| Corona Virus (Covid19) Bulletin | April 1, 2020  •  Sumas First Nation |
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| ***Local Health Updates:*** *Mon, Weds, Fri @ 8pm on Sto:lo Nation Facebook with Inez Louis*  COVID‑19 presents a danger to our community’s health and wellbeing— it is up to each of us to act responsibly. **Let’s Emo:t**. One Heart, One Mind. Advisory **Chief and Council request that ALL members exercise caution. Please only take trips to purchase essential items. While outside of your home, use social distancing and hygiene protocols.**  **We must all do our part to stop the spread of germs to our vulnerable members, such as Elders, children and those with respiratory conditions.** Key Info  * Covid Assessment:   *www.abbotsfordcovidresponse.com*   * Marshall Pharmacy Delivery: 604-859-8333 * Education Support with Keep Learning BC:   *www.openschool.bc.ca*   * Senior/Vulnerable Store: Hours 8am- 9am at Saveon, Superstore No Frills, and Shoppers  Community Update Mar 25th support cheques sent to off-reserve members  Smoke Shop Open April 3 & 9 1-3pm  **Emergency Plan Team**  Wendy Phair, General Manager  778-347-3705  Wendy.phair@sumasfirstnation.com  Jackie Bird, Health/Wellness Manager  604-751-0961 Jackie.bird@sumasfirstnation.com  Craig Hougen, Director SXDL 604-226-9669  Craig.hougen@sumasfirstnation.com  Lori Kelly, Executive Assistant 778-908-9092  Lori.kelly@sumasfirstnation.com  Joe Silver, Public Works 604-751-0954  Joe.silver@sumasfirstnation.com  Emily Slater, Communications Officer 672-998-3056 Emily.slater@sumasfirstnation.com  Jonathan Swanson, Governance Manager 778-808-9250  Jonathan.swanson@sumasfirstnation.com  Geshia Flores, DC/PS Manager 778-246-5245  Geshia.flores@sumasfirstnation.com  **Call Line Outreach**  Josie Kelly, Lands Officer 604-751-5614  Josie.kelly@sumasfirstnation.com  Malonie Langthorne, Employment 604-807-1222  Malonie.langthorne@sumasfirstnation.com  Jennette Pierre, EDO SXDL  604-315-3264 Jennette.pierre@sumasfirstnation.com  Lyndy Silver, Executive Assistant SXDL  Lyndy.silver@sumasfirstnation.com  **Food Security**  Amber Ned, Education Coordinator 778-918-2840 Amber.ned@sumasfirstnation.com  Alana James, Events Coordinator 604-226-1582 Alana.james@sumasfirstnation.com  Barb Kelly, Youth & Cultural Worker 604-226-6051  Barb.kelly@sumasfirstnation.com Background Info COVID-19 is a new disease that has not been previously identified in humans.  Consult your health care provider ASAP if:  You display symptoms and/or  You traveled to a high-risk region Prevention ➊ Practice vigilant hand washing  ➋ Avoid touching your face ➌ Work from home if possible ➍ Comply with travel advisories & self-isolation  ➎ Maintain social distancing of six feet Symptoms Fever, Cough, Difficulty Breathing & Pneumonia  If you are ill and must visit a health care professional, call ahead or arrange a phone/video consult. Diagnosis Coronavirus infections are diagnosed by a health care provider based on symptoms and lab tests. Treatment *(flu vaccine will not protect you*) There is no vaccine or natural health products authorized for COVID-19 treatment.  Most people with mild coronavirus illness will recover on their own. Your health care provider may recommend steps you can take for symptom relief. Please get your news from:  * The BC Centre for Disease Control * First Nations Health Authority * Fraser Health * The Government of Canada * The Government of BC * Assembly of First Nations * SFN Social Media & Website | BAND SERVICES **Health & Admin Buildings:**  Call Reception @ 604-852-4041  Monday- Friday 8am – 4pm  Members-Only by Appointment  **All Other Services:**  Closed until further notice  **Leadership Contacts**  Dalton Silver, Chief 604-751-0947  Dalton.silver@sumasfirstnation.com  Clint Tuttle, Council Rep 604-751-0967  Clnt.tuttle@sumasfirstnation.com  Murrary Ned, Councillor 604-309-7824  Murrary.ned@sumasfirstnation.com  Chris Silver, Councillor 778-347-3707  Chris.silver@sumasfirstnation.com |