

CORONA VIRUS (COVID19) BULLETIN

MAY 5, 2020

SUMAS FIRST NATION

Only Going Out For Essentials
Protect Our Elders & Vulnerable



Leadership Contacts

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BAND SERVICES

Health & Admin Buildings:

Call Reception @ 604-852-4041

Monday- Friday 8am – 4pm

Members-Only by Appointment

Smoke Shop: Fridays 1-3pm Members-Only

All Other Services: Closed until further notice

SFN Covid Supports

On Reserve: Every other week food drive-thru

Date: May 19th (time posted on Facebook)

Off Reserve: Monthly \$300 per household

Date: Near the start of each month the
cheques are mailed only (no e-transfer)

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.

Lands Notice

May 5th Online and Mail in Voting for Sumas Park
Estates and Lot 25 open (closing May 20th). See
attached notices for full details and instructions.

May 5th Red Dress Day for MMIWG

A day in support of awareness and action for
Missing and Murdered Indigenous Women
and Girls. SFN stands in support of Red Dress
Day. We remember our stolen sisters and call
for action.

Halq'méylem Word of the Week:



télmel

wisdom/mind

Find us on

Facebook:

Sumas First Nation

Instagram:

@sumasfirstnation

Twitter:

@sumasfn



Mental Health Tips from FNHA & AFN

Life is uncertain. We all know it and it can make people anxious. But there are times when world events bring forward even greater uncertainty in daily life, which in turn can make us even more anxious than usual. The coronavirus outbreak is one of these times for many people.

How can you manage this anxiety and worry during these uncertain times? Here a few tips:

Be kind to yourself and one another

- While you focus on protecting yourself physically, do not forget about your mental health. Practice self-care.
- COVID-19 has affected people from many countries. Be vigilant and responsible with your actions, but mostly be respectful of others' personal space.
- Use language that is respectful and does not further isolate those who may have or are being treated for COVID-19.

Take a break from the news

- It is good to stay informed but ensure that you limit your intake of news broadcasts and focus on your health and wellbeing.
- Watching, reading, and listening to coverage of COVID-19 too much can induce anxieties and, in some cases, exacerbate depressive symptoms.
- Focus on news coverage that promotes wellness and creates a sense of hope, meaning, belonging, and purpose. You can find some useful resources here:
<https://thunderbirdpf.org/crisis-butto-wellness>
- Connect with information that is credible and that is from your local health authorities.

Be supportive

- Helping others who need assistance can be mutually beneficial. Create a sense of solidarity by staying engaged with others through social media, facetime, or texting.

Fire ban for Category 2 & 3 Fires

Only campfires allowed, see below for details:



CAMPFIRE:

- Any fire smaller than 0.5 metres high by 0.5 metres wide

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REGULATIONS:

-  You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.
-  Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)
-  During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.
-  You must build a fire guard around your campfire.

