



## *Adams Lake Indian Band*

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# **ALIB Community Communique**

FOR IMMEDIATE RELEASE

April 16, 2020

### **Adams Lake Response to Covid 19 Pandemic Emergency**

The Adams Lake Indian Band recommends that all members limit travel outside of the community at this time. In keeping with the rest of the country, all members are encouraged to stay close to home. All the First Nations in Canada are collectively taking active measures to reduce the spread of the coronavirus in our communities.

All the Public Health Orders from Dr. Bonnie Henry, Provincial Health Officer, remain in effect at this time. We are still being asked to: stay home as much as possible, only go out to the grocery store when needed (and only one shopper from the household), only spend time with those who regularly live in your household, maintain a physical of 2 metres between people, wash your hands regularly, cough/sneeze into your elbow, and clean high touch surfaces regularly. Because there is no vaccine or no medication that has been approved for use at this time, the only way to fight Covid-19 right now is through physical distancing (social distancing) so that most people will not get it.

These are challenging times, and we must continue to be strong in our efforts of complying with these orders. We need to treat each other with kindness and respect during these stressful times and look after each other. As of April 15<sup>th</sup>, Interior Health has had 146 cases since the beginning of the outbreak. Currently in Interior Health, there are 11 people hospitalized with Covid-19 who need extra medical attention, and there has been 1 death from Covid-19. Wearing medical grade masks should be reserved for Healthcare workers, and those with symptoms who are going to medical appointments. However, wearing a homemade mask may offer some protection to those around you as they 'keep your own droplets in'. People can spread the droplets before they become ill, and do not even know it.

First Nations Health Authority provides some guidance on their website on homemade masks if you are going to make/wear them (<https://www.fnha.ca/Documents/FNHA-Homemade-Face-Masks.pdf>).

Living out this Pandemic can be stressful, and can affect our mental health, even triggering past traumas. First Nations Health Authority has a lot of great info, including videos, on how to take care of your mental health during this time

(<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus/public>).

**April 16, 2020** from Education Department  
**K-12**

School District #73 - Online school has started and most students have been in contact with their teachers. Weekly schoolwork schedules have been sent to students via email or in some cases paperwork was delivered.

Access to computer – If families need computer, School District is lending out. Please contact schools directly.

School District #83 –Schools have contacted students/parents. Teachers are in the process of establishing weekly schoolwork schedules for their students.

Students these services are available should you need someone to talk to “Kids Help Line” or can contact your school directly to talk with a school counsellor.



### **Kids Help Phone**

*We're always there for you. No matter what you want to talk about, we're here to listen. No judgements, totally private, 24/7.*

### **Post-Secondary**

Accepting ALIB Post-Secondary Education (PSE) funding applications, deadlines are approaching. Also working closely with existing PSE students with online courses, financing, sponsorship, etc. ALIB Education Department will be making PSE submission to Indigenous Services Canada (ISC) for PSE funds by end of May. ALIB Post-Secondary Funding Guidelines and Application can be found on ALIB website: [www.adamslakeband.org/departments/education](http://www.adamslakeband.org/departments/education).

If you need assistance in K-12 or Post-Secondary contact Diane Anthony, ALIB Education Coordinator at 250-679-2239 (direct line).

Distribution via: Delivery to IR #4 and IR #6 households  
ALIB website: [www.adamslakeband.org](http://www.adamslakeband.org)