

Dec 22 -

Jan 19

unfamiliar situation

surprised how quickly you

an uncomfortable situation.









Focus on polishing up your communication skills this week. ment, you'll find the support you need.

Mar 20

an unpredictable way.



## **CUSTOM MUGS**

Your photos or art on a mug ~ great gift!

Office Supplies (250)378-6882 Printing & Engraving (250)378-6808 1951 Garcia St., Merritt, BC



## **PUB CLOSED**

#### **RESTAURANT OPEN**

11am-9pm, Wed - Mon Dine In, Take Out & Delivery

2350 Voght St., Merritt • 250 378-2254

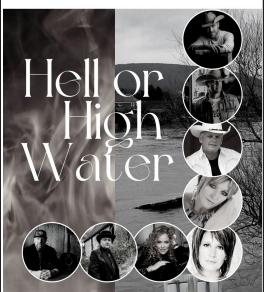
MERRITT PICKLEBALL CLUB

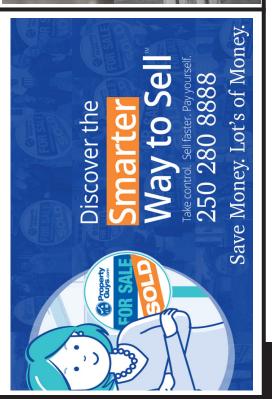
**Court Times & Dates** call Gary 250-280-0105 or Ayton 250-378-5691

SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM

www.hellorhighwater.ca #hellorhighwaterbc







#### MONDAY EDITION — JANUARY 24, 2022 #3642

Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

LOOKING FOR Thai language lessons. 778-255-0675 (text)

Sons. //8-23-00/3 (taxt) plates. \$2500000 5/6-125

IF ANYONE IS IN NEED of a dog 4 GOOD YEAR mks 256/60R18 tires walker in early mornings any day of the week in the Coldwater/downtown/Collettville area. I am very experienced also love all animals. Debbie 315-7587

**NEEDED:** student to clear snow on driveway, Bench area 378-6886

LOOKING FOR carpenter to do bath-room renovation, Low. Nic 378-2221 **FOUND:** fishing gear near Missezula Lk Call 378-6893 to identify & claim LOOKING FOR a retired carpenter to build a 10x27 deck.Can call me at 250-

#### 315-4469 to give me an estimate. SERVICES

Quality and Service.FOR Fast, Friendly,
Affordable, Services please call Dennis
639-318-3572 References, photos and
letters of recommendations available
8 TIRES 205/55R16 m&s \$175/all, gd

SCRAP FOR CASH. I'll come to you. Batteries, brass copper, aluminum, stainless, wire. Call or msg 604-618-8710, or

#### HOUSEKEEPING 378-4022

JPV ENTERPRISES: Landscaping (lawn care, hedging, pruning, gar-dening), general labour. Licensed, equipped. On Facebook. 250 280 7077 **DRYWALL**, textured ceiling, painting. Call Jeff (250)378-3709, (250)315-2066 Call Jeff (250)378-3709, (250)315-2066 done. Ready to go \$12,000obo or trade CERTIFIED TREE FALLER, w/ wd for side by side. Call/text 315-9377

TIRES: One 205/60R15 m&s \$60, one 205/65Rx 15 m&s, gd tread \$30 one 205/70Rx15 Michelin all-seas. gd truck & trailer, avail. Dump runs, deliveries, plywood, sand, gravel, appl., housewares Greg 315-7525, (250)320-2054 Fast, courteous service

WOODY'S TPET

WOODY'S TREE services, pruning, removal, hedges, anything to do with trees 315-8087

#### EMPLOYMENT OPPORTUNITY

MED. OFF. ASSIST., The Medical Clinic. Seeking energetic, motivated individual to join our team. Qualifications: Completion of Medical Office Assistant Course/Or similar, related education: MOA/Clerical exper; Exper w/ Electronic Medical Records; Knowledge/ Exper w/ Med Access Medical software program would be an asset; Medical Terminology would be an asset. Position: F-T, Mon-Fri. Front desk reception/ Medical Office Assistant. Apply in person w/ resume. Salary: \$17.50-\$18.50/hr Benefits: Dental care, Disability insurance, Extended health care, Vision care P-T KITCHEN COOK needed at Nicola Meadows. Call 378-4254, email

resume to nicolameadows@shaw.ca
WANTED: FRAMERS. Please submit resume to travis@casmandevelopments.

ca FMI Travis @ 250 618 6619

SHACKAN Indian Band is hiring Office Administrative Assistant & Finance Clerk. Plse submit resume to hr@

NICOLA POST & RAIL is hiring labourers at the mill. No experience necessary, but must have good work ethic! Please call Tony @ 250-319-9891

FREE: Norge gas range, wrks well

HEAVY DUTY juicer. 6-bottle canner

FRIDGE, gd working cond. \$100. B-i dishwasher \$50. Annie 378-2605

a few times, does low carpet, high carpet and hard floors. 378-6588

TOASTER oven. Noma oil filled heater. Heat dish. Fan. 778-639-0052 7 CU. FT. freezer \$100 378-3496

WASHER and dryer set 778-639-0052 STAINLESS steel BBQ with 2 tanks

capacity, used only few times. asking \$90, nw \$129, reas. offers will be con-

**96 FORD** Taurus \$1000obo 315-7379 FOUR 215/60R16 winter tires on rims fit Subaru Forester \$80 280-0543 showER stall 30" fiberglass 378-6

Runs great, canopy, boat rack, cargo bas-ket, summer & winter tires & 1 spare. whacker 378-8383 square Elect. weed CHAMPION generator 1500 watts \$200.280-0779 ket, summer & winter tires & 1 spare. \$5,000 firm. 378-2410

\$1500obo. wyndburr@outlook.com DODGE drivers side manual mirror, all

2011 TOYOTA, Interior - blue, nds new tires 130,150 kms. Nothing wrong with it, hoping to sell for \$75,000 378-1335 2509 Aberdeen Rd. 280-1251 96 CHEV pck-up trk for p

## **4 CHEV** rims, 5-bolt 378-2832 1958 EDSEL Ranger 4 dr sedan. AT rns gd, brks done w/ DOT 5 fluid. vintage plates. \$2500obo 378-4195

brand new, \$700 378-2837 4 GOODYEAR Ultragrip ice 205/55/

r16 on steel rims, fit Toyota Matrix or Corolla, gd tread. \$300. Rae 378-6112 4 HANKOOK Tires, new, P225/60R off 2022 Buick Encore \$400/all. Cyril 315-3340

96 MAZDA MPV, 4wd, very gd cond

4 MICHELIN X ice winter tires hard-ly used, 245/65/R17 \$550. 4 aluminum rims 17 inch 5 hole 114.3 bolt pattern \$200. 378-5272.

TWO 4-drwr filing cabinets \$50ex Gordon 378-0423

LAWN chairs, 6 sturdy ones \$17ea 378-6886

2010 CHRYSLER Sebring 4 dr touring BUDGET BRO'S PAINTING AND sedan, V6, power everything, 247K kms, RENO'S 25% Senior Discounts, 100% could add winter tires, asking \$3,500. Quality and Service.FOR Fast, Friendly, call and leave message 250-378-4564.

\$150. Frnt Weathertek **floor mats** for Jeep Cherokee \$60 315-5198

**4 HANKOOK** IPike winter tires P225/60R18 \$350 315-5198 04 GMC Duramax 400km, lots of work

**98 TIATSU** gd shape, needs timing belt \$5000 378-5379

07 DURAMAX diesel 4x4 2500 HD 350k, vry gd shape \$10,500 280-3950 RIGHT SIDE step off 2010 x-cab pckup, has nuts & bolts, left side is damaged 

# FOR SALE - PETS / LIVESTOCK

AWESOME CKC Black Lab for stud 378-5038
2-OSTER a5 hair trimmers & 1- phillips RV tv 15" 12v or 120 v \$40 378-8140

BORDER COLLIE/Husky/Wolf pup-pies born Sept. 19, 2 weeks old ready to go mid to late Nov. 1 male, 3 females. Deposit on any holds. Serious inquiries only 604-343-6402

**50-GAL** aquarium, incl. couple fish, accessories, stand 280-9433

9 BABY piglets for sale 378-1961 18 YR OLD Morgan mare, sound, shod, experienced rider \$2500. 378-9710 18-YR OLD Morgan Horse, mare, shod. Experienced rider, \$3000. 378-9710 2-STORY bird cage with hanging stand.

Lots of accessories. \$50 378-8199 FOR SALE - MISCELLANEOUS

Please call Tony @ 250-319-9891
WANTED: f-t diningrm server at Nicola Meadows 378-4254
FOR SALE - APPLIANCES
FREE dishwasher, wrks well 315-2249
APARTMENT-size freezer \$30. Air conditioner. \$20, Both wrking cond. 280-0857.

SCRAP METAL, free 378-2047 WOOD burl clocks & exotic wood for

WORKING COND. washer/dryer set \$75. Very clean black fridge, fairly new \$120. \$ will be donated to charity 525-0392 plaques, etc. offrs. 378-4904 plaques, etc. offrs. 378-4904 plaques, etc. offrs. 378-904 plaques, etc. offrs. 378-3904 plaques, et

SURVIVAL BRACELETS, stylish bracelets, keychains, golf tee holders, etc. All handcrafted right here in Merritt. 280-4004 email 460stead@telus.net In-

stagram grewolf\_designs HOOVER Wind Tunnel, new/used only BOX FULL of shopping cart wheels, a few times, does low carpet, high carpet for go carts, etc. 4/\$20 936-8474

SINGER sewing machine. 2 cabinets, white, brown. Heavy duty garden hose. Gazelle exercise machine. Standing bbq w/ briquets, elect. starter. Wood kitchen table w/ 1 chair. Elect weedwacker. Baby stuff: high chair, stroller, jogging stroller, toys, rocking chair 378-8383

ROLL-AWAY 5' high full of heavy duty mechanic tools, plus single large box full

UPRIGHT vaccum Wind Tunnel high 2 DANIERS mens' leathers coats, s & m \$50ea. Don 315-5430 VERY OLD jade foo dogs \$1200 firm

Pillow lava rock \$450 378-3496 FOR SALE - AUTOMOTIVE

95 FORD Crown Victoria, gd shape, gd tires 378-6420

PHIOW lava rock \$450 378-3496

MEN OR LADIES High Arctic Black winter jacket, medium size, great condition. \$20. 378-9694

27" CRAFTSMAN snowblower, electric to Start Ill brand newload winter later.

FREE: Lilac hedge 7x20 feet. Easy ac-FREE: Lilac hedge 7x20 feet. Easy access in town. You need a bobcat to dig & 1200 firm. Joe 2676

wust take all 1st come 378-2410

2-GAL. pump sprayer compl. \$10 315-

METAL shutters for 14x66 mobile home, painted white, gd cond. \$100/ all. 315-7611

1 GENERAL Ameri 550TR Tire. 245- INTERIOR door, white, like brand LADIES snowshoes fit size 8, snow

## PEDESTAL sink 378-2832

FOR SALE - FURNITURE QUEEN size mattress, gd shape/no stains, \$40 378-1843 aft 5pm 6' CIRCUMFERENCE patio umbrella

stand \$20 378-6886 QU SIZE mattress. 378-2047

3 PC sofa (2 love seat and chair), coffee table, 32" plasma TV with solid oak stand, pinewood headboard with four matching night tables and Sealy mattress. Microwave. Hanging ceiling light. \$800 for everything. Call/text 378-6054 TWO 4-drwr filing cabinets \$50ea Gordon 378-0423

COUCH & swivel coral colour chair

OFFICE desk 378-2832

MOVING OUT: Glass round coffee table w/ metal base. 4 brnd nw full uphol-stered **dining chairs**. Dbl sz nw spring box **mattress**. Beautiful branded fabric 8 TIRES 205/55R16 m&s \$175/all, gd shape 315-7771 she bek weather protection with NeW frnt & bek weather protection with NeW frnt & bek weather protection with New crpts/rugs. 3-pc coffee tbl floor mats for Jeep Grand Cherokee w/2 corner tbls. Oval shape coffee tbl. Comp. dsk. Many hsehold items. 778-639-0052

PACKER lockable stor. bx for pickup trucks, 52 in. x19 ½ in. x20 in. \$70 w/ wicker headboard, w/ comforter & sheets. Wht cabinet with shelves, closw/ wicker headboard, w/ comforter & sheets. Wht cabinet with shelves, closet type. Brwn cabinet, w/ 2 cupboards 1 drwr for kitch/bdrm/bthrm. Swivel tv

WOOD buffet w/ 2 doors 2 drwrs be low a 3-compartment open area. 41"h x 48"w x 16"d. Yours free. Come with a pick-up & 2 pairs of strong arms. 378

PINE CABINET 36 w 22 d 64 h. IKEA ueen bed chesterfield 378-6787

# STUDIOLOGIC keyboard for sale 88

keys, many piano sounds and lots of other sounds. lightweight USB brand new \$700 315-8127 LAPTOP. Bell HD rceivr 778-639-

SANYO 32" flat screen tv \$100 280-

mini trim w/6 - 7 to 15 size blades & SONY Synthesizer \$20, 280-0569 lube. \$ 100 315-2249 10" SUB w/ power booster \$150 for vehicle 315-8087

CHICKENS, roosters & ducks 250- HUNTERS SPECIAL: Trailer homemade camper, nds tlc, \$1200obo 280-0543

> PORT. ice fishing firepit sleds, no mess on ice, 378-4904

**FREE:** 6-man hot tub. 315-2555 CROSS COUNTRY skis, ice skates, hockey and tennis stuff and a 4 person rubber boat 378-6787

243 PARKER HALE (needs re bluing) Winchester Model 12 3"mag exc cond offers 378-5038

12' ABOVE GROUND pool, free, take

away 250-567-8172 HOCKEY GEAR: Bauer & Reebok pads, pants LG, 2 Helmets, 2 skates, 1 hockey, 1 figure. 4 street pro hockey sticks, 2 goalie sticks, set of outside goal frames 378-6787

21 SPEED bike, gd cond. \$75 315-7737 2 FLY RODS 9' each, w/ line & reels,

#### \$50 ea 378-8140 FOR SALE - TOOLS/EQUIPMENT

8" WOOD LATHE incl. 8 chisels & small amount of wood & stand, if want ed \$135 378-6217 JOHN DEERE walking plow, offrs

SMALLER wood stove suit. Gar./small

cabin, 18" firebox, new glass in door \$200 378-7505 WORKMATE fold-up work bench, lk

nw \$45obo 378-4904 UTILITY TRLR, 15" tires & spare, 4'wx8'l, 2' sides, set up for 10' boat, exc shape, registered offers 378-4572

METAL tool box for pck-up \$300

tools, tools, \$4900 378-3488 ACETYLENE tank, size B \$130 315-1447

FOUR 215/60R16 winter tires on rims fit Subaru Forester \$80 280-0543

SHOWER stall 30" fiberglass 378-6787

SHOWER stall 30" fiberglass 378-6787

BHOUR 215/60R16 winter tires on rims must take all. 181 connect. 278-2410

SHOWER stall 30" fiberglass 378-6787

HEAVY DUTY garden hose. Exercise c/w power vent. Prof.series, 3 yrs old, energy star rated, \$450. 604-795-0441

By bringster & starter Fleet weed connects 1500 weeter 1500 weeter

\$5,000 firm. 378-2410

99 MAZDA truck, nw windshield, good Winter tires, 5 speed manual, grey in colour. 260,000 km. Some rust, g truck!

BEAUTIFUL hallway chandelier worth underdes, asking \$75. Text 378-7695

1500obo wyndburr@outlook.com windshield, good winter tires, 5 speed manual, grey in holour. 260,000 km. Some rust, g truck!

BOSTICH palm nailer kit \$30 work week only. 604.740.2742

SMALL recliner chair, 378-4740

## WANTED/WANTED TO BUY

OLD PAINTINGS on canvas, free/

96 CHEV pck-up trk for prts 315-0011

SET winter tires on rims for 2005 Hyundai Elantra \$200 378-2370

UNPASTEURIZED raw noney: \$40 LOOKING FOR 203 35R10 winter tires on rims for 205 Hyundai Elantra \$200 378-2370

UNPASTEURIZED raw noney: \$40 LOOKING FOR 203 35R10 winter tires on rims for 205 Hyundai Elantra \$200 378-2370

UNPASTEURIZED raw noney: \$40 LOOKING FOR 203 35R10 winter tires on rims for 205 Hyundai Elantra \$200 378-2370

UNPASTEURIZED raw noney: \$40 LOOKING FOR 203 35R10 winter tires on rims for 205 Hyundai Elantra \$200 378-2370

UNPASTEURIZED raw noney: \$40 LOOKING FOR 203 35R10 winter tires on rims for 205 Hyundai Elantra \$200 378-2370

Lizette 936-9011

2-bth orig price \$145,000, spec. handy-2-bth original For 2-bth orig

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## Merritt's Auto Glass **Specialists**

**ICBC Claims** •Commercial •Residential

Automotive •Industrial

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MMM telephone line is BACK UP!

#### 250-378-5717

To leave a message, community event listing, or classified ad, connect with us:

Email: market@uniserve.com

 fb messenger: merrittmorningmarket • Fax: 250-378-2025

or drop off a note at Merritt Printing, 1951 Garcia

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MARKET@UNISERVE.COM



## When to get a COVID-19 test: **Updated guidelines**

IH WIDE - As COVID-19 activity increases across B.C., guidance for when to get a COVID-19 test has been updated.

#### A COVID-19 test is not recommended if:

 You have no symptoms, even if you are a close contact of someone who has tested positive.

 You are fully vaccinated (two doses), experiencing mild symptoms and can manage your illness at home. Self-isolate for seven days. Notify your close contacts so they can self-monitor for symptoms.

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 You are experiencing one or more of the following symptoms: fever or chills; cough; loss of sense of smell or taste; or difficulty breathing.

· You have experienced one or more of the following symptoms for longer than 24 hours with no improvement: sore throat; loss of appetite; headache or body aches; extreme fatigue; nausea or vomiting; diarrhea.

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For the latest public health orders and public guidance, visit: https://www2.gov.bc.ca/gov/content/covid-19/info/ restrictions

For a list of all Interior Health COVID-19 immunization

clinics and other resources visit: https://www.interiorhealth.ca/health-and-wellness/ disease-outbreaks/covid-19/immunization-clinics

Check us out on



ı Liked Q ...



# MERRITT MORNING

List your garage sale &/or get our listing mail-out Email: market@uniserve.com

WORKING couple moving to Merritt, nd 2-bdrm accomm. 250-467-0034 Jessie

WORKING couple moving to COMMERCIAL space: small area semi-private room in Kruse n Style 180 sq. ft, rent negotiable 378-6664 467-0034 Jessie

quille Road in Kamloops, house This is an end unit call or text John, rental building and a mechanics 425-772-3400 or 604-800-3400 shop. Call Harvey 250-319-2101 **OPEN SPACE** for rent down-TS-R16 M&S, Unused \$75. I Firestone new. \$35 378-5140

Steeltex radial tire. 245-75-R16 M&S, unused \$75. 378-7105

TRUCK toolbox 378-2832

UNPASTEURIZED raw honey: \$40 LOOKING FOR 205 55R16 winter

LADIES snowsnoes nt size 8, snow snop. Call liatvey \$250-319-2101

OUNEED A HOME? Wanufactory of the down-new special to the steel to refer down-new special to the steel t

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