

**Update from Adams Lake Indian Band/Neskonlith/Little Shuswap Indian Band
January 15, 2021**

Good Day to you all. We are hoping that everyone is doing well and is safe. We wanted to provide an update to our communities on the status of the pandemic which up to now has been around us since early in 2020.

Last week, we began to receive information that there were some confirmations of our members that had tested positive Covid 19 virus within our respective communities. As test results have come in, there are now more confirmed cases in this area. Some homes are now isolating and receiving assistance from our health departments and from Interior Health. Interior Health is responsible to do contact tracing to ensure individuals that were in contact with persons testing positive are made aware and ordered to self-isolate.

Persons that have had a positive test can request that their information be kept confidential.

If you are affected by Covid 19 and need supports:

- Please contact your Health Centre or the 24 Hour BC Nurses line at 811

To Keep Yourself Safe:

Please stay home as much as possible. Wear a mask and practice social distancing. When you are at work, remember to disinfect common areas, sanitize your workspace, wash your hands frequently and keep your social network small.

Be Kind and Help One Another

During this period of high stress and trying times, it is important to be kind to one another and help each other if possible. Its nobody's fault if we get sick and we should not blame anyone. We can all be kind and help each other out. Please reach out if you or someone in your household is not feeling well. With good communication, we can get through this rough period together.

We will continue to monitor the situation and provide updates on a regular basis.

Kukpi7

Cliff Arnouse

Adams Lake Indian Band



Kukpi7

Judy Wilson

Neskonlith Indian Band



Kukpi7

Oliver Arnouse

Little Shuswap Lake Band

