

# CORONA VIRUS (COVID19) BULLETIN

APRIL 15, 2020



SUMAS FIRST NATION

## Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO

## Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO

## Make time to unwind.

Use a few minutes of your day to do something you enjoy.

Source: WHO

## Connect with others.

Talk to people you trust about your concerns and how you're feeling.

Source: WHO

Only Going Out For Essentials  
Protect Our Elders & Vulnerable



## Resources

- **Covid Assessment:** [www.abbotsfordcovidresponse.com](http://www.abbotsfordcovidresponse.com)
- **Marshall Pharmacy Delivery:** 604-859-8333
- **Education Support:** Keep Learning BC on [www.openschool.bc.ca](http://www.openschool.bc.ca)
- **Senior/Vulnerable Store Hours:** 8am- 9am @ Saveon, Superstore No Frills, and Shoppers
- **Grocery Delivery:** Download the store's free app & follow instructions @ Saveon, Superstore & more
- **Online Banking:** Use cheque e-deposits through the app @ all major banking institutions to limit trips

## Notice

The Busybear Preschool had incidents of trespassing. Individuals were seen inside of the preschool's backyard. The trespassers left the gate unlocked and took some items from the yard. We ask that those doing so stop immediately.

## Canadian Emergency Benefit Response (CERB)

For assistance with applying contact Malonie at [Malonie.langthorne@sumasfirstnation.com](mailto:Malonie.langthorne@sumasfirstnation.com) or 604-807-1222

## Community Update

On April 9<sup>th</sup> SFN community members went door-to-door drumming outside Elders homes (while following social distance protocols). See next page for pictures!

## 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

### Local Health Updates:

Mon, Weds, Fri @ 8pm

on Sto:lo Nation Facebook

with Inez Louis

### Chief and Council advise ALL members:

- Use social distancing
- Take trips for essentials ONLY

### Leadership Contacts

Dalton Silver, Chief 604-751-0947  
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April 9: Drumming for SFN Elders

## Covid Diagnosis

Symptoms can include fever, fatigue, dry cough, aches, sore throat, headaches & shortness of breath. Diagnosis is made by a health care provider.

## Treatment *(flu vaccine will not protect you)*

Most people with mild coronavirus illness will recover on their own. Your health care provider may recommend steps you can take for symptom relief.

### Emergency Plan Team

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Geshia Flores, DC/PS Manager  
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Geshia.flores@sumasfirstnation.com

### Call Line Outreach

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Malonie Langthorne, Employment  
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Jennette Pierre, EDO SXDL  
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Lyndy Silver, Executive Assistant SXDL  
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### Food Security

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Alana James, Events Coordinator  
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Barb Kelly, Youth & Cultural Worker  
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**SUMAS FIRST NATION IS ALL IN  
TO PROTECT THE PEOPLE**

