



FRASER SALISH REGION
First Nations Health Council



**First Nations Health
Directors Association**

Greetings, Fraser Salish Region Community Members:

As the COVID-19 situation unfolds in our region, we are continually reminded of how resilient and strong our communities and health services staff are, and the amount of care they have for each other. We are hearing positive stories of people looking out for each other by staying safe, sharing important news and tips, and helping our more vulnerable community members access food and supplies.

Your First Nations Health Authority Fraser Regional team is also doing its part by reaching out to communities to provide as much support as possible. They will be sending out a communiqué several times per week, with: information bulletins collected from trusted sources to keep you up to date with the latest information on COVID-19; actions taken by the Federal, Provincial, and Regional Health Authorities; and information to keep your family and loved ones feeling safe and strong.

As mentioned in our previous message, the teaching of “It Starts with Me” empowers us to take care of the health and wellbeing of ourselves and our families.

- For the safety of ourselves and others, we are asked to continue the practice of social distancing. We also ask that you postpone ceremonies. It is very important that you refrain from crossing the Canada-USA border, to help prevent spread of the disease.
- Remember, social distancing does not exclude safe, healthy activity. Land-based activity is excellent for physical and mental wellness. Now that the weather is getting warmer, there is more opportunity to bike, hike/walk/jog and pick medicines, for instance. Also, Health Leads, along with community members, are encouraged to stay in touch with other people and take the opportunity to share feelings. Practice good self-care and use resources such as online counselling services to maintain your wellbeing.
- If you are able to work from home, please do so. We understand people may be impacted by temporary work closures and school closures. We are working with our government partners to share the best information on how to access COVID-19 related government assistance and will share this information as soon as possible.
- Please see within the communiqué included in this email regarding a self-assessment tool that will guide you as to when you should consider being tested for COVID-19 if you aren't feeling well. This tool has been developed to help keep you safe and also manage resources at primary care sites that are experiencing large volumes of patients.

The COVID-19 pandemic will continue to present challenges, but we are confident that our inherent strength and connectedness as First Nations people, along with the support of our regional, provincial, and federal partners, will enable us to successfully navigate the days and weeks ahead.

In health and wellness,

Your Fraser Salish First Nations Health Council and First Nations Health Directors Association
representatives,

Grand Chief Doug Kelly

Willie Charlie

Derek Hansom

Janice George

Liz Point

Terrie Davidson