



On Reserve Members Food Parcel Drive-thru

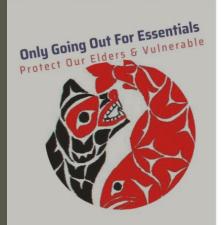
1 parcel per household every 2 weeks

Drive-thru service for all or drop-off for Elders & in need

Produce, meat, dairy, bread, eggs & essentials provided

The Nation wishes to reduce on-reserve members trips to town by providing these items

The Nation aims to help off reserve members alleviate some of the stresses of the situation by providing financial assistance to each household



Off Reserve Support Cheque

1 cheque per household

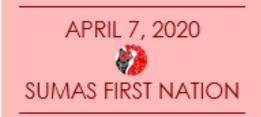
\$300 per month

Mailed to addresses currently listed with SFN Member Services

To update your address please contact: Amber.ned@sumasfirstnation.com Diana.travers@sumasfirstnation.com Or call 604-852-4041



CORONA VIRUS (COVID19) BULLETIN







"I ask my community members to say some prayers for protection from this virus. Many years ago, I did not know how to pray. I started by getting up each morning with the birds and praying for a "clear mind & good heart" that was my start, then my prayers just added on and added on" - Elder Trudy Watson

Community Update

Second round of support cheques and on-reserve food parcels to be sent out to each household between April 8-10

Key Info

- Covid Assessment: www.abbotsfordcovidresponse.com
- Marshall Pharmacy Delivery: 604-859-8333
- Education Support: Keep Learning BC on 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

Smoke Shop

April 9th Smoke Shop Open 1-3pm

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

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CORONA VIRUS (COVID19) BULLETIN



Sympt	toms	Coronavirus Symptoms range from mid to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
0	Fever	Common	Rare	Common
İq	Fatigue	Sometimes	Sometimes	Common
•	Cough	Common (usually dry)	Mild	Common (usually dry)
9.	Sneezing	No	Common	No
*	Aches and pains	Sometimes	Common	Common
6	Runny or stuffy nose	Rare	Common	Sometime
•	Sore throat	Sometimes	Common	Sometime
0	Diarrhea	Rare	No	Sometimes for Children
	Headaches	Sometimes	Rare	Common
1	Shortness of breath	Sometimes	No	No

Diagnosis

Coronavirus infections are diagnosed by a health care provider based on symptoms and lab tests.

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.

Chief and Council continue to advise ALL members:

- Use social distancing
- Take trips to purchase essential items ONLY
- Sanitize all items purchased and inside your homes (counters, door handles, and railing)
- If you are sick, please social isolate entirely







Emergency Plan Team

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Call Line Outreach

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