



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

Only Going Out For Essentials
Protect Our Elders & Vulnerable



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

APRIL 7, 2020



SUMAS FIRST NATION

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

MY
WELLNESS
IS INDIGENOUS



"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

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

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

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

Only Going Out For Essentials
Protect Our Elders & Vulnerable



Leadership Contacts

Dalton Silver, Chief 604-751-0947
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Cint Tuttle, Council Rep 604-751-0967
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Murray Ned, Councillor 604-809-7824
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Chris Silver, Councillor 778-347-3707
Chris.silver@sumasfirstnation.com

Smoke Shop

April 9th Smoke Shop Open 1-3pm

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SUMASFIRSTNATION

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common (usually dry)	Mild	Common (usually dry)
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometime
Sore throat	Sometimes	Common	Sometime
Diarrhea	Rare	No	Sometimes for Children
Headaches	Sometimes	Rare	Common
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

Wendy Phair, General Manager
778-347-3705
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Jackie Bird, Health/Wellness Manager
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Geshia Flores, DC/PS Manager
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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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Barb Kelly, Youth & Cultural Worker
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SUMAS FIRST NATION IS ALL IN
TO PROTECT THE PEOPLE

