



CORONA VIRUS (COVID19) BULLETIN

APRIL 22, 2020

SUMAS FIRST NATION



Only Going Out For Essentials
Protect Our Elders & Vulnerable



BAND SERVICES

Health & Admin Buildings:

Call Reception @ 604-852-4041
Monday- Friday 8am – 4pm
Members-Only by Appointment

Smoke Shop: Fri April 24 1-3pm
Members Only

All Other Services:

Closed until further notice

Local Health Updates:

Mon, Weds, Fri @ 8pm
on Sto:lo Nation Facebook
with Inez Louis

Sumas Food Drivethru

April 21st On Reserve Members received fruit, veggies, meat, dairy, eggs, bread, grains & hand sanitizer. Members Off-Reserve have support cheques mailed.

A special thank you to all the staff and volunteers who have dedicated their time and energy to this work!!!

A Message from Elder Larry Ned:

The more you love, the longer you'll live. Remember to love yourself, work hard to have self-love and you won't have anger in your heart, you won't think angry thoughts. Always be kind. The drumming is medicine, it's our spirit, our culture. The longhouse is medicine.



**SUMAS FIRST NATION IS ALL IN
TO PROTECT THE PEOPLE**

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Resources

- **Covid Assessment:**
www.abbotsfordcovidresponse.com
- **Marshall Pharmacy Delivery:** 604-859-8333
- **Education Support:** 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
- **BC-Temporary Rental Supplement:** 778-452-2836
Or 1-877-757-2577

Flooding Emergency Preparedness

While we are all focusing on being healthy and keeping safe, it seems unfortunate that we must consider other emergency preparedness issues.

However, the mountain snowpack flowing into the Fraser River has been about 20-50% higher than average, which creates conditions where a swift melt (brought about by several warm days in a row) may result in flood conditions for the river valley. Flooding from the Nooksack River in Northern Washington State is also a possibility.

Sumas First Nation is working with the City of Abbotsford and surrounding communities to make sure that potential flooding info is shared. We will be posting on our Facebook page in the coming weeks but, ask that you give thought to what your family would do in the event of flooding.

Here are some general tips:

- Prepare personal emergency supply kits for your home, car and work.
- Plan for at least a three-day (72 hrs) supply of food and water for each family member



Chief and Council advise ALL members:

- **Use social distancing**
- **Take trips for essentials ONLY**



Emergency Plan Team

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