



Coldwater Indian Band

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Chief and Council (Executive Assistant), Finance, Social
Development, Education

Tuesday, September 22, 2020
Re: COVID-19/ Corona Virus

Good day Coldwater Band Members,

On behalf of Council we would like to remind you to stay diligent in these trying times and to "Flatten the curve" by doing all the following recommendations:

- **Stay Home if you are not feeling well**
- **Keep commonly touched places clean & disinfected. Keep washing your hands**
- **Obey public health advice & social distancing**
- **Do NOT touch your face**
- **Emergency situations call 911**
- **Nose & Mouth etiquette, Cough & sneeze into your elbow or a tissue. Throw tissue into garbage & wash your hands**
- **Non-essential travel-if you do need to go to town, follow all precautions and recommendations re: wash hands every 20 minutes, only touch what you need to, change clothes/shower once returning from home etc.**
- **Keep children away from playgrounds, including the Coldwater School playground**
- **Everyone needs to social distance, including WITHIN the community. There should be no visitors, play dates etc. for at least two weeks.**

The less time you spend with someone, the farther apart you should be. If you've never met the person before, then maintain 2 meters distance is very important. However for your household bubble and 'safe six' friends/family, closer is OK, unless someone is more vulnerable to severe illness from COVID-19 .

While social distancing can prove to be hard on many, it is critically important to do. It is also equally important to take care of your mental, physical, emotional, and spiritual well-being. Here are some ideas you can do while at home:

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To enhance and sustain our quality of life through wellness and culture, and to utilize and preserve all our resources for now and future generations

- Talk with family and friends over the phone or face time with them. Create fun challenges between each of your households
- Work on projects you have put aside because life got too busy
- Learn how to make something-Food, clothing, crafts etc.
- Declutter and organize your home
- Clean up around the outside of your home-get rid of any fire hazards, pick up garbage etc.
- Start a indoor garden
- Do some reading
- Most Important-Talk with someone if you are struggling with feeling alone, overwhelmed, anxious. This is a trying time for everyone but there is no reason we need to feel alone during this process.
- Stay active- workouts can be done at home, take a walk/run, dance at home!

If you think you may have come in contact with someone who has the virus stay home. To help lessen the possible anxiety of thinking you may have the virus, there is a self-assessment you can take online: <https://bc.thrive.health/>

Or you can call: 1-888-268-4319 or 811

There is an app available for your mobile phone. In your app store, type in: **BC COVID-19 Support** - The app is very informative and has lots of information.

We are still in a State of Emergency.

We are **IN LOCKDOWN!**

Both Band offices will remain closed to the public for the safety of the staff members and our community.

We are practicing Social Distancing and self-isolation until further notice.

Thank you,
On behalf of council
Gerome Garcia

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