



Adams Lake Indian Band

P.O. Box 588; Chase, BC/V0E 1M0

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www.adamslakeband.org/email: receptionist@alib.ca

ALIB Community Communique

FOR IMMEDIATE RELEASE

April 23, 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. 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 (just over 6 feet)
- wash your hands regularly
- cough/sneeze into your elbow
- clean high touch surfaces regularly (doorknobs, light switches, counters, bathrooms)

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 won't get it.

Common symptoms of Covid-19 are cough, sneezing, fever, sore throat or difficulty breathing. Other symptoms may include: Muscle aches, fatigue, sore throat, headache, loss of appetite, chills, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste.

When taking a temperature, the following guide (taken from BC Health File) should be used: <https://www.healthlinkbc.ca/hlbc/files/documents/healthfiles/hfile99.pdf>

Where to take temperature:

Birth – 5 years old – take temperature in the armpit

Children older than 2 years old – temperature can be taken by ear, or if they can sit long enough, it can be taken by mouth

Adults - Take an adult's temperature by mouth, in the ear or under the armpit. The armpit method is less accurate and is normally only used if the person is extremely drowsy or not clear mentally.

Normal temperature ranges:

Armpit: 36.5°C - 37.5°C (97.8°F - 99.5°F)

Mouth: 35.5°C - 37.5°C (95.9°F - 99.5°F)

Ear: 35.8°C - 38°C (96.4°F - 100.4°F)

If you are experiencing symptoms, please:

Stay home, do the online self-assessment (<https://bc.thrive.health/>) and call the 24 hr BC Nurse line (at 811), your Primary Health Care provider (your doctor or Nurse Practitioner), or one of the testing sites to be screened to see if you need to be tested. If your symptoms are becoming distressing (like trouble breathing), then call 911.

Screening criteria is constantly evolving and available to more people now. There are Covid-19 testing sites in Kamloops and in Salmon Arm (referrals from Doctors, Nurse Practitioners, 811 call centre, and now self-referrals are accepted for those who are symptomatic and meet testing criteria). Someone who is symptomatic can call one of the testing sites to be screened (you have to call first and cannot just show up). For further information on testing and testing sites, please visit the Interior Health Website at: <https://news.interiorhealth.ca/news/testing-information/> The Chase Health Centre (D&T) is also doing screening as people present, as would be the case in an ER department setting if one meets the criteria for testing.

Do you need help filling out COVID 19 Forms?

Band or Community members needing any assistance applying for:

- Canadian Emergency Response Benefit (CERB)
- Employment Insurance (EI)
- BC Hydro CORVID-19 Relief Fund
- Fortis BC Customer Recovery Fund
- Temporary Rent Supplement
- Cell/Home Phone Customer Relief

Can contact Michelle Lynxleg at (250)572-3043 or email michelle.lynxleg@gmail.com.

Appointments can be done over the phone or to set up a meeting at the Sahhaltkum Daycare, 6349 Hillcrest Rd, Chase, BC V0E 1M0

Still seeking Band Members Address Updates

Wéytk Adams Lake Indian Band Members

The Chief and Council of the Adams Lake Indian Band have been providing a one-time emergency assistance cheque to **all registered** Adams Lake 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.

Kukstsemc (thank you) to those Band Members who have already sent in their updated addresses to our email address addressupdate@alib.ca However, we still have some outdated or in some cases no contact information for some of our Band Members. We would like your assistance in getting this information out to your family and relatives to **please send in their address** to addressupdate@alib.ca

We need:

Your Band Number (this helps us identify you as our band member).

Your Name;

Your Mailing Address;

Your City;

Your Postal Code;

Your Phone Number;

Your Cell Number;

Your Email Address;

A list of your children under the age of 18;

Your Child(ren's) Band Number(s).

This email account is monitored, and addresses are entered into our data base. ALIB Finance Department reviews their *Master List* for your name and address for cheques mailed out already and if you have not received a cheque, cheques will be issued weekly and mailed out to you.

ALIB Emergency Operations Centre (EOC) Team Members:

Vaughn Sunday – Director
Jerry Andrew – Assistant Director
Steve Newton – Emergency Preparedness Advisor

Pandemic Planning	Operations	Logistics	Finance
Shirley Anderson	Jerry Andrew	Dave Nordquist	John Adebajo
Rhonda Camille	Trever Andrew	Art Michel	Tracy Friesen
Shauna Buchannon	Rena Gregoire	Daidri Marr	Bernice August

Communications/Liaison
Karen Everard
Chief and Council

To contact any EOC team member please call the front desk at 250-679-8841.

The *ALIB Emergency Operations Centre Team* members continue to work to ensure cooperative efforts, as we strive to get through this crisis. Please continue to take good care of yourselves and your families during this trying time and take all the necessary precautions during this pandemic.

Stay Connected



Visit the ALIB website at [www: adamslakeband.org](http://www.adamslakeband.org)



New official ALIB Facebook launching April 23, 2020.

Adams Lake Indian Band (Government Organization)



Email keverard@alib.ca to be added to our Email List.



Email keverard@alib.ca to be added to our Canada Post Mail List.