

Adams Lake Indian Band

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ALIB Community Communique

FOR IMMEDIATE RELEASE

Oct 8 , 2021

Adams Lake Covid 19 Update

*Submitted by
Sexqeltqin Health & Wellness Department*

Despite the high immunization rate in BC, Covid Delta variant is rising. What can protect me from the Delta variant? Having your two Covid vaccines protects against the Delta variant and the other strain of Covid-19. If you have not received your Covid vaccines, please call the 8-1-1 to schedule an appointment or book online at www2.gov.bc.ca. Please keep up with good hand hygiene, wearing a mask and monitor how you feel daily. If you feel sick, stay home and go online to check your symptoms.

It is important to take care of your body during the pandemic but also important to take care of your mental health and the mental health of your loved ones. Even though Covid has been around for almost two years, Covid is still very much new to us. It is new to our lives. Sure many of you have done many modifications to your lives and daily routine. Let's face it, Covid has been as hard on our bodies as on our mental health and souls.

What can I do to help my mental health? Moving your body is one of the most beneficial things you can do for your mind. People who are physically active are happier and have a stronger sense of purpose and experience more gratitude, love and hope. In addition, people who exercise are less likely to

suffer from loneliness or become depressed. Exercising releases, the “don't worry, be happy” chemicals in your brain which decreases stress and anxiety. Exercise increases dopamine in your brain which helps feeling more optimistic. In addition, exercising can transform your self image, decrease chance of heart diseases and diabetes.

You can also improve your mental health by eating well. A well-balanced diet of fresh vegetables, fruits, nuts (if you aren't allergic to nuts), lean meat, fish and poultry will help you stay healthy and increase your immune system. Recommend making fresh juices with a combination of vegetables and fruits, and or smoothies.

In addition, trying to live in the moment will help your mental health. Taking it day by day and trying to see the beauty in each moment and simple things will help you be happy. What can I do? How about playing board games or learning a card game. You can learn a new skill such as embroidery, leather work, pottery, sewing, drawing, painting. You can even start learning to play an instrument or a new language. There are many online apps that you can download to learn how to play an instrument and or a new language. You can also make a new recipe every day or a new recipe a few times per week. If you need help with your mental wellbeing you can talk to a friend or call the BC help line, or go online at healthlinkbc.ca. There is virtual mental health support available to anyone. For virtual mental help call **310-6789**. If you need cultural aware crisis support, you can call **1-800-588-8717**. For substance and alcohol abuse you can call **1-800-663-1441**. If you are experiencing distress, despair and or suicide thoughts please call **1-800-suicide (1-800-784-2433)**. Remember you are important, and you are not alone. Be chill, be rested, be healthy, be kind.

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Proof of vaccination

If you have not downloaded your vaccine passport on your phone, Suggest you do it ASAP. All you need is your name, your health card number which is located on the back of your driver license, your birthdate, and the date of one of the Covid vaccine you received. You can save a copy on your phone. Suggest you send a copy to your spouse. If you are an elder you might want to share a copy with your children as well. October 24, 2021 you will need to show proof that you received the two doses. If there is a mistake on your immunization record you must scroll down the first page of the website to “Update my immunization record” then it will ask you to upload your immunization card.

The government of BC has announced that all public servants will have to be immunized. All workers in long term care and assisted living must be immunized by Oct 12. All BC health workers must be vaccinated by Oct 26, 2021. In addition, all visitors to long term care facilities will also need to show proof of full vaccination.

Covid booster/third dose: We do not know yet if we will need a third dose. I have seen some article in the news who states that we will need a booster vaccine but we don't have information from First Nation Authority or Centre of Disease Control. That said if you are immunocompromised, you are eligible for a third dose of vaccine. If you are immunosuppressed you will receive an invitation (a text, phone call, or email) from Interior Health then you can book your third dose with them. You can call the 8-1-1 number or go online at www2.gov.bc.ca

What is Covid long hauler? A Covid long hauler is someone who has multiple long lasting or recurring side effects from contracting Covid, side effects such as: extreme fatigue, weakness, brain fog, irreg-

ular heartbeat, and issue with body temperature regulation. If you think that you are a long hauler, contact your family doctor. There are three long hauler Covid clinics in BC but you must be referred by your doctor. If you are a Covid long hauler you are not alone, there are thousands of long haulers just in BC, there are support groups available to those that need it and it is also offered on Facebook.

Flu vaccine: ALIB Health will receive the flu vaccines in a few weeks. Once we know we will run two or three flu clinics at Cstélen IR # 4 and one or two clinics at Sxwetsméllp IR # 6.

Grade 6 and Grade 9 immunization: The consent forms will be sent with your grade 6, 9 child. Please complete the forms and call Sexqeltqin Health and Wellness to book an appointment with the nurse. Appointments will begin at the end of October.

Diabetes clients and foot care: if you have diabetes and if you are an Elder, you can get footcare. Please contact the nurse at Sexqeltqin Health and Wellness to book an appointment **250-679-7726**.

