

Hello to All My Relations

This is an update for those who use our services and come together with us. The Fraser River Indigenous Society and its staff value the health and safety of our participants, families, Elders and partners. We have been attentive to the precautions which have been recommended. Currently our offices space and our staff are on duty to continue to support you. However, some of our gathering programs will be cancelled or delayed if the factors put our Elders and other vulnerable populations at risk. We will notify all staff and participants immediately if there are any changes.

**These are some steps we will take to help stop the spread of Covid-19 are:**

Increasing the cleaning of our program and office areas.

Reminding staff and participants to be vigilant in washing their hands for at least 20 seconds with soap and water.

Use an Alcohol-Based hand rub when it is not possible to wash hands with a concentration of at least 60%.

Cough or sneeze into your arm not your hands.

Avoid touching your eyes nose or mouth with unwashed hands as these areas are susceptible to infection.

Avoid close contact with people who are sick.

Recommending you stay home if you are sick to avoid spreading illness to others.

Here are some links to further information about Covid-19, updated information as it arises, and how to handle infection if it occurs:

“In response to a few emails I have received this morning about COVID-19, I thought I would share a few more links with information, handouts and posters that you can print/share.” - Tracy Steere – Aboriginal Health Lead - Fraser Health

Handwashing - soap and water poster

<https://patienteduc.fraserhealth.ca/file/clean-your-hands-using-soap-and-water-138270.pdf>

Handwashing – hand sanitizer poster

<https://patienteduc.fraserhealth.ca/file/clean-your-hands-using-alcohol-based-hand-rub-138269.pdf>

**Some of the links on the Healthlink page include pdf handouts (i.e. being prepared) that you can share:**

<https://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19>

Including handout for schools & childcare settings

<https://www.fnha.ca/about/news-and-events/news/information-on-novel-coronavirus>

Handouts and info:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html#faq>

CBC Kids along with the PHO produced a kid-centric Q and A video about COVID-19:

<https://www.cbc.ca/kidsnews/post/watch-coronavirus-facts-versus-fiction>