



Elders and Members COVID-19 Message	Stefex7ém ell K'wséltkten Tsqúlecwmentls re Xexé7 te Sk7ep
<p>I am here to talk with you about Covid-19. This deadly virus has affected many of our Secwepemc communities. The situation is serious. Our Elders are vulnerable and at high risk for severe illness from Covid-19.</p>	<p>Tskítsentlmen e slxéyēctlmen te sk7ep, re Covid-19. Yi7éne te sk7ep tníltēs re tcw7it ne Secwepemcúlecw. Me7 xexé7 k sk'wýúsem s re qelmúcw. Re stex7ém-kt ri7 put me7 k'wýúsem e kwenwénsēs k Covid-19.</p>
<p>Here are some important ways we to keep each other safe.</p> <ul style="list-style-type: none"> • Stay home as much as you can • Wash your hands, use hand sanitizer • Keep your surroundings clean • Stay in your personal bubble • Wear a mask whenever you go out or around other people • Maintain physical distance of 6 feet 	<p>Tsqéy ne7éne re s7i7llcw te7 sw7ec e sknucwētwécw-emp e sta7s e stnilentwécw-emp:</p> <ul style="list-style-type: none"> • Tá7us ke7 snēs then. • Tśéwkstem-ce, pústkstēm-ce tek sanitizer. • Ctśéwllcw-ce. • Tá7us k smeymínc k swet. • Mekw7úsem-ce m-nes-ucw then ell, e w7ec-ucw ns7i7llcw te qelmúcw. • Teqmékst te stsólcnem me7 w7ec-ucw te qelmúcw kwemtús.
<p>Ways to stay mentally/physically and spiritually healthy:</p>	<p>Cwelcwélt:</p>
<ul style="list-style-type: none"> • Connect through phone calls or social media • Daily prayers and smudging • Getting out on the land (going for walks) • Singing and drumming • Reading, puzzles, crafts (beading, knitting) 	<ul style="list-style-type: none"> • Ctáلكwem ell s7i7llcw tek sw7ec te <u>media</u> • Qwentsín ne sxwexwéyt.s re sitqt ell, xwent ke7 swelém tek kéwku • Skuk'wétem ne ts Kempéllcw • Spwum ell stítey • Ts'exél'etcwem, élkstmente k (t.sususú7t, k sqtsúsem)
<p>Please reach out to your supports if your needing extra help (Chief and Council, Health Director)</p>	<p>E k'wýúsm-ucw, qwlentéke e sknúcwent.s ke7 kenknúcwmen (Kúkwpí7 ell Tkwenem7íplem, k El7élkst e Scwelcwélt.s re Qelmúcw).</p>
<p>The more you can do to keep yourself safe, the faster this will all be over. A vaccine will be available to you soon. Remember, you are not alone, we are all in this together, and we will all get through this together.</p>	<p>E p7ecw ke7 syecwestsút, me7 p7ecw e sxwent.s e wi7s. Ta7 k sq7est.s me7 ll7épstxents.tes. Tselxemstéke, ta7 ke7 snekwestsút, tśílem tucw xwexwéytet, ell me7 nekúsem-kt tek me7 pútemstem ri7.</p>

Translated and formatted in collaboration with Dr. Mona Jules (Skeetchestn) and the Tkemlúps te Secwépemc Language and Culture Department. Western Dialect.

Supporting Secwepemc Nation Health and Wellness
Re Knúcwens te Secwepemc te Qelmucw e Cwelcwélt