

# CORONA VIRUS (COVID19) BULLETIN

APRIL 30, 2020

SUMAS FIRST NATION

Halq'méylem Word of the Week:



## Thehíthet

Take care of yourself

Only Going Out For Essentials  
Protect Our Elders & Vulnerable



Take a look at [www.stoloshxweli.org](http://www.stoloshxweli.org) and [www.firstvoices.com](http://www.firstvoices.com) for more Sto:lo language!

## Sumas First Nation Supports

**On Reserve:** Every other week food parcel drive-thru  
*Date:* Tuesday May 5<sup>th</sup> time announced on Facebook

**Off Reserve:** Monthly \$300 cheque per household  
*Date:* Near the start of each month the cheques are mailed only (no option for e-transfer)

Helpful tips are available on [sumasfirstnation.com](http://sumasfirstnation.com):  
[SFN Covid Checklist](#) & [Support Guide for SFN Members](#)

Note: If you require specialty items or assistance, do not hesitate to contact the Food Security or Call Line teams who will try their best to address urgent needs.

### Staying Safe While Sharing Traditional Food

While we are keeping healthy and social under physical distancing, we are likely sharing traditional foods, such as fish, wild meat or berries. Please take a look at FNHAs [Sharing the Harvest During Pandemic](#)

### Flood Notice

Snow melt on low and mid-elevation snowpack has been proceeding relatively normally. Weather forecasts predict this coming week will see much of the same.

### BAND SERVICES

#### Health & Admin Buildings:

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

**Smoke Shop:** Fridays 1-3pm  
SFN Members Only

#### All Other Services:

Closed until further notice

#### Find us on

##### Facebook:

Sumas First Nation

##### Instagram:

@sumasfirstnation

##### Twitter:

@sumasfn



#### Leadership Contacts

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However, higher elevation snowpack are still intact. A high-pressure system is anticipated to hit in about a week, which will elevate water flow levels as higher elevation snows melt. At this stage the water levels as well as the temperature ranges for the warm spell are difficult to predict, but the general idea is that mid-May will be the crunch time for potential high-water flows. Please find below some flood preparation 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

## SFN Farm is Up and Running!



The expansion at the farm has been completed and we are starting to move fish into the new tanks. In spite of most markets being closed, we are still shipping about 4500 pounds of fish per week.



## Resources

- **Covid Assessment:** [www.abbotsfordcovidresponse.com](http://www.abbotsfordcovidresponse.com)
- **Education Support:** [www.openschool.bc.ca](http://www.openschool.bc.ca)
- **BC COVID-19 App:** Free resources specific to BC First Nations on the App Store for iOS & Google Play
- **BC-Temporary Rental Supplement:** 778-452-2836



### Emergency Plan Team

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### Call Line Outreach

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### Food Security

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