

# Lytton First Nation

## January 8 2021: Message from the EOC about Phase 1 Vaccine Prioritization

**LFN EOC was notified at 1600 on January 8<sup>th</sup> that Vaccine arrival has been delayed to January 14<sup>th</sup>.**

### Phase 1 Vaccination Goals:

The goal is to create herd immunity in the LFN communities. This may mean vaccinating non-LFN Members who live with Members, and vaccinating essential staff who are not Members but perform critical services for Members.

### We are not allowed to vaccinate anyone living outside of the community

If you do not live in Lytton community, you will not be eligible to receive the Lytton vaccines. More vaccines are coming soon. Please be patient.

### Who Will Get Priority Access to Vaccines?

LFN Leadership was tasked with deciding who will get the first opportunity to receive the first 800 vaccines. If you are in one of these priority categories, please call the TL'KÉMTSIN Health Building at 250.455.2115 to book your vaccine. LFN Health Staff will also be doing outreach by phone.

### Priority Group 1:

- LFN Essential Leadership and Staff that live on-reserve or in the Village of Lytton.
- All TL'KÉMTSIN Health Staff
- All SVNS School staff
- Homeless or precariously housed LFN Members in the Lytton area (on reserve and in Village of Lytton).
- Nlaka'pamux Elders and Knowledge Keepers in Lytton (on-reserve, Village of Lytton) and their entire household who are over the age of 18. This could include non-LFN Members and non-indigenous members of the household. This prioritization model is meant to protect the Nlaka'pamux language and culture. By immunizing them, as well as the people they live with, their homes are a safe bubble where infection cannot spread and where those elders can live normally/safely within their household bubble.



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

PHONE 250.455.2304  
FAX 250.455.2291  
EMAIL [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band)  
WEBSITE [www.lfn.band/covid-19-info](http://www.lfn.band/covid-19-info)

### Priority 2 Group:

After vaccine recruitment of Priority 1 Group is completed, and if there are vaccine doses left, priority will be given to the following groups:

- Kumsheen School Staff
- Any LFN Member in the Lytton Community (on-reserve, or in the Village) who are over the age of 40.
- Non-LFN Members who live On-Reserve that have compromised immune systems

### What You Need to Book Your Vaccine:

- You will need to call the the TL'KÉMTSIN Health Building at 250.455.2115 and put your name on the list
- You will need your Personal Health Number (Care Card/BC Services Card)
- If you have a compromised immune system, let the Health Team know because they will need your specialist or primary care practitioner to confirm by fax that you are able to receive the vaccine. The fax can be sent to 250.455.2197

### What if I am not In the Priority Groups?

More vaccines are coming in Phase 2. Please be patient. If you live in the Lytton Community and are NOT in one of the priority groups, but would like to receive a vaccine, please call the TL'KÉMTSIN Health Building at 250.455.2115 to **put your name and phone number on the waitlist**. We will call you if we have a vaccine available after priority groups are contacted.

**Special Note:** The Moderna vaccine will only prevent disease in the person who received the immunization. This means that a person who is immunized can still be a carrier and infect the people around them who are not immunized. They must still wear a mask, physically distance, wash hands, and stick to their household bubble and avoid non-essential travel.

### Vaccine Uptake:

The Moderna vaccine is safe and effective. We must all do our part to protect the community by getting a vaccine when one is available to us.

**Thank you,  
The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
Country

|         |                            |
|---------|----------------------------|
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# Lytton First Nation

## January 7 2021: Message from the EOC about Phase 1 Vaccines

On January 4<sup>th</sup>, the LFN EOC Team was notified that Lytton First Nation would be allotted 800 doses of Moderna vaccine as part of the Province's Phase 1 Vaccine Rollout. This is a wonderful and unexpected development.

The first opportunity to have a coordination call and get details about Phase 1 Vaccine Rollout with LFN Leadership, LFN Health, FNHA Health, and the LFN EOC Team occurred January 7<sup>th</sup> at noon. We will continue to coordinate and mobilize in the coming days. Vaccination will begin as soon as vaccine arrives. Estimated time of arrival for vaccine is January 11<sup>th</sup>. This is an estimate and we have been told to prepare for delays of 1-2 days.

We will inform the public as we get more details. Please make sure you have signed up for the Information Broadcast system at [www.lfn.band/broadcast-system](http://www.lfn.band/broadcast-system). You can also monitor the LFN website and facebook page, and the LFN Health facebook page.

The Province has assessed that LFN should be allotted these Phase 1 vaccines due to our lack of access to acute covid care. 800 doses is not enough to vaccinate everyone. We will need to prioritize. We are also not allowed to vaccinate people who live outside the community. It is important to remember that more vaccines are coming in Phase 2. This is just the first allotment. Please be patient. We will be transparent and forthcoming about all vaccine information. If you are living away from the community, we will keep you as informed as we can.

Information about who is in the priority group to receive this Phase 1 Vaccination will be communicated shortly. The LFN Health Team will be doing outreach to these priority groups over the weekend and next week.

This is a massive logistical operation and it will be a coordinated effort. Information is going to be coming out quickly. Please stay tuned.

**Thank you,  
The EOC Team**



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# Lytton First Nation

## **December 18, 2020: Message from the EOC**

### **Plan for a Safe Holiday:**

All December celebrations will look different this year. Celebrate with your immediate household or core bubble only. Single people may have an additional 1-2 people in their core bubble.

- You must not host gatherings with people outside of your core bubble or household
- Do not look for loopholes or excuses to gather
- Consider hosting virtual parties and religious services
- Unwrap gifts over Zoom or Skype
- Grandparents who provide regular childcare for their grandchildren can spend time together over the holidays
- Essential Travel only. Plan for a safe trip.

### **When to Get a Covid Test:**

You can access a test in Lytton by calling your doctor, or by calling 250.455.2115 or 250.455.2715 or 1-877-740-7747. Isolate before and after your test.

**Get a test right away if you have 1 or more** of these key symptoms:

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

**Get a test if you have 2 or more** of the symptoms below for more than 24 hours:

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

Children have similar but milder symptoms to adults. If you have questions, 8-1-1 is available 24 hours for advice and guidance as well.

**Thank you,  
The EOC Team**



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# Lytton First Nation

## December 10, 2020: Message from the EOC

| Total Recovered Cases | Active Positive Cases | Current # of People in Isolation |
|-----------------------|-----------------------|----------------------------------|
| 5                     | 1                     | 1                                |

Our cluster outbreak is resolving with 5 out of 6 Covid-19 cases recovered and almost everyone out of isolation. Thank you to everyone who did their part to protect the community. Testing, tracing, and isolation works. Thank you to our front-line workers including the physicians and nurses at St. Bartholomew's Hospital, the FNHA CHN Team, the TL'KÉMTSIN Health Team, and the EOC Isolation Task Force for your efforts.

### Please Continue to Follow Public Health Orders:

We are still deep in the second wave where our risk of being exposed to Covid-19 is high. It is important not to have social gatherings of any size at your residence with anyone other than your household or core bubble. For example:

- Do not invite friends or extended family to your household
- Do not host gathering outdoors
- Do not gather in your backyard
- Do not have playdates for children

### Household/Core bubble:

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling. For example:

- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

**Thank you,  
The EOC Team**

If you develop symptoms, stay home and call the TL'KÉMTSIN Health Centre at 250.455.2115 or 250.455.2715 or 8-1-1 for advice. 8-1-1 is available 24 hrs.



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# Lytton First Nation

## December 4, 2020: Message from the EOC

| Total Recovered Cases | Active Positive Cases | Current # of People in Isolation |
|-----------------------|-----------------------|----------------------------------|
| 2                     | 4                     | 14                               |

We have had no new cases of Covid-19 in Lytton First Nation since our last update on Tuesday. There have been no public exposures and contact tracing for individual contacts has been successful to date.

### Precautions are Important:

The case counts across the Province are continuing rise. Following the Provincial Health Orders and safety protocols is more important than ever.

- Do not gather with anyone outside your household (people who live alone are able to socialize with 1-2 others that are part of their bubble).
- No non-essential travel
- Wear a mask in any public space
- Keep your distance. 6 feet minimum
- Wash your hands, don't touch your face

### Please Respect Privacy and Confidentiality:

Privacy and trust are important for people to be comfortable coming forward for testing and isolation. Isolation is critical to stopping the spread of the virus. Be proud of those who isolate to protect the community.

Our values, our culture and our teachings give us the strength and the wisdom to face this challenge. We look after our sick; we don't judge them. And social media is not the place to discuss rumors or speculation about a person's health status.

Support those who are getting tested and staying isolated. In doing so, they are protecting us. Kindness and compassion are the best way to counter the virus.

**Thank you,  
The EOC Team**

If you develop symptoms, stay home and call the TL'KÉMTSIN Health Centre at 250.455.2115 or 250.455.2715 or 8-1-1 for advice. 8-1-1 is available 24 hrs.



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# Lytton First Nation

**December 1, 2020**

## **Message from the EOC**

There are 2 additional Covid-19 Cases in Lytton First Nation. The LFN Team has been working diligently to contact trace, isolate, and test. The system is working. Although we have 2 more cases, there are no additional community exposures.

| <b>Total Recovered Cases</b> | <b>Active Positive Cases</b> | <b>Current # of People in Isolation</b> |
|------------------------------|------------------------------|---|
| <b>2</b>                     | <b>4</b>                     | <b>17</b>                               |

## **Isolation Support:**

Our Isolation Task Force is also providing isolation supports and our EOC Team is working to make sure the community has all the resources we need to respond to this emergency. If you are in medically directed isolation and need assistance, please contact the TL'KÉMTSIN Home Care Nurse at 250.455.2115 or email [lisa.colwell@lfnhealth.com](mailto:lisa.colwell@lfnhealth.com).

## **What if I Have Symptoms or if I am Contact Traced?**

If you develop symptoms, stay home and call the TL'KÉMTSIN Health Centre at 250.455.2115 or 250.455.2715 or 8-1-1 for advice on isolation and testing options. Testing is only recommended for people with symptoms. 8-1-1 is your best resource after hours and on weekends.

**Thank you,  
The EOC Team**



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# Lytton First Nation

**November 28, 2020**

## **Message from the EOC**

Lytton First Nation is responding to cases of Covid-19 in our community. At this time, teams are working to contact trace, isolate, and test those with symptoms. Our Isolation Task Force is also providing isolation supports and our EOC Team is working to make sure the community has all the resources we need to respond to this emergency.

| <b>Total Recovered Cases</b> | <b>Active Positive Cases</b> | <b>Current # of People in Isolation</b> |
|------------------------------|------------------------------|---|
| <b>1</b>                     | <b>3</b>                     | <b>24</b>                               |

### **No Current Public Exposures in the Community:**

At this time we are not aware of any public exposure risks in LFN. As contact tracing and testing occurs, we will keep you informed. Please visit [www.lfn.band](http://www.lfn.band) for information and resources.

### **Privacy and Trust:**

Privacy and trust are important for people to be comfortable coming forward to get tested. Our values, our culture and our teachings give us the strength and the wisdom to face this challenge. We look after our sick; we don't judge them and remember:

- Kindness and compassion are the best way to counter the virus.
- Support those who are getting tested. In doing so, they are protecting us.

### **Please Do Your Part to Prevent the Spread:**

- Wash your hands and keep your distance
- Avoid gatherings or visits with anyone outside your household
- Wear a mask in public spaces
- Avoid non-essential travel and errands

### **What if I Have Symptoms or if I am Contact Traced?**

If you develop symptoms, stay home and call the TL'KÉMTSIN Health Centre at 250.455.2115 or 8-1-1 for advice on isolation and testing options. Testing is only recommended for people with symptoms. 8-1-1 is your best resource after hours and on weekends.

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# Lytton First Nation

## November 6 2020 Update from the EOC

Yesterday saw the highest daily case count in British Columbia to date, with 425 new cases of Covid-19. It is understandable to feel anxious about the second wave of this pandemic. But there are things we can all do to prevent the spread and keep our community safe.

### **Wash your Hands, Don't Touch Your Face**

When we touch contaminated surfaces and then touch our faces, we can spread Covid-19. The best way to stop this kind of spread is frequent handwashing or hand sanitizing, frequent cleaning of high touch surfaces, and not sharing items with others.

### **Wear a Mask and Keep Your Distance**

The science has changed, and 6 feet of distance indoors is no longer safe enough. Covid-19 spreads best through droplet clouds that can linger in the air in an indoor setting for minutes or hours, even after the infected person has left the room. It is now the expectation that everyone will wear a mask when in public spaces. When we wear masks, we protect our friends and families. When they wear a mask, they are protecting us.

**As a reminder, any member of the public accessing an LFN building will be required to wear a mask and answer a symptom screening questionnaire.**

### **Stay Put, Don't Gather**

Covid spreads through humans. If we aren't moving, then neither is the virus. There is now a limit placed on private gatherings. You may now ONLY gather with your household bubble plus your Safe Six. If your household bubble has a large number, then an additional Safe Six is not appropriate. In this case, you should not gather with anyone outside your household. This is an enforceable health order and must be followed to protect all of us.

Public health orders can and will change depending on the severity of the pandemic. We will keep you up to date on changes and you can always ask questions by emailing [eocinfo@lfn.band](mailto:eocinfo@lfn.band).

**Thank you,  
The EOC Team**



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V0K 1Z0

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# Lytton First Nation

## October 29 2020 Update from the EOC

### **New Provincial Health Order October 26:**

There is now a limit placed on private gatherings. You may now only gather with your household bubble plus your Safe Six. If your household bubble has a large number, then an additional Safe Six is not appropriate. In this case, you should not gather with anyone outside your household. This is an enforceable health order and must be followed to protect all of us.

Also on October 26<sup>th</sup>, Dr. Bonnie Henry says that it is now the expectation that everyone will wear a mask when in public spaces. When we wear masks, we protect our friends and neighbours. When they wear a mask, they are protecting us.

### **Getting Ready for a Safe Halloween:**

The new Provincial Order means that it is not a good idea to attend any Halloween parties or gatherings. However, there are still safe ways to enjoy Halloween for children and adults alike:

- Stay home if you are sick
- Avoid all parties and gatherings outside of your household
- Incorporate masks into your costumes
- Celebrate at home with Halloween movies, decorating the house, enjoying sweet treats.
- For those that feel safe to do so, Trick or Treat in small groups, staying outside
- Wash your hands or hand sanitize often
- Use tongs, a baking sheet or make a candy slide to give more space when handing out candy
- Plan to hand out individual treats instead of offering a shared bowl.
- Only hand out sealed, pre-packaged treats.
- Wear a non-medical mask that covers your nose and mouth when handing out treats.
- It is not necessary to wipe down all the treats before you eat them, but you might want to hand sanitize as you snack

**Thank you,  
The EOC Team**



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# Lytton First Nation

## October 23 2020 Update from the EOC

### My Kids Are Back in School: What Should My Bubble Look Like?

Making decisions about safe socializing is so difficult during a pandemic. And it is easy to think that since school is back in, and your kids are in a cohort with their classmates, that it should be fine to get together outside of school with their classmates as well. But this is risky.

When at school, students and adults follow protocols to prevent Covid-19 infection. Birthday parties, sports practices, and gatherings do not always follow these same protocols. And when gatherings move indoors, the chances of infection increases.

Please continue to stick to your household bubbles for close contacts like hugging. Choose carefully who else can be in your social circle to limit spread. Physically distance and avoid sharing items like food, utensils, smokes, etc. Wash your hands often and don't touch your face. And if you are indoors with anyone outside your household bubble, please wear a mask. After 15 minutes of socializing indoors, even when physical distancing, your risk of infection goes up.

### Record Case Count This Week:

BC recorded 274 new cases of Covid-19 this week. This is the highest daily case count in BC since the pandemic began back in March. It means that we are not flattening our curve.

We can all help by practicing the basics:

1. Frequent Handwashing
2. Cover your cough/sneeze
3. Don't touch your face
4. Keep 6 feet apart
5. Stick to your bubbles
6. Avoid indoor socializing
7. Wear a mask when inside public spaces

**Thank you,  
The EOC Team**



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# Lytton First Nation

## October 9 2020 Update from the EOC

### Happy Thanksgiving!

We hope everyone has a safe and happy Thanksgiving Long Weekend. Please keep your bubbles small and avoid gatherings outside of your bubbles. We can all socialize safely by getting together outside, practicing physical distancing, washing hands often, and wearing a mask when we are indoors with people we do not live with.

Long Weekend Photo Challenge this weekend! Despite the pandemic, there are so many wonderful ways to celebrate the season. Please post your photos of your favourite covid-friendly fall activities to the Lytton First Nation and Community Notices facebook page for a chance to win gift cards.

### Meat Delivery Next Week:

The TL'KÉMTSIN Health Team will be delivering meat packages to 228 homes on reserve on October 15<sup>th</sup>. Please leave a cooler outside your door to receive your delivery. Health staff will not be leaving deliveries unless they see a cooler outside. OR you can call the TL'KÉMTSIN Health Centre at 250.455.2115 to arrange to pick up your meat package on October 16<sup>th</sup>.

### Flu Shots Available at Memorial Hall October 16<sup>th</sup> and 23<sup>rd</sup>:

FNHA nurses are booking appointments to get your flu shots at Memorial Hall on October 16<sup>th</sup> and 23<sup>rd</sup>. All LFN members on Reserve who get their flu shot before December 4<sup>th</sup> will be entered to win some fantastic draw prizes. Call 250.455.2715 to make your appointment.

This is a good year for everyone, regardless of age or health, to get their flu shot. For some people, the flu virus can turn deadly. Getting the flu vaccine will help protect the elders and immune compromised people in your community from getting this virus. This also means that we can keep hospital beds open and available for covid patients. In addition, getting the flu vaccine could reduce the number of times you get sick this year, which also will reduce the amount of time your household will need to spend in self-isolation.

**Thank you,  
The EOC Team**

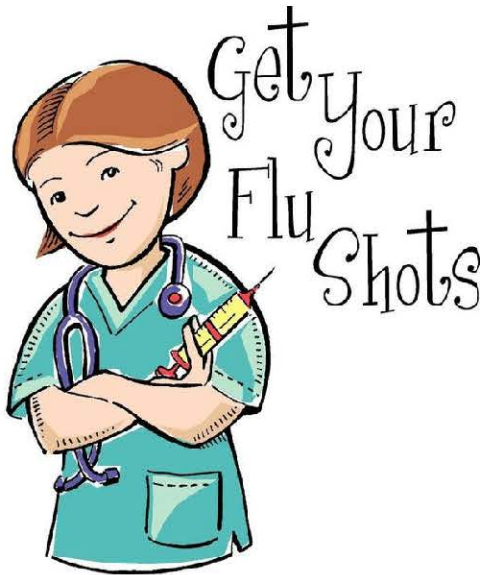


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# FLU CLINIC



If you have difficulty attending a clinic for mobility or transportation reasons, please contact Lisa Colwell.  
250-455-2115.



FOR LFN BAND MEMBERS AND  
COMMUNITY MEMBERS LIVING ON  
RESERVE & STEIN VALLEY SCHOOL:  
RECEIVE YOUR FLU IMMUNIZATION  
BEFORE DECEMBER 4 AND BE ENTERED  
INTO A DRAW FOR PRIZES! IF YOU  
RECEIVE YOUR FLU SHOT IN THE  
MONTH OF OCTOBER YOU GET TWO  
ENTRIES!

Submit proof of immunization, status  
number and address in the following  
ways:

- ◆ [info@lfnhealth.com](mailto:info@lfnhealth.com)
- ◆ Text photo to 250-256-8168
- ◆ Fax to 250-455-2197
- ◆ Mail to LFN Health, Box 20,  
Lytton BC V0K1Z0
- ◆ Drop off at the health  
center.




**LFN Health & FNHA Staff**



**Flu Clinic will be held at  
Memorial Hall – October 16th and 23rd 2020**

**Call Jeanette at FNHA to book an appointment!  
250-455-2715**



# Lytton First Nation

## October 2 2020 Update from the EOC

### Your Efforts Are Working

The number of daily new Covid-19 cases in BC has remained steady this week. Thank you for your work to prevent Covid-19 infections. We appreciate your actions to:

- ✓ Shrink your bubbles
- ✓ Stay home when you are sick
- ✓ Physically distance
- ✓ Wear a mask in public
- ✓ Practice good hand hygiene

### Please Keep up the Good Work

We are currently averaging about 100 cases per day in British Columbia. Ontario and Quebec were at this point four weeks ago and are now experiencing up to 800 new cases per day. When we let our guard down, Covid-19 spreads.

Across Canada, there are 683 cases amongst First Nations and there have been 12 deaths. We all must remain vigilant to keep these numbers as low as possible.

### You Can Keep Helping by Getting your Flu Shot

This is a good year for everyone, regardless of age or health, to get their flu shot. For some people, the flu virus can turn deadly. Getting the flu vaccine will help protect the elders and immune compromised people in your community from getting this virus. This also means that we can keep hospital beds open and available for covid patients. In addition, getting the flu vaccine could reduce the number of times you get sick this year, which also will reduce the amount of time your household will need to spend in self-isolation.

Get the flu vaccine! Call the TL'KÉMTSIN Health Building at 250.455.2115 for more information and to book an appointment.

**Thank you,  
The EOC Team**



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# Lytton First Nation

## Sept 25 2020 Update from the EOC

### **The Second Wave that we have expected has begun**

Covid infections are on the rise in British Columbia, and there are confirmed cases in Nlaka'pamux Nation. Covid is spread by humans. The very best way to prevent infection is to avoid contact with other humans.

#### **1. It's Time to Shrink Your Bubbles:**

- Your bubble includes members of your immediate household.
- Every time you add someone to your bubble, you are also connecting with everybody in their bubble
- Inside your bubble vigilant hand-washing and space cleaning is still important

#### **2. Monitor Your Bubble for Symptoms and Be Ready to Isolate**

- If you are sick, stay home. NO EXCEPTIONS
- If anyone in your house gets sick and they cannot isolate away from the people they live with (own bathroom, bedroom, dishes and utensils, maintain distance) then EVERYONE in the house must isolate. No one leaves.
- Do not go to school, to work, or any public spaces when you are isolating

#### **3. Socialize Safely**

- Keep a distance of 6 feet at all times with people outside your bubble
- Wear a mask when you cannot keep your distance
- Wear a mask when indoors in any space outside of your house
- Wear a mask if you are sharing a ride with anyone you do not live with
- Wash your hands frequently

#### **4. Keep track of your Travels and Activities**

- Keep track of where you go and who you have contact with so that contact tracing is easy
- Monitor the Provincial Exposures website  
<https://news.interiorhealth.ca/news/public-exposures/>
- Monitor the School Exposure website  
<https://news.interiorhealth.ca/news/school-exposures/>

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# Lytton First Nation

## Sept 11 2020 Update from the EOC

### Household Self-Isolation

If you have Covid-19 symptoms, then you must immediately self-isolate. If you cannot self-isolate from the people you live with, they would be considered "close contacts" and must also isolate. This means no one can leave the home to go to work or school or any public spaces. Do not have visitors to your home except to drop off items you might need at the door. For everyone in your household, start monitoring and recording temperatures and symptoms daily. **Your household can stop self-isolating when no one in the house has had a fever or any new symptoms for 10 days.**

### Covid-19 Testing in Lytton

If you develop any Covid-19 symptoms or have had a close contact with someone infected with Covid-19, then you may need to get a test. Dial 8-1-1 or call the TI'Kemtsin Health Centre at 250.455.2115 to arrange for a test. **While you are waiting for your test results, you must self-isolate.**

### Isolation Housing Options in Lytton

1. Self-isolate at home. If possible, those with symptoms should isolate away from everyone else in the house. They should use a separate bathroom and bedroom and not share household items like dishes or remote controls. If this is not possible, then everyone in the home self-isolates together or the people with Covid-19 can re-locate to another location to self-isolate.
2. The EOC Team was successful in obtaining funds from the First Nations Health Authority to purchase a large RV onto a site at Jade Springs. Thanks to the O&M Department for their help with the site work. The purpose of this RV is to support community members who need to self-isolate and have nowhere to do it. If you are directed by a medical professional to self-isolate and have nowhere to do it, please contact the TI'Kemtsin Health Centre at 250.455.2115 for more information.
3. If you test positive for Covid-19 you can request a hotel room to isolate in through the FNHA Health Benefits program Isolation Supports 1-888-305-1505. You can request a hotel in your community if possible and there are funds available for meals as well.



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

PHONE 250.455.2304  
FAX 250.455.2291  
EMAIL [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band)  
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4. Hospitals in Kamloops and Kelowna are designated Covid Hospitals. If you require hospitalization for Covid-19, you will be treated in one of these hospitals. If you would like to isolate closer to a Covid Hospital, there are hotels pre-arranged in Kamloops and Kelowna to do so. You may take a companion with you. Speak with your doctor or the TI'Kemstin Health Centre to find out more

### **Self-Isolation Supports**

If you are in medically directed self-isolation and do not have friends or family that can deliver groceries and medications to your home, please contact the TI'Kemtsin Health Centre at 250.455.2115 for assistance.

**Thank you,  
The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
Country

|         |  |
|---------|--|
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# Lytton First Nation

## August 31 2020 Update from the EOC

### Covid-19 Exposure Alerts

When a business experiences a Covid-19 exposure, it can be hard to contact trace everyone. For this reason, the health authorities will post public exposure alerts. View alerts at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/public-exposures>. Scroll down to regional exposure events in either Fraser Health (south of Lytton) or Interior Health (Lytton, Merritt, Kamloops)

If you choose Fraser Health, for example, you will see that there was an exposure risk at Hope River General Store in August. Dates are listed. If you were a customer at this store during these dates, then you would call 8-1-1 for instructions.

### Covid-19 Testing in Lytton

If you have had close contact with someone infected with Covid-19, you may need to get a Covid-19 swab test. If you develop any Covid-19 symptoms yourself, then you may also need to get a test. Dial 8-1-1 or call the TI'Kemtsin Health Centre at 250.455.2115 to arrange for a test.

### Household Self-Isolation

If you are contact traced, meaning you have had close contact with someone diagnosed with Covid-19, then you must self-isolate for 14 days, **even if you do not have symptoms**. If you cannot self-isolate from the people you live with, they would also isolate.

If you, or anyone in your household have Covid-19 symptoms, then your entire household must start self-isolating right away. Do not go to work or school or any public spaces. Do not have visitors to your home except to drop off items you might need at the door. For everyone in your household, start monitoring and recording temperatures and symptoms daily. **Your household can stop self-isolating when no one in the house has had a fever or any new symptoms for 10 days.**

### Self-Isolation Supports

If you are in medically directed self-isolation and do not have friends or family that can deliver groceries and medications to your home, please contact the TI'Kemtsin Health Centre at 250.455.2115 for assistance.

### The EOC Team



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

PHONE 250.455.2304  
FAX 250.455.2291  
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# Lytton First Nation

## August 21 2020 Update from the EOC

### Forest Fire Safety:

An 10hectare fire north of Lytton is now 100% contained. This fire is suspected of being human caused. Fire Warden patrols have found several abandoned campfires in the Lytton area in the past several weeks. There are several fires burning out of control around the province that are threatening communities. Managing evacuations and emergency accommodations during a pandemic is incredibly challenging.

Please do your part and be responsible with your fire use. Extinguish any abandoned fires you find, and report wildfires by calling 1.800.663.5555 or \*5555 from your mobile phone.

### Home Deliveries Next Week:

The LFN EOC is preparing to deliver cleaning supplies and mask information to all homes on LFN reserves next week. The EOC is continuing to refine our delivery processes so that we can support the community in the event of a Covid-19 lockdown. If you are in medically directed self-isolation and require help getting groceries and medications delivered to your home, please contact the LFN Health Centre at 250.455.2115 for assistance.

### Masks Are Important:

Masks protect the people around you from your respiratory droplets. **I protect you and you protect me.** Information will be going out to all homes on how to wear masks, how to make no-sew masks, and sewn masks. If you have a sewing machine and are available to help LFN sew masks for the community, please email [eocinfo@lfn.band](mailto:eocinfo@lfn.band) to join the volunteer sewing team!

### New Fines for Unsafe Gatherings:

The RCMP can now issue fines of up to \$2000 to people who host any size gathering without enough hand sanitation or room for physical distancing. The order also allows for fines up to \$200 for anyone who refuses to follow Covid-19 safety rules in public spaces or who refuse to leave an event or gathering when directed to do so.

Thank you,

The EOC Team

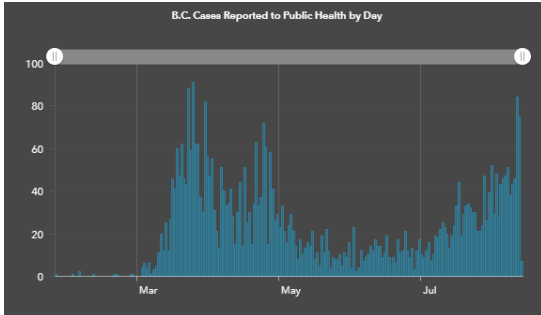


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PO Box 20  
Lytton, BC  
V0K 1Z0

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# Lytton First Nation

## August 13 2020 Update from the EOC



### Spike in Cases Not Seen Since March:

There were 85 new cases of Covid-19 in British Columbia yesterday and 78 new cases today. We have not experienced a spike like this since March. People are getting complacent. The Province has warned that if we cannot act responsibly, then restrictions will be re-instated.

### You Can Spread Covid-19, Even if You Have NO Symptoms:

Four out of every ten people infected with Covid-19 do not have symptoms. It means that anyone at any time could be a carrier and not know it. Asymptomatic carriers can spread the disease just as well as those with symptoms.

### How to Protect Yourself and Others

- Wash your hands
- stay at home if you are ill
- maintain a 2-metre physical distance from others
- wear a non-medical mask or homemade face covering when in public

### Masks Are Important:

Masks protect the people around you from your respiratory droplets. **I protect you and you protect me.** When you see me wear a mask, you know I care about you and your health. When I see you not wearing a mask, you tell me you don't care about me or my health.

### Masks are Becoming Mandatory:

You will soon not be able to enter stores, use public transit, or get on a plane without a mask. Members of the public are not allowed to access any LFN worksites (including the health centre and the admin building) without a mask. Please make sure your family is mask ready.

**Thank you,**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

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EMAIL [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band)  
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# Lytton First Nation

## August 7 2020 Update from the EOC

### Hand Sanitizer Recall

The Government of Canada is recalling several hand sanitizers that have additives in them that can be harmful. You can find the complete list of recalled hand sanitizers by visiting <https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/73385a-eng.php>

#### What are the issues:

Products that contain Ethyl Acetate or Methanol are being recalled. These two products can cause dry skin, irritation and cracked hands, upper respiratory irritation, and headaches. Swallowing hand sanitizers that contain methanol can cause permanent blindness or death, if not treated.

#### What to do:

Stop using these products. Consult your healthcare professional if you have used any of these products and have health concerns. You can check if your hand sanitizer is safe by checking the list of approved/safe hand sanitizers here <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/products-accepted-under-interim-measure.html>

### Heatwave Causes Increased Forest Fire Hazard:

It has been a wetter summer than usual. However, the recent heat wave has caused a drying trend and Lytton is now the driest spot in all of Canada. Local fire wardens found 14 abandoned campfires on their long weekend patrols. There is now definite potential for a forest fire to occur. Please use caution with your campfires and report all wildfires by calling 1.800.633.5555 or dialing \*5555 from your cell phone.

**Stay safe, and Thank you,**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

PHONE 250.455.2304  
FAX 250.455.2291  
EMAIL [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band)  
WEBSITE [www.lfn.band/covid-19-info](http://www.lfn.band/covid-19-info)

# Lytton First Nation

## July 31 2020 Update from the EOC

### Surges of Covid-19 as Tourism Increases

The Province is now in Stage 3 re-opening but that does not mean that Covid-19 has disappeared. The risks are still present. As more people move around we will likely see more surges like those in Kelowna (50+ cases) and Haida Gwaii (20+ cases). What is notable about the Haida Gwaii outbreak is that an island community is usually better able to manage visitors than a community like LFN. Despite that, an outbreak still occurred. If it can happen there, it can happen anywhere.

### How to Stay Safe This Long Weekend

As we head into the long weekend, we will see an increase in visitors to our community. We will also see an increase in activity of our community members as the river has opened for fishing. We are also doing more visiting now that summer is here. The EOC would like to remind you to be safe while you enjoy summer.

Meet people outside, physically distance from those you do not live with, and wear a mask when you can't keep your distance or if you have to go indoors in a public space. Wear a mask if you ride in a vehicle with anyone you do not live with and avoid gatherings if possible.

### Long Weekend Photo Challenge:

The EOC is holding another long weekend photo challenge. We would love to see your best mask photos, your best physically distant fishing photos, or your safest gathering photos. There will be prizes for the photos that get the most likes on facebook. Voting ends on Tuesday morning at 0900. Prizes are gift cards.

**Stay safe, and Thank you,**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

|         |  |
|---------|--|
| PHONE   | 250.455.2304   |
| FAX     | 250.455.2291   |
| EMAIL   | EOCinfo@lfn.band   |
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# Lytton First Nation

## July 24 2020 Update from the EOC

### **More on Asymptomatic and Pre-symptomatic Spread of Covid-19:**

The science on Covid-19 is still being learned. This virus is new and so the more time there is to study it, the more we will know. There is now overwhelming evidence that an average of 40% of those infected with Covid-19 never have symptoms. That means that four out of every ten people with Covid-19 may not know they are infected and can spread the virus to others. Diseases that spread this way are called 'silent killers'.

### **What Does This Mean for LFN Workplaces?**

All of the entrances to LFN workplaces will remain locked. Access to the public will be limited and will be scheduled by appointment only. All persons, including staff, who wish to access the buildings must answer a pre-screening questionnaire that checks for all Covid-19 symptoms. If a person is experiencing any of the symptoms on the list, they will not be permitted access to the buildings. Before outreach workers such as home care, homemakers, or housing enter a home, they must also screen themselves and the people in the home. No appointments can occur if anyone has symptoms. This includes appointments at the health centre. Please call if you have questions.

It is important to understand that screening for symptoms will only rule out symptomatic carriers of Covid-19. **This screening questionnaire will not rule out asymptomatic or pre-symptomatic carriers of the virus.** This is why physical distancing, frequent hand washing/hand sanitizing, and masks are recommended whenever you access a public space outside of your home. Any member of the public permitted access to an LFN worksite MUST wear a mask. If you do not have your own mask, one will be provided for you at the door.

### **Ensuring Services Available in Uncertain Times:**

If people can spread Covid-19 with no symptoms, then it is impossible to guarantee that any workplace is safe. It becomes important to isolate the staff from one another through working from home, staggering shifts, and preventing contact with one another. Along with succession planning and cross-training, this means that LFN can still provide essential services even if some of the staff get sick. This will be the New Normal for now and we appreciate your patience as everyone adjusts.

**Stay safe, and Thank you,**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

|         |                            |
|---------|----------------------------|
| PHONE   | 250.455.2304               |
| FAX     | 250.455.2291               |
| EMAIL   | EOCinfo@lfn.band           |
| WEBSITE | www.lfn.band/covid-19-info |

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# Lytton First Nation

## July 17 2020 Update from the EOC

### Update on Covid-19:

The science on Covid-19 is being learned. This virus is new and so the more time there is to study it, the more we will know. As we learn new things, there will be implications for LFN.

### News about Covid-19 Transmission:

The most significant changes in the science in the past month is that transmission through surface contacts may not be as high as initially feared. This is great news for workplaces, as well as grocery shopping, handling mail, etc. It is still absolutely possible to contract Covid-19 by touching a contaminated surface and then touching your eyes, nose, mouth, etc. However, the rate of transmission is not as high as once thought.

However, transmission by respiratory droplets is more hazardous than was initially thought. At first, it was thought that Covid-19 was transmitted through large respiratory droplets that quickly hit the ground within 6 feet of an infected person. This is why there is a 6-foot physical distancing rule. The NEW science shows that Covid-19 can be aerosolized by any person who is talking, singing, laughing, or exerting themselves. These actions create a superfine mist or "respiratory cloud" that can build up over time and hang in the air and infect anyone who comes into contact with it.

In places like Lytton, where the humidity level is very low, the respiratory clouds can hang in the air for hours, long after a person has left the room. The respiratory clouds are dispersed by wind, making the outdoors a safer place to be around people and six feet an adequate distance. Indoors, in poorly ventilated spaces, these droplet clouds build up over time and can infect people, even those who are always staying 6 feet apart. This is why we are recommending most staff work from home, that in-person meetings happen outdoors when possible, and that everyone wear a mask when they are indoors with people they do not live with, even if they are physically distancing.

### News About Asymptomatic Spread:

We knew that the incubation period for Covid-19 was up to 14 days before people developed symptoms and that during this time you could infect people. What is new is that it is now confirmed that you can be infected with Covid-19, be able to spread it to others, and never develop symptoms yourself. This really highlights the need to assume everyone has Covid-19 (including yourself) and act accordingly. Keep your bubbles small, physically distance at all times, avoid gatherings, and wear a mask indoors in any place other than your home.



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

PHONE 250.455.2304  
FAX 250.455.2291  
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### **How Covid Attacks Your Body:**

Another very important development in the past couple of months is that we now understand that Covid-19 is not only a lung virus. It is a vascular or blood vessel disease. It can attack any part of your body that has blood vessels to it. Certainly many people are dying from major lung problems but there are also examples of other organs failing, vascular heart attacks, blood clots causing strokes, brain damage, and causing limbs to be amputated. In children, there are inflammation responses such as "covid toes" where toes and fingers turn purple, and there are whole body inflammatory responses that can be deadly to children.

The long term affects of Covid-19 infection are still being studies but already there is evidence of irreversible damage being done to organs like lungs, heart, and brain. The danger from blood clots is very high. The recovery period from Covid, even in young people can take months. When the health authorities say a "mild case" of Covid-19, that is up to and including pneumonia and lung damage.

### **What Does all this Mean?**

Given all of this new understanding of Covid-19, we could see provincial recommendations on physical distancing and mask use change. We could see rules on indoor businesses change.

Lastly, the types of Covid-19 cases in BC changed this week. We flattened the curve and were previously only seeing cluster outbreaks in institutions. This past week we have seen cluster outbreaks that are not confined to institutions. This could be a result of phase 3 reopening. If it gets worse, we will likely see provincial restrictions being put back into place to encourage people to shrink their bubbles, physically distance, wear masks in public, and avoid gatherings.

For LFN Members, we ask that you continue to practice physical distancing, keep your bubbles small, wear a mask when you are around people you do not live with, and avoid gatherings.

**Stay safe, and Thank you,**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
Country

|         |                            |
|---------|----------------------------|
| PHONE   | 250.455.2304               |
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# Lytton First Nation

**July 10 2020**

**Message from the EOC**

**Food Delivery Next Week**

The EOC Team, with the help of BC Wildfire Crews, will be delivering food to households in the Lytton Area on **July 16<sup>th</sup>**. PPE will be worn and safe handling procedures will be followed, but please do take steps to handle your delivery safely. Delivery teams will not enter your home and will practice physical distancing when they deliver.

We will send out a reminder out via the **LFN Information Broadcast System** before the delivery. If you are not home to receive your delivery, please leave a cooler at your door. If you have any questions, please email [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band).

**Notice of Phone Scams**

The EOC would also like to notify residents that there are some active phone scammers claiming to be from Revenue or Service Canada. Please do not give out your social insurance number or make payments to anyone over the phone. If you think the call is a scam, hang up. You can always call Revenue Canada back to see if it is a legitimate call or call the Canadian Anti-Fraud Centre at **1-888-495-8501**.

When Lytton First Nation utilizes the **LFN Information Broadcast System**, we will always identify ourselves as LFN. We will never ask you for your SIN number or for payments of any kind over the telephone. If you ever wonder if the messages you receive from the LFN Information Broadcast System are legitimate, please email [eocinfo@lfn.band](mailto:eocinfo@lfn.band) to confirm.

**Stay safe, and Thank you,**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

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|---------|--|
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# Lytton First Nation

**July 3 2020**

**Message from the EOC**

**Rumours of Covid-19 in Nearby Communities:**

We know there have been a lot of rumours this past week about Covid-19 positive cases in neighbouring communities. We want to encourage everyone to not panic, to be kind, and to be understanding with one another.

We also want to remind you that **Staying Safe is Simple:**

1. Physically distance from people you do not live with
2. Keep your bubbles as small as possible
3. Avoid gatherings, especially indoor gatherings
4. Wash your hands frequently with soap and water or use hand sanitizer
5. Wear a mask when you are around people outside your bubble

**How You Will Be Notified IF There Is Covid-19 in Lytton:**

If someone tests positive for Covid-19 in LFN, then Leadership will be notified. They will be not be given personal information, just the number of cases. **We respect each other by honouring privacy.** Depending on the scale of the outbreak, different levels of the Emergency Response Plan will be activated.

We are able to send alerts through the Information Broadcast System. Visit <https://lfn.band/broadcast-system> to sign up to receive alerts.

**You will be notified by health staff** if you have had a direct contact with an infected person. Your information will be kept confidential among health staff and anyone you designate in your Community of Care.

**Notice of Phone Scams**

The EOC would also like to notify residents that there are some active phone scammers claiming to be from Revenue or Service Canada. Please do not give out your social insurance number or make payments to over the phone. If you think the call is a scam, hang up. You can always call Revenue Canada back to see if it is a legitimate call or call the Canadian Anti-Fraud Centre at **1-888-495-8501**.

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V0K 1Z0

|         |  |
|---------|--|
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# Lytton First Nation

**June 26, 2020**

**Message from the EOC**

## **Update on Stein Valley Nlaka'pamux Heritage Park Closure**

As of today June 26<sup>th</sup> the Stein Valley Nlaka'pamux Heritage Park remains closed with no determined date to reopen. The Lytton First Nation EOC fully support this decision to keep the park closed.

As the province begins to re-open the risks to our community have not changed and therefore to allow or encourage people to visit the Stein Park would be inadvisable as the consequences to our people would be catastrophic.

## **Impacts of Ignoring the Park Closure**

The knowledge keepers of the Nlaka'pamux people are advanced in age and face many barriers to accessing health care. If we lose one elder, we lose a library that we can never access again. When we lose an elder there is the chance that we will lose prayers or ceremonies that have been used by our people for thousands of years.

We implore you to keep the elders of the community in mind when you think of ignoring the park closure notice.

For more information regarding the parks that are open please visit the BC Parks Website at <http://bcparks.ca/covid-19/parks-affected/>

## **The One Time Covid-19 \$200 Payment Deadline**

This is a reminder that the deadline to apply for the one-time support of \$200 is **Midnight Friday, July 3, 2020**. This is available for all registered LFN members, regardless of age, are eligible for this payment.

To apply, please fill out the Support Form on our website <https://lfn.band/covid-support-form> . If you are unable to fill out the form on the website, please call 250-455-2304 and we will have someone help you fill out the form over the phone.

**Stay safe, and Thank you,  
The EOC Team.**



951 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

|         |  |
|---------|--|
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| EMAIL   | Enter email                                    |
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# Lytton First Nation

**June 19, 2020**

**Message from the EOC**

## **Update on LFN "Re-Opening"**

Unlike many other communities and other businesses, LFN has continued to operate and provide essential services throughout the pandemic. LFN moved very quickly to support staff to work productively from home. Essential services that could not be done from home were modified to limit Covid-19 Exposure. Most staff have been working at or above pre-pandemic levels.

So when we talk about "re-opening", we are really talking about formalizing these modified work procedures and resuming as many additional operations as we can, in compliance with new Worksafe standards.

## **What is the Worksafe Process?**

Worksafe BC has a new process that all employers must go through to develop a Covid-19 Exposure Control and Safety Plan for each work site. LFN is going through this process right now with input from all staff and the EOC Team.

Steps will include risk assessments, new safe work procedures and policies, new sanitation and cleaning standards, modifying the workplace, communication and training plans.

## **What does the New Normal look like for LFN?**

The pandemic is not over. There is still no treatment or cure for Covid-19. A readily available vaccine could take years. So we cannot return to normal. What we are planning for now is the **NEW Normal**.

Employers are asked not to bring any workers together in a physical workplace unless absolutely necessary and limit public access to worksites if possible. The likely outcome of this process will be that many people continue to work from home, some or all of the time. This means LFN will be working on ways to make both the physical workplace and the home workplace safe, productive, and accountable for all staff.

**Stay safe, and Thank you,**

**The EOC Team**



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# Lytton First Nation

**June 12, 2020**

**Message from the EOC**

## **Bridge Workers Will Continue Until No Longer Needed**

The Fraser water level is receding, and the ferry may be able to resume operations in the next couple of weeks. The labour crew will remain in place to assist West Side residents until they are no longer needed. This may mean extending their services beyond the ferry opening.

## **Food Delivery June 18<sup>th</sup>**

The EOC Team, with the help of BC Wildfire Crews, will be delivering food to households on June 18<sup>th</sup>. PPE will be worn and safe handling procedures will be followed, but please do take steps to handle your delivery safely. Delivery teams will not enter your home and will practice physical distancing when they deliver.

We will send out a reminder out via the Information Broadcast System before the delivery. If you are not home to receive your delivery, please leave a cooler at your door. If you have any questions, please email [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band).

## **Covid \$200 Payment – Application Deadline**

All registered LFN Members, regardless of age, are eligible for this payment. The deadline to apply for the \$200 financial support from LFN is **Midnight, July 3<sup>rd</sup>, 2020**.

To apply, please fill out the Support Form on our website <https://lfn.band/covid-support-form>. If you are unable to fill out the form on the website, please call **250-455-2304** and we will have someone help you fill out the form over the phone.

**Stay safe, and Thank you,  
The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

PHONE 250.455.2304  
FAX 250.455.2291  
EMAIL [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band)  
WEBSITE [www.lfn.band/covid-19-info](http://www.lfn.band/covid-19-info)

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# Lytton First Nation

**June 5 2020**

## **Message from the EOC**

### **Letter going out to All Members**

A letter from LFN is being sent to all Members to alert them that the deadline to apply for the \$200 financial support from LFN is **Midnight, July 3<sup>rd</sup>, 2020.**

To apply, please fill out the Support Form on our website <https://lfn.band/covid-support-form>. If you are unable to fill out the form on the website, please call **250-455-2304** and we will have someone help you fill out the form over the phone.

### **How to Build Your Bubble:**

Your bubble includes members of your immediate household. Only add people to your bubble if necessary. Every time you add someone to your bubble, you are also connecting with everybody in their bubble.

Inside your bubble you can hug and kiss and do not need to wear a mask or stay 2 m apart. Remember, vigilant hand-washing and space cleaning is still important. If you are sick, limit hugging or kissing and when possible, self-isolate in separate rooms.

### **How to Interact Outside Your Bubble**

- Only get together in small groups of 2 to 6 people outside your bubble
- Keep a physical distance and limit your time together
- Stay home and away from others if you have cold or flu symptoms
- If you are at greater risk (over the age of 60 or with underlying medical conditions), be informed of your risk, think through your risk tolerance and take extra precautions.

Our circumstances are unique, but the things we need to do to keep each other safe is the same.

### **Playground Safety**

Some playgrounds have re-opened. They are not being monitored or cleaned. Please weigh the risks and consider carefully before using. Do not use with anyone outside your bubble, and wash your hands immediately after using.

**Stay safe, and Thank you,  
The EOC Team**



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# Lytton First Nation

**May 29 2020**

**Message from the EOC**

## **Recommendation on Yard Sales:**

At this time, the EOC is recommending **NOT to hold garage sales** or yard sales. This is because a homeowner can't regulate how many people show up at a single time for a garage sale. People may touch multiple items, get too close, and cash would need to be handled frequently. Unlike a store, this can be hard for a homeowner to manage safely.

## **How to sell items during the Pandemic Safely:**

1. Post a sales list poster on the community bulletin board with items available, prices, and your phone number.
2. Sell things online through facebook etc and be responsive to questions

## **Steps to Sell Safely:**

Identify what you have to sell,

- Take pictures. Also provide closeups of any flaws so that people know what they are buying and you avoid multiple viewings.
- You might also include a ruler in your photos to indicate size
- Write short accurate descriptions

Prepare the Items

- Clean and disinfect your items. This is the best way to protect the buyer.

Plan how to exchange money

- E-transfer is a great no-contact option
- If you are doing cash, you can ask people to bring exact change in an envelope and let it sit for a few days before you open the envelope.

Plan how to exchange the goods

- Plan a contact-free pick up. Consider setting it up like the transfer of a hostage - you each put the item down between you at a safe distance. They can examine the item and make sure they definitely want to purchase. Put the money down and move away so you can retrieve it. It sounds a bit dramatic, but it works.

**Stay safe, and Thank you,**

**The EOC Team**



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# Lytton First Nation

**May 25 2020**

**Message from the EOC**

## **Bridge Labourers Assisting During Ferry Closure**

The Lytton Ferry is now closed until the water levels go down. In the meantime, labourers have been hired to help carry items across the pedestrian bridge.

### **Hours are:**

11am to 7pm on Weekdays

10am to 6pm on Weekends

If you require assistance, please let them know.

## **Sign up for the Ready-to-Hire List for EOC**

The EOC is compiling a list of men and women who could assist the EOC with various jobs and tasks. Examples include installing signage, security, ditch digging, cleaning, delivering supplies, etc.

If you would like to put your name on the list, please email your interest to [eocinfo@lfn.band](mailto:eocinfo@lfn.band). Include your name, phone number, and email. We will contact people on the Ready-to-Hire List for help with jobs and tasks as they come up.

**There is an immediate opening for two bridge labourers for the weekend shifts. Saturday/Sunday 10am to 6pm.** Please email [eocinfo@lfn.band](mailto:eocinfo@lfn.band) if interested.

Stay safe, and Thank you,  
The EOC Team



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# Lytton First Nation

**May 15 2020**

**Message from the EOC**

## **COVID-19 Testing Now Available through LFN Health Centre:**

If you require testing, you can be tested at the doctor's office in Lytton. As of this week, you can now also get tested by Lisa from the LFN Health Centre. Lisa may even be able to come to your home to do a test.

### **Who Needs a Test?**

If you suspect you have had contact with someone infected with COVID-19 then your household needs to self-isolate and may need testing.

If you have any of the following COVID-19 symptoms you may need testing:

- fever
- chills
- cough
- shortness of breath
- sore throat
- painful swallowing
- runny nose
- congestion
- loss of sense of smell
- headache
- muscle aches
- fatigue

If you have any questions about whether you need a test, call the LFN Health Centre at 250.455.2115 or dial 8-1-1 or do the self-assessment on the COVID-19 app that you can download on your cell phone.

### **How to Arrange Testing:**

If you have been directed to get a test or have any symptoms **stay home and call the LFN Health Centre or dial 8-1-1** to get directions. It is important not to show up without notice to a doctor's office or health clinic if you have symptoms. Please call ahead and make a plan.

**Thank you from the EOC Team**



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# Lytton First Nation

**May 11 2020**

**Message from the EOC**

**Food Deliveries Happening This Week:**

The Good Food Bag Team from Social Development and the EOC Food Task Force have joined forces to deliver food to every household in LFN this week. Even the BC Wildfire Crews are pitching in to help! The goal is to give everybody a little extra help to deal with the stress of Covid-19 and to help reduce the number of shopping trips you need to make.

**What to Expect:**

Along with your groceries, we are also including information on how to protect ourselves and our community from Covid-19. If you have any health questions please call the LFN Health Centre at 250.455.2115 or visit [www.lfn.band/covid-19-info](http://www.lfn.band/covid-19-info).

The Teams are going to be briefed by the LFN Health Team on how to safely handle and deliver these supplies. Deliveries will be left outside your doors, and no one will come inside your house.

**How to Prepare:**

If you are not going to be home, please leave a cooler outside your door. Feel free to greet and talk to the delivery team. But please keep your distance. Physical Distancing and frequent handwashing are the best ways to prevent virus spread.

**What if you do not receive food?**

If you do not receive a food delivery by the end of the day Friday, please email [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band) or call the LFN Band office at 250.455.2304. We will make sure to get you a delivery the following week.

**Thank you from the EOC Team**



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V0K 1Z0

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# Lytton First Nation

**May 8 2020**

**Message from the EOC Part 1 of 2**

## **LFN Information Broadcast System Test Today**

The EOC has activated the LFN Information Broadcast System. We will be using this system to send you important information about the pandemic, floods, fires, and LFN.

Our next test is Friday May 8<sup>th</sup>.

Text Messages will be sent from: 778.655.9579 or 778.655.9580 or 778.655.9485

Landline messages will be sent from: 781.776.6999

## **Who Should Sign Up?**

All LFN Members should sign up. Even if you are a Member that does not live in Lytton, we will send you information relating to Covid supports and membership.

## **How to Receive Messages**

If you already filled out the Covid Support form on the LFN web page and entered your phone numbers, you will be automatically added to this system.

You can also submit your phone numbers to the Broadcast System by visiting [www.lfn.band/broadcast-system](http://www.lfn.band/broadcast-system) and filling in your numbers. If you received a voicemail on your mobile phone and would prefer to receive text messages instead, complete this form so that we know your preferences.

**Thank you for signing up for the LFN Information Broadcast System, we hope this technology will be a useful tool for LFN to keep you informed and safe.**

**The EOC Team**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

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# Lytton First Nation

**May 8 2020**

## **Message from the EOC Part 2**

### **What does Easing Restrictions Look Like?**

The Province is very carefully planning to ease restrictions. It is important to understand that things are not returning to normal until:

1. A treatment for Covid-19 has been developed; or,
2. Everyone is vaccinated.

The timeline for vaccination is approximately 2 years. So far, Physical distancing and staying home has worked to protect our Elders and communities. The spread of COVID-19 has slowed.

Sadly we can not return to normal as the risk for infection would be too high. We can do a trial of easing restrictions and see if it can be done without increasing the rate of infection. But we must be flexible and prepared to return to stricter measures if BC experiences COVID-19 outbreak.

### **The New Normal (for now):**

- Not shaking hands
- Frequent hand washing and covering your cough
- Maintaining physical distancing (2 meters or 6 feet) between yourself and people outside of your household)
- Using a non-medical mask or face covering when you cannot maintain a 6-foot distance or are in a confined space such as a vehicle or an office with people you do not live with.
- Stay home and self-isolate if you get any flu-like symptoms. See the Self-isolation pamphlet for more details on how to do this
- Guidelines for interacting with people outside your household:
  - Expand your social circle by max 6 people outside your household
  - Keep physical distancing (2 meters or 6 feet) while visiting

If you are at greater risk (older than 60, compromised immune system, underlying chronic medical conditions) please apply extra precautions and heightened vigilance

**Everyone must be committed to this New Normal to keep us safe.**

**Thank you from the EOC Team**



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# Lytton First Nation

**May 4 2020**

**Message from the EOC**

## **LFN Information Broadcast System is now being Tested**

The EOC has activated the LFN Information Broadcast System. We will be using this system to send you important information about the pandemic, floods, fires, and LFN.

We sent out our first test message to 816 phone numbers this morning. Our next test will be at the end of this week.

## **Who Should Sign Up?**

All LFN Members should sign up. Even if you are a Member that does not live in Lytton, we will send you information relating to Covid supports and membership.

## **How to Receive Messages**

If you already filled out the Covid Support form on the LFN web page and entered your phone numbers, you will be automatically added to this system.

You can also submit your phone numbers to the Broadcast System by visiting [www.lfn.band/broadcast-system](http://www.lfn.band/broadcast-system) and filling in your numbers.

If you received a voicemail on your mobile phone, and would prefer to receive text messages to your mobile phone, please let us know by filling out the form at [www.lfn.band/broadcast-system](http://www.lfn.band/broadcast-system).

**Thank you for signing up for the LFN Information Broadcast System, we hope this technology will be a useful tool for LFN to keep you informed and safe.**

**The EOC Director**



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V0K 1Z0

PHONE 250.455.2304  
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# Lytton First Nation

**May 1 2020**

## **Message from the EOC**

### **LFN Information Broadcast System**

The EOC is about to activate a new way to communicate important information to our Members. We now have the capability to send mass text messages to mobile phones and voicemails to landline telephones. We will be using this system to send you important information about the pandemic. We will also be using this system to send you updates about the flood and fire situations, along with any other priority information that you may need to know quickly during a crisis.

### **How to Receive Messages**

If you already filled out the Covid Support form and entered your phone numbers, you will be automatically added to this system.

You can also submit your phone numbers by visiting [www.lfn.band/broadcastsystem](http://www.lfn.band/broadcastsystem).

You can also call LFN at 250.455.2304 and Pauline will add you to the list.

### **Who Should Sign Up?**

All LFN Members should sign up. Even if you are a Member that does not live in the Lytton, we will send you information relating to covid supports and membership.

### **System Test Happening Soon**

We will be conducting a test of the system this weekend and also next week. We will always identify ourselves as LFN. Our messages will always come from one of two designated phone numbers so you know it is not a scam. The LFN Information Broadcast System numbers are 778.655.9579 and 781.577.6999

Please continue to keep our community safe by practicing Physical Distancing.

**If you have covid symptoms dial 8-1-1.**

**If you have an emergency dial 9-1-1.**



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# Lytton First Nation

**April 27th 2020**

## **Message from the EOC**

**Physical Distancing is working.** It keeps us all physically safe during the pandemic. But it can also be very isolating and lonely during an incredibly stressful time. Now is the time to call your friends and family and check in on them. It can be an especially hard time for elders and people living alone.

**We need to keep our mental health just as strong as our physical health.** So how do we do that when we are supposed to Physically Distance? Don't worry, there are plenty of helpful people that you can access from your phone or computer. And if you need to see someone in person, a safe plan could be made to allow you to do that.

Start by calling Tl'Kemtsin Community Health Centre (LFN Health) at 250-455-2115. The Health Team connecting with everyone at home to see how you are doing, dropping off newsletters, and seeing if you need anything. They can also connect you to mental health supports and make referrals. Please feel welcome to reach out.

The First Nations Health Authority has also set up counselors through Telehealth so that you can access someone to talk to without needing to see them in person. Yolanda Hall (250) 455-6654 is currently available to anyone living in Lytton. How to set up Telehealth:

<https://www.fnha.ca/benefits/health-benefits-news/how-to-access-mental-health-services-using-telehealth>

There are so many wonderful phone lines you call as well. Please do not struggle alone. This is a stressful time and someone to talk to is a phone call away.

## **KUU-US Crisis Services**

The KUU-US Crisis line is available 24/7 to provide support to Indigenous people in BC.

For more information visit: <http://www.kuu-uscrisisline.ca/>

Toll Free: 1-800-KUU-US17 (1-800-588-8717)

Adult/Elder: 1-250-723-4050

Child/Youth: 1-250-723-2040

## **Mental Health Support Phone Line**

#310 6789 (no need to dial area code)

Emergency #911



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**First Nations and Inuit Hope for Wellness Help**

Telephone and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll-Free: 1-855-242-3310

**Hope for Wellness Chat Line:**

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Kids Help Phone**

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

1-800-668-6868 to speak to a professional counsellor.

Text the word "connect" to 686868 to access text support.

**National Indian Residential School Crisis Line**

Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.

Toll-Free: 1-866-925-4419

**Provincial Alcohol and Drug Information Referral**

Service. This Service provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).

Toll-free: 1-800-663-1441

Lower Mainland: 604-660-9382

**We all need to take extra care of one another right now. If you see anyone in need, please share these resources with them.**

Sincerely,

EOC Director and the LFN Health Team



918 Main St  
PO Box 20  
Lytton, BC  
Country

|         |  |
|---------|--|
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# Lytton First Nation

**April 24th 2020**

## **Message from the EOC**

### **Compounding Emergencies:**

A Compounding Emergency is when one or more emergencies happen at the same time. In addition to a pandemic, Lytton is now experiencing forest fire season and the possibility of flooding. The ability to respond to floods and fires has dramatically changed due to the pandemic. It is going to be more difficult to fill sandbags while physical distancing, more difficult to dispatch fire crews safely, and more difficult to deal with evacuations.

### **Fire Ban In Effect:**

The BC Wildfire Service has implemented a ban on all open burning and canceled all prescribed burns until the fall. You may still have a small campfire, but it must be smaller than 50cm tall by 50 cm wide. Lytton fire crews have already responded to 8 human-caused fires this spring.

To Report a Wildfire dial 1 800 663-5555 or \*5555 from a cell phone

### **Water Levels:**

The River Forecast Centre of BC has stated that our April snowpack is the highest since 1999, and records do not exist before that. As the snowpack melts, we will see water levels rise. The Lytton Ferry is already closed overnight and soon will be closed permanently.

### **Things you can do to Prepare:**

Prepare your property for wildfire

Prepare your property for flooding

Make an Emergency Plan and go-bags in case you get evacuated

If you live on the West Side, ensure you have enough supplies to self-isolate for up to several weeks if you develop covid symptoms.

### **Health Services Still Available to West Side:**

The LFN Health Team is prepared to provide pandemic health care to you, despite compounding emergencies. If you need assistance, please call the LFN Health Team.

If you have flu-like symptoms, dial 8-1-1

If you have an emergency dial 9-1-1



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# Lytton First Nation

**April 20 2020**

## **Message from the EOC**

You may think that since there has not been a massive Covid-19 outbreak in our area yet, that you can stop working so hard to Physically Distance. But it is important to understand that because **Physical Distancing is working** to slow the rate of infection of Covid-19, now is the time to commit more than ever.

Everyone in Lytton has a responsibility to practice Physical Distancing. This is important because young healthy people infected with COVID-19 can spread the virus for days before developing symptoms. And some infected people never show symptoms at all but can still infect others.

It is important to:

- Keep a physical distance of at least 6 feet or 2 meters between yourself and anyone that you do not live with.
- Please assign only one person from your household, who does not have any flu-like symptoms, to go out for essential errands.
- Do not share rides or carpool and avoid taxis if possible. The virus can circulate in the air of an enclosed space for a long time. If you do need to ride share or take a taxi: wear a mask, wash your hands before and after the ride, and don't touch your face.

It is also important at this time to **avoid public gatherings, visiting other houses, entertaining visitors, or playdates for kids.**

Staying Safe is simple: Wash your hands, clean the things you touch, avoid people (and the things people touch).

If you experience flu like symptoms, please stay home and call 8-1-1

If you experience an emergency or a disturbance, please dial 9-1-1



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# Lytton First Nation

**April 17 2020**

## **Message from the EOC**

To date, there have been over 780 forms submitted for the \$200 financial support from LFN. The Finance Department is working tirelessly to process all the payments via cheque or direct deposit. Please be patient. The team is working so hard to support you.

The Finance Team would like you to know that the best way to guarantee your direct deposit arrives is to fill out the online form correctly. You can also email a photo of a cheque to [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band) after you complete the form and the picture will be attached to your form for payment processing.

If you do not fill out your banking information, or if the banking information is filled out incorrectly, a cheque will be mailed to the address you provided in the form.

We also want to direct you to the Covid-19 information page on the LFN website. Here you will find information on other financial supports available to you. Find all the information at [www.lfn.band/covid-19-info](http://www.lfn.band/covid-19-info).

You will need to create a My Service Canada Account to apply. We have posted a video on the webpage showing you how to do that. Service Canada has also set up a new phone line you can call to ask questions and get help if you do not have access to a computer at 1-877-631-2657.

The EOC would like to thank you for doing your part to protect the community by practicing Physical Distancing.

If you experience flu like symptoms, please stay home and call 8-1-1

If you experience an emergency or a disturbance, please dial 9-1-1



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# Lytton First Nation

**April 9 2020**

## **Message from the EOC**

### **We would like to share a message from our TI'Kemtsin Community Health Centre Staff:**

*"Easter weekend is normally a chance for families and friends to get together and celebrate a beautiful time of year.*

*This Easter weekend is different. Because of COVID-19 we must stay home, stay in our communities and stay a safe physical distance from others when outside. This is how we are going to keep our elders and at-risk people safe.*

*There are many ways to connect with family and friends without leaving your home: video chats, phone calls and social media are all options.*

*Thank you for protecting our community, your loved ones, our elders and our health-care workers. Happy Easter!"*

### **Long Weekend Visitors and Tourists:**

To help us limit the number of visitors to the community, BC Parks and Rec Sites and Trails BC have closed all parks and campsites to the public. Signs have gone up around our community asking visitors to stay away. And the EOC has tasked two respected community members to join RCMP in responding to calls of parties, gatherings, and visitor camping groups to help educate and explain the importance of Physical Distancing.

### **The EOC Team would like to wish you all a safe and healthy Easter Weekend. If you require assistance:**

If you experience flu like symptoms, please stay home and call 8-1-1

If you experience an emergency or a disturbance, please dial 9-1-1

If you need to contact the EOC team over the weekend, please email

[EOCdirector@lfn.band](mailto:EOCdirector@lfn.band).



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# Lytton First Nation

**April 6, 2020**

**Message from EOC:**

The EOC is working hard to understand Member needs and develop action plans to support you. To date, we have created a form that all LFN Members can fill out and submit to the EOC. This form went live on the LFN website on Friday and you can fill out this online form by visiting [www.lfn.band/covid-support-form](http://www.lfn.band/covid-support-form).

LFN Members were also able to submit this form by email to [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band).

We received over 400 online submissions on the weekend and LFN is working hard to process payments.

Starting Wednesday April 8th, the EOC will also provide a staff person to help Members complete their form over the phone. You can call 250.455.2304 during business hours. Pauline will take your name and number down and a staff person will call you back to complete the form with you.

In addition, the LFN Health Team will have clipboards with the forms on them when they deliver the Elder Newsletters and their Family Newsletters to Members living on the reserves. They will be able to stand outside your door at a safe distance and take your information down in person. This service is for LFN members who are not able to fill out the form online or over the phone.

The EOC Team is very grateful for everyone's patience as we process this high volume of form submissions and gain a better understanding of the Membership's needs.

The Lytton Chief and Council would like you to know that the best way to protect families and elders is to practice Physical Distancing and not undertake any unnecessary travel.

**Visit [www.lfn.band/covid-19](http://www.lfn.band/covid-19) regularly for information on the pandemic, government financial supports, and other LFN Member Supports.**



918 Main St  
PO Box 20  
Lytton, BC  
V0K 1Z0

|         |  |
|---------|--|
| PHONE   | 250.455.2304   |
| FAX     | 250.455.2291   |
| EMAIL   | <a href="mailto:EOCinfo@lfn.band">EOCinfo@lfn.band</a>           |
| WEBSITE | <a href="http://www.lfn.band/covid-19">www.lfn.band/covid-19</a> |



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# Lytton First Nation

**April 3, 2020**

## **Message from EOC:**

During this serious Covid-19 Crisis, the LFN Chief and Council implemented and supported the two recommendations from the Administration:

- 1) COVID-19 Pandemic Emergency Response Plan Activated by LFN Chief & Council, which activated a Level 2 Emergency Operations Centre and an EOC Team.
- 2) Chief & Council also Authorized "That the Lytton First Nation (LFN 705) Chief and Council supports the one-time cash disbursement of \$200.00 per registered Lytton First Nation Member on or off-reserve."

## **HOW TO APPLY FOR YOUR \$200:**

**You must fill out the Contact Form** on the website at [www.lfn.band/covidsupportform](http://www.lfn.band/covidsupportform) in order to receive this financial support. If you are not able to fill out the form on the website for any reason, please email [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band) or call 250.455.2304 to fill it out over the phone.

LFN youth (age 14 to 18 years old) who are independent and do not live with their parents can apply for these emergency response funds for him or herself.

Your \$200 will be sent by regular mail or direct deposit. These immediate funds for LFN 705 Band Members can be used for any of your needs such as food, cleaning supplies, etc. **You have until midnight, July 3<sup>rd</sup>, 2020 to apply.**

The Lytton Chief and Council would like you to know that the best way to protect families and elders is to practice Physical Distancing and not undertake any unnecessary travel.

**Visit [www.lfn.band/covid-19](http://www.lfn.band/covid-19) regularly for information on the pandemic, government financial supports, and other LFN Member Supports.**



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# Lytton First Nation

**Mar 30, 2020**

**From the Office of the EOC March 30<sup>th</sup>, 2020:**

## **Physical Distancing:**

We are all in this together. Currently, the EOC is asking everyone in our community to practice Physical Distancing to prevent the spread of Covid-19. If you show any symptoms (dry cough, fever, sore throat) please begin Self-Isolation for your entire household and call 8-1-1 for further guidance.

## **Additional Community Updates:**

- The playground equipment at Stein Valley School will be closed for now. It cannot be sanitized well enough or often enough to protect your children.
- The LFN Band Office is still closed to allow Staff and Chief and Council to work from home and monitor themselves for symptoms. However, the LFN phone line is being answered from 8am to 4pm.
- The EOC Team is meeting virtually for now in an effort to physically distance.

## **EOC Updates and Support for Members:**

Lytton First Nation EOC Team are developing a strategy to assist members in dealing with the impacts of COVID-19 pandemic. The EOC has received confirmation that funds will be available to assist in 3 different allocations:

1. Immediate needs - income assistance clients
2. Emergency coordination
3. All Member support

EOC management team is working closely with LFN Finance Committee and Leadership to define how these funds are going to be disbursed. In the coming days this strategy will be communicated to members. Check [www.lfn.band](http://www.lfn.band) for up to date information. You can also email [EOCinfo@lfn.band](mailto:EOCinfo@lfn.band).

Lytton First Nation is a strong and resilient community who has weathered our way through many challenges. With our teachings and our values, we can work together in these challenging times. Let's stay calm, stay practical, and look after for each other.

EOC Director Jason Robertson



951 Main St  
PO Box 20  
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# Lytton First Nation

**Mar 27, 2020**

**Message from the EOC Director March 27<sup>th</sup>, 2020:**

We have a concern of COVID-19 cases in our community and we all now have a role to play in keeping our community safe.

To reduce the rate of infection, the LFN Band office is currently closed to allow staff and Council to self-isolate for 14 days and monitor themselves for symptoms. It is important that LFN have a healthy staff and council to lead the community and support essential services. During the closure, emails and phone calls will be forwarded during office hours to staff at home. The closure will be reassessed on or before April 9<sup>th</sup>. Processing and direct deposit of cheques will continue uninterrupted.

LFN has an Emergency Response Plan and through that activated a Level 2 Emergency Operations Centre. The EOC will take over the essential operations of LFN and will develop plans of action to prepare and coordinate LFN resources to best serve our membership and their families.

The goals of the EOC are to:

- |  |                                       |
|--|---------------------------------------|
| 1) Provide for the safety and health of all responders | 5) Protection critical infrastructure |
| 2) Save lives  | 6) Protect property                   |
| 3) Reduce suffering                                    | 7) Protect the environment            |
| 4) Protect public health                               | 8) Reduce economic and social losses  |

The COVID-19 Pandemic is an unprecedented global crisis that is changing hourly. Our first goal is to provide accurate, up to date, and critical information to the community. We will improve our communications daily, but for now we are starting a web page that has information regarding:

- How the COVID-19 Pandemic affects you
- Steps you can take to help keep your family and the community safe
- What to do if you or someone in your family suspects a COVID-19 infection
- Priority messages from health agencies, and government agencies
- Information and supports for families, employees, and businesses

Please visit [www.lfn.band](http://www.lfn.band) for information. Please **check this website regularly** for information.

Lytton First Nation is a strong and resilient community who has weathered our way through many challenges. With our teachings and our values, we can work together in these challenging times. Let's stay calm, stay practical, and look after for each other.

EOC Director Jason Robertson



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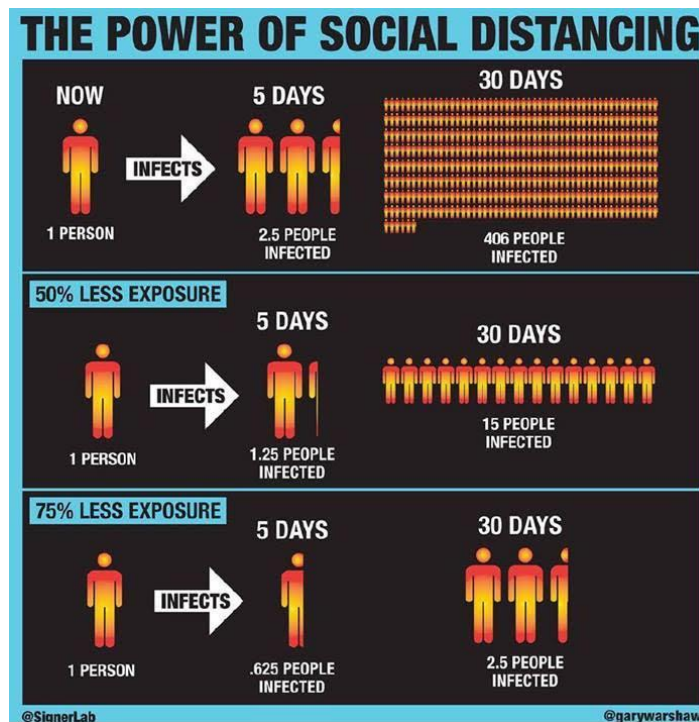
# Lytton First Nation

**EOC Recommendations March 27<sup>th</sup> 2020**

## **Social/Physical Distancing**

At this time, we need everyone in LFN to practice physical distancing. COVID-19 can spread very quickly, even through people that have no symptoms. There is currently no treatment and no cure. Most healthy adults will experience mild to moderate symptoms but can be contagious and spread the disease to the elderly and those at higher risk for complications. The very best way to prevent virus spread and protect your community is to practice physical distancing.

Physical Distancing slows the rate a virus can spread. [Click this link](#) to see an interactive demonstration of how important it is for 75% of the community to stay home and not interact with anyone else right now. This important so that people who develop severe complications will have access to specialized care. The 25% of the community that needs to move around are health care workers and other essential service providers. If you are not in this group, please stay home. Social Distancing works!



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## What does Social or Physical Distancing mean for me?

### Stay Home. Please.

- Monitor yourself and the people you live with for symptoms of COVID-19 (fever, dry cough, sore throat, difficulty breathing, sneezing).
- Wash your hands with soap and water frequently. Use hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cough and sneeze into your elbow or sleeve
- When out in public, keep 2 metres or 6 feet, minimum between you and anyone else.
- Frequently sanitize all high-touch surfaces such as doorknobs, light switches, TV remotes, phones, computers, bedside tables, coffee tables, bathroom and kitchen surfaces.
- Frequently sanitize children's toys and high touch surfaces.
- Do not visit friends or have anyone over to your house.
- No playdates for kids and don't let children play on playground equipment or any other spot that other people outside of your house may touch.
- Do not visit the elderly or people who are in a high-risk category. Do not take children to visit any elderly people.
- Do not carpool or give rides to anyone



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- Send only one person from your house, who does not have any symptoms, to go out in public when necessary for food, medicine, and supplies.
- Gather enough supplies, medicine, diapers if possible to be self-isolating for two weeks if anyone in your house develops symptoms.
- **If anyone in your house develops even mild symptoms**, everyone in the house **must Self- Isolate for a period of 14 days**. If during that time, anyone else in the house develops symptoms, then start the 14-day clock back at zero. Your house can only stop self-isolating once no new symptoms have been observed for 14 days. Even after mild cases of COVID-19, a person can have a persistent cough for quite a while. A persistent cough will not restart the 14-day clock if all other symptoms have resolved.
- Please download the BC Covid-19 Support App or visit the website to have access to up to date information and a self-assessment tool

For iPhone

<https://apps.apple.com/ca/app/BC-COVID-19-Support/id1502907052>

For Android

<https://play.google.com/store/apps/details?id=ca.bc.gov.health.hlbc.COVID19>

For web app

<https://bc.thrive.health/covid19app>

- If you have questions, the Public Health Agency of Canada has set up a telephone information line about COVID-19. It can be reached by calling 1-833-784-4397. In BC, you can receive **health advice** in 130 languages by **dialing 8-1-1**.
- If someone develops severe symptoms, difficulty breathing, or in **an emergency situation, dial 9-1-1**



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# Lytton First Nation

## EOC Recommendation March 27<sup>th</sup> 2020

### Tips for Shopping Safely

1. Elders and those at high-risk should avoid public places like grocery stores. Offer to do an elder's shopping and drop it off at their doorstep, you could be saving their life.
2. Keep 2 meters between yourself and other shoppers. Frequently wash hands with soap or use hand sanitizer.
3. Have only the necessary person go shopping, no extra people getting possibly exposed.
4. Only people who live in the same house should be riding in the same car! If you don't have a car in your household, please no catching a ride with someone else for shopping. Instead, give them your list, money, and ask them to drop the grocery bags on your doorstep. Sitting close together in a car is a great way for covid-19 to pass from person to person, and then from house to house. Remember, people can be contagious days before having symptoms.
5. If you are borrowing someone else's car to get groceries, drive home with the windows down, and afterwards clean with bleach anywhere you may have touched: door handles, steering wheel, gear shift, seatbelts, radio and heat knobs, etc.
6. Use disposable bags only. When you get home, unpack and sanitize your items and then wash your hands well. Throw away the shopping bags, or store them out of reach of anyone in your house for several days. The virus has been shown to live on plastic for up to 3-5 days.
7. Thanks for reading!



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