

Adams Lake Indian Band

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ALIB Community Communique

FOR IMMEDIATE RELEASE

May 15, 2020

Adams Lake Response to Covid 19 Pandemic Emergency

Submitted by Health & Wellness Department

The Adams Lake Indian Band recommends that all members limit travel outside of the community at this time. This means that family and friends from other parts of the province or country should not be coming to visit you or your household at this time.

The May long weekend is approaching, and for many of us, that means traditions, travels, barbecues and the start of the summer season. However, our Provincial Health Officer, Dr. Bonnie Henry has reminded us that now is not the time to be travelling or gathering in large groups or hosting friends and family from out of town. We are still being asked to stay local and see ‘**fewer faces in bigger spaces**’ (still 6 feet apart, and outside is better). As we begin to slowly expand our social connections in Phase 2 (after the long weekend), it is important to be mindful and take note of who we interact with and where we go. Keeping a journal or writing on a calendar can be an easy way to keep track. We must remember that anyone we come into contact with also means that we are exposed to anyone they have been in contact with (that is why this virus can spread so easily). Our social bubble can become quite big without us even knowing it.

Last week Premier John Horgan announced BC’s

Restart Plan that will roll out in 4 Phases. We are currently in Phase 1, and will move to Phase 2 after the May long weekend (after Dr. Bonnie Henry assesses the numbers and formally gives the go-ahead).

The BC Centre for Disease Control and the Province of BC is wanting to hear how British Columbians are doing during this Covid-19 Pandemic. There is an online survey available until May 31, and is for anyone over 18 to take. You can also call in to do the survey over the phone if you would prefer. This will provide valuable information on how people have been affected by Covid-19, and will inform decisions moving forward.

Online Survey Link:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-survey>

For help completing the survey by phone, please call 1-833-707-1900, seven days a week between 8:30 a.m. – 4:30 p.m.

All of 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 and only go out to the grocery store when needed (and only one shopper from the household)
- you are required to stay at home if you have any Covid-19 symptoms
- only spend time with those who regularly live in your household
- maintain a physical of 2 metres between people (6 feet)
- wash your hands regularly
- cough/sneeze into your elbow
- clean high touch surfaces regularly (doorknobs, light switches, counters, bathrooms).



Final Call out for \$200 Covid-19 Funding Payout

Adams Lake Indian Band has been providing a one-time emergency assistance cheque to **all registered** Adams Lake Indian Band Members with a payment of \$200 for every man, women and child (ren) for emergency needs such as food, supplies and utilities during the Covid-19 outbreak.

If you have **not** applied yet, please send the following information to our email address addressupdate@alib.ca

Your: Band Number, Name, Mailing Address, City, Postal Code, Cell Number, Phone Number, Email Address, list of your children under the age of 18, your children’s band number (s).

The Administration Committee will review our *Master List* for those who have not yet received the \$200 emergency funding payout and will mail out a cheque to you.

Please note the deadline for \$200 Funding Payout Requests is Friday, May 29th at 4:00 pm.

ALIB Band Members On and Off Reserve

Gift Cards Available for those in need during Covid19



The *Adams Lake Indian Band* will provide a gift card to all Band Members who need additional support during Covid19. Gift cards are available for: Safety Mart (Chase) and Askews Foods (Salmon Arm) for local Band Members. Band Members outside of the Chase/Salmon Arm area will be sent a Walmart gift card. Two options for requests:

Option #1 Please send an email to: giftcard@alib.ca

Option #2 For those without a computer, call Band Office at: **250-679-8841** , Toll Free **1-877-679-8841** ask for **Vaughn or Elaine.**

Listing your Name, Child (ren) Names, Mailing Address, Contact Phone Number and your Status Number prior to the deadline. Administration Committee will review our *Master List* for your name and will mail out a gift card (s) to you. **Please note the deadline for Gift Card Requests is Friday, May 29th at 4:00 pm.**



ALIB Front Door Decorating Contest Winners

“Most Creative” - **Ethel Billy**

“Most Use of Recyclable Items” - **Ann Michel**

“Most Colourful” - **Nicole Jules**

Honorable mention to **Bonnie August and Cindy Kenoras.**

ALIB Home Talent Video Contest Winners

Congratulations to:

Garett Jules

Sarah Michel

The home talent videos can be viewed on ALIB

Website: www.adamslakeband.org

Facebook Page: Adams Lake Indian Band

