

DOIG RIVER FIRST NATION

Dane-zaa Adishtl'sh

April 2020



**Important updates on Covid-19
&
Regular band business.**

BAND MEMBER UPDATE

We hope all of you are staying home and healthy. Please take all recommended self-isolation precautions to ensure the safety of your family members. We are following the guidelines as established by the federal and provincial health authorities so effective immediately:

The DRFN Band Office will be closed to the general public due to the COVID-19 pandemic with the exception of the following:

- The majority of DRFN staff will be working remotely or in self-isolation at the office as per Worksafe BC.
- **EI applications and SA related items** - You can contact Teree and book a time to meet with her in the boardroom at Doig to go through it if needed, or by phone.
- **Tobacco Product Sales** - Tuesdays from 10:00 am - 1:00 pm. We will only be able to have 5 people in at a time and social distancing will be enforced.
- **Cheque day** - Thursdays between 10:00am - 1:00 pm with the same social distancing enforcements in place.
- **Firewood, Propane, or Emergency home repairs** - Please contact Jennifer Davis at (250) 261-0850 or by email at jdavis@doigriverfn.com. PLEASE DO NOT GO DIRECTLY TO KEVIN GEIST. Kevin will be working on renos and has asked that everyone contact Jen directly for any public works enquiries and the next steps will be taken to address them. Please steer clear of any locations where our maintenance crew is working. Thank you.

BAND MEMBER UPDATE

- **Meals on wheels** - For vulnerable elders/band members who require additional nutritional supports starting this Wednesday. Amber will be delivering meals on Mondays and Wednesdays.
- **Off-reserve members** - If you require information or additional supports, we are here to help you too! Please reach out via email, phone, or text to Teree or Band Manager so we can assist you.
- **Check stop** - DRFN will be implementing a traffic stop at the reserve for people entering and leaving the community in the next few days. **Please no partying and bringing non-members to the reserve during this time.** Limit your travel to a minimum for the safety of our members. COVID 19 is very serious and we do not want to risk the health and well being of any of our members.

We are doing our best to get back to everyone right away but we have had a lot of phone calls, texts and emails to manage. We hope you can be patient and work with us through this challenging time!

- **Teree Walton** - twalton@doigriverfn.com (250) 263-2365
- **Shona Nelson** - snelson@doigriverfn.com (250) 793-0367

Thank you!

DRFN Chief and Council and DRFN Staff



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



Hand Hygiene

**SOAP OR ALCOHOL-BASED
HAND RUB: Which is best?**



Either will clean your hands:
use soap and water if hands
are visibly soiled.



Remove hand and wrist jewellery

HOW TO HAND WASH



1
Wet hands with warm
(not hot or cold)
running water



2
Apply liquid or foam soap



3
Lather soap covering
all surfaces of hands
for 20-30 seconds



4
Rinse thoroughly
under running water



5
Pat hands dry thoroughly
with paper towel



6
Use paper towel
to turn off the tap

HOW TO USE HAND RUB



1
Ensure hands are visibly
clean (if soiled, follow hand
washing steps)



2
Apply about a loonie-sized
amount to your hands



3
Rub all surfaces of your hand
and wrist until completely
dry (15-20 seconds)



Ministry of
Health



BC Centre for Disease Control

If you have fever, a new cough, or are
having difficulty breathing, call 8-1-1.



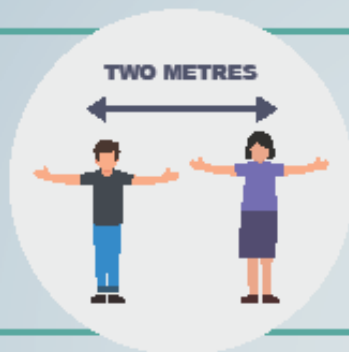
COVID-19

COVID-19

HOW TO PRACTICE PHYSICAL DISTANCING

STAY HOME AS MUCH AS POSSIBLE.

Stay home when you are sick.



KEEP TWO METRES BETWEEN YOURSELF AND OTHERS.

LIMIT CONTACT WITH OTHERS WHEN OUTSIDE YOUR HOME.



USE VIRTUAL OPTIONS TO CONNECT WITH OTHERS.

AVOID GREETINGS LIKE HANDSHAKES AND HUGS.



Learn more about COVID-19 at fraserhealth.ca/COVID19

Sources:
- BCCDC
- Government of Canada (March 27, 2020)

March 27, 2020
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COVID-19

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



CS-170253-4 March 30, 2020, 12:51PM

cdc.gov/COVID19-symptoms

COVID-19

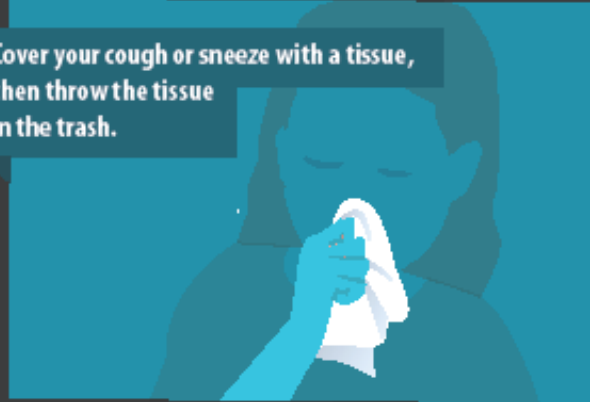
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

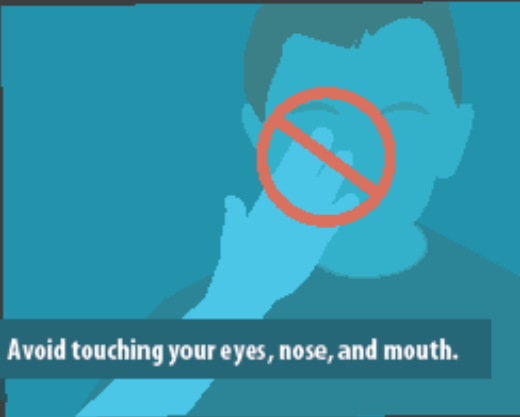
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19

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MEDICAL SERVICES



Nurse Amie is back!

Nurse will be in the office Monday to Thursday. She will be available to answer any health concerns or questions you may have regarding COVID-19 or your health status. If you are needing medications refilled or need to see a doctor, please give her a call and she can walk you through the proper steps that need to take place.

Nurse Amie can be reached in her office at 827-3776, ext 1271 or by cell at 250-793-5655



MEDICAL SERVICES

Doctor Day

POSTPONED

until further notice. If you are needing medications refilled or need to see a doctor, please give Amie a call.

COVID-19 - SMOKING AND VAPING: WHAT'S THE RISK?



Do people who smoke have a higher chance of developing severe complications if they become infected with COVID-19?

Yes. People who smoke, especially those who have respiratory, cardiovascular or other conditions caused by smoking, seem to be at higher risk of developing severe symptoms of COVID-19 infection, requiring ICU admission, and/or requiring mechanical ventilation.

As smoking adversely affects the immune system, it decreases the body's natural ability to heal from infections and increases the risk of lower respiratory tract infection, including COVID-19.

Is there a link between vaping and COVID-19?

Vaping can cause lung damage as well as other respiratory health problems and may put you at higher risk for developing severe COVID-19 symptoms.

Because vaping is a new phenomenon, and we do not yet know all the long-term effects or how it correlates with COVID-19, it is best to stay away from vaping or make your best attempts to significantly reduce your use.

NOTE: Research is ongoing into the negative impacts of smoking and vaping on people who develop COVID-19 illness. We will have more information to share as research develops.

How can I lower my risk of getting severe COVID-19 signs and symptoms in relation to smoking and vaping use?

Good respiratory and cardiovascular health is essential for COVID-19 patients to positively respond to medical treatment and successfully recover from the disease.

Quitting or reducing smoking and vaping is the best thing you can do to protect your respiratory and cardiovascular health at this time.

Ensure there are smoke- and vapour-free spaces in the community, thus reducing second-hand smoke/vapour exposure.

Do not smoke or vape around Elders, those with chronic illness, or those who are immunosuppressed (this includes pregnant women); these groups are at the highest risk of having poor outcomes related to COVID-19 infection.

Do not share your smoke or vape with anyone. Doing so can transfer the virus to others.

Remember physical distancing. Stay at least two metres (six feet) apart if smoking or vaping in a group.

NOTE: even if you are not in the “higher risk” category, it is important to remember that there is still risk for everyone, even young, healthy people.

Where can I get more information and support?

We know it isn't easy to quit; these are stressful times, and stress causes us to want to smoke or vape even more. But please understand that it's important to try to quit or at least reduce at this time. Try using our [Land-Based Quit Tips](#) to help reduce your stress and anxiety:

- ☐ Be kind to yourself
- ☐ Drink water or medicinal teas
- ☐ Ask Creator for strength
- ☐ Do traditional crafts or activities at home

So you've decided to quit. Congratulations!

Now you might be worried about finding the strength to honour your decision to be smoke- and vape-free. You're not alone. Remember that the strength is already inside you – and don't be afraid to ask for help along the way.

Here are some tips to help guide you and give you strength on your wellness journey.

ASK THE CREATOR FOR STRENGTH

Did you know that many First Nations cultures teach that tobacco was put on earth as a way to connect with the Creator? Instead of smoking, use that tobacco in ceremony to ask the Creator to help guide you on your wellness journey. You can offer tobacco to the earth or burn it in ceremony.

DRINK MEDICINAL TEAS

A variety of plants that grow wild around us can actually help with healing when used in a tea. Plants such as mint and licorice root are good examples. Many traditional teas can help to cleanse your lungs and give you a calm feeling when you are going through the discomfort of withdrawal symptoms. Many knowledge keepers are happy to share their wisdom on medicinal plants and may be able to suggest which ones would be best for you.

DRINK WATER

Nothing is more cleansing than pure water. Any time you feel a craving coming on, try drinking a whole glass of water to purify and cleanse your body. Water can help eliminate cravings.

DO A TRADITIONAL CRAFT OR ACTIVITY

A wonderful way to connect to culture is to take part in one of the many traditional crafts and activities -from beading and painting to drumming and dancing. Not only will it help keep your hands busy, you will connect more with your culture and learn new skills.

WALK IN NATURE


The forests and waters are very healing. Simply taking a walk along a river or among the trees can help uplift you and help you feel calm and connected to the Creator.

DO A SWEAT

Participate in a sweat lodge ceremony. Sweats are healing for the heart, mind, body, and spirit. As well, you will feel more connected to the Creator which will help give you the strength you need on your wellness journey.

BE KIND TO YOURSELF

Change is not easy and everyone's journey is different. Practice self-love and feel proud of yourself – even if it's for simply reading this list of tips – because it means you have taken the first step toward staying smoke- and vape-free.



DID YOU KNOW? It takes on average only 3-5 minutes to get over a craving. Doing any of the above tips will help you delay smoking or vaping long enough for that craving feeling to go away.

Quit Tips for Smoking and Vaping

Be kind to Yourself



Drink Water



Do a Sweat



Drink Medicinal Teas



Walk in Nature



Ask the Creator For Strength



Do a Traditional Craft or Activity



Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training



#BeActive

#HealthyAtHome

Children caretakers

If your children have concerns, addressing those together may ease their anxiety.

Children will observe adults' behaviors and emotions for cues on how to manage their own emotions during difficult times.

#Coronavirus #COVID19



Minimize watching, reading or listening to news that cause you to feel anxious or distressed.

Seek information only from trusted sources and mainly to take practical steps to prepare your plans and protect yourself and loved ones.

#Coronavirus #COVID19



WebMD

9 FOODS TO EAT WHEN YOU HAVE THE FLU



Hot tea:
Clears
stuffy nose



Vegetable juice:
Boosts
immune system



Garlic:
May help
with congestion



Banana:
Tummy-
friendly, filling



Chicken soup:
Hydrating,
nutritious



Toast:
Easy
to digest



Ice pops:
Soothe throat



Meal replacement drinks:
Fulfill dietary needs



Ginger:
Fights nausea

NOURISH YOUR BODY

MAGNESIUM

Supports healthy digestion and strong muscles

SPINACH
AVOCADOS
YELLOW CORN

ANTIOXIDANTS

Help reduce inflammation and damaging free radicals

BROCCOLI
CARROTS
BERRIES
MANGOS

ALKALINE FORMERS

Balance acidic foods like refined carbs, dairy and meats to support healthy digestion and immune system

KALE
LEMONS
LIMES
CHARD

Why Eat the Rainbow?

Discover the wonderful health benefits of phytochemicals in fruits & vegetables

GREEN

improves digestion, liver function, immune system function, strength of teeth & bones, eye health

PURPLE & BLUE

improves memory & cognition, heart & blood vessel health, urinary tract health, longevity

RED

improves heart health, immune system function, skin health, cell renewal, lowers blood pressure

YELLOW & ORANGE

improves eye health, heart health, immune system function, health of skin, joints, & tissues

WHITE, TAN, & BROWN

improves colon & stomach health, immune system function, heart health, prevents against ulcers

Learn more about eating the rainbow at
STRONGWITHPURPOSE.COM

Check on your neighbours

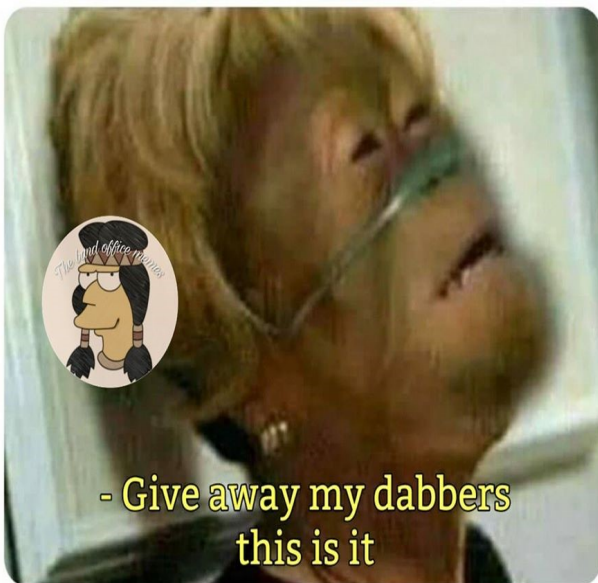


You can't quarantine



my deadliness

Day 4 without bingo



When you're on day 5 of social isolation
and you're out of Pepsi



(PLEASE TAPE THIS NOTICE ON YOUR DOOR IF YOU FEEL YOU NEED TO)



Prevent Coronavirus (COVID-19)



**PLEASE DO NOT
ENTER OUR HOME FOR
THE PROTECTION OF THE
PEOPLE WHO LIVE HERE**

IF YOU ARE EXPERIENCING:

**Cough • Fever • Respiratory symptoms
Or believe you may have been exposed to
COVID-19 or any other type of
respiratory illness**

**If you have any questions,
call a health care provider
or 8-1-1**

For more information and resources, visit www.fnha.ca/coronavirus
COVID-19 Symptom Self-Assessment Tool here: covid19.thrive.health

A close-up photograph of a pink flower bud, likely a magnolia, with several pointed petals. The background is a soft-focus bokeh of green and yellow, suggesting a garden setting. The lighting is bright and natural, creating a warm and inviting atmosphere.

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