



Adams Lake Indian Band

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ALIB Community Communique

FOR IMMEDIATE RELEASE

April 6, 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 of the First Nations in Canada are collectively taking active measures to reduce the spread of the coronavirus.

As a result of the current emergency, the Adams Lake Indian Band has approved of \$200 for every member. These cheques were being delivered on April 3rd, 6th and 7th. These monies are to provide assistance for food insecurity which all are facing during this crisis. We hope this effort is helpful to our members. We recommend that the community have only one family member go to the grocery store or pharmacy etc, for supplies.

The response to this Pandemic is being led by the Health and Wellness Department, and they strongly suggest that people take precautions during this time. This means staying home as much as possible, and only going out when you absolutely need to. It means only being with the people who normally live in your house, and not visiting other homes. It means frequently washing your hands, cleaning high touch surfaces (doorknobs, phones, counters, etc), and not touching your face, eyes, mouth. It is super important that you stay 2 meters away from people – this is called physical/social distancing, and it is the only way that we will keep this virus from spreading further. Facemasks should be used by people who are sick (when they go to their medical appointments) and health care workers.

The virus is so contagious that it can live on surfaces for several days, and possibly hang in the air for several hours (they are still trying to determine how long) Please avoid all gatherings, including play dates and house bingo. Now is the time for everyone to come together to fight this Pandemic. Everyone, including all community members have a role to play. Please treat each other with kindness and respect and check on your neighbours, family and friends (with a phone call, or outside from a distance) and see how you can help them.

Food Delivery Update

This will serve the low-income households (Income assistance clients) & Elders over the age of 60.

IR #4 & IR #6 households on reserve only.

Delivery date: Tuesday April 21st, items will be dropped off on your doorstep.

Please ensure that your dogs are tied up for safety of the delivery team.

The Good food box cannot be picked up at the Band office, Delivery only.

Good food box will include seasonal vegetables and fruits. \$15-\$20 value (*Please wash your Good Food box items with hot soapy water*)

Health and Wellness Services During This Emergency

The majority of the Health and Wellness team are still providing services; remotely, to their current clients as "Client follow-ups and Wellness Check-in phone calls"

If ALIB Community/band members require assistance, please call 250-679-7726 and your call will be directed appropriately.

For Mental Health, a number of resources have been made available via the ALIB Community Newsletter and posted to the ALIB Website

Benefits and Services

If you require assistance to apply for EI please contact Service Canada @ 1-800-206-7218 between the hours of 8:30 to 4pm Monday to Friday or go online to www.servicecanada.gc.ca

Please take care of your families and yourselves during this emergency and take all necessary precautions during this pandemic

Kukpi7


Clifford Arouse
Adams Lake Indian Band

Distribution via: Delivery to IR #4 and IR #6 households

ALIB website: www.adamslakeband.org