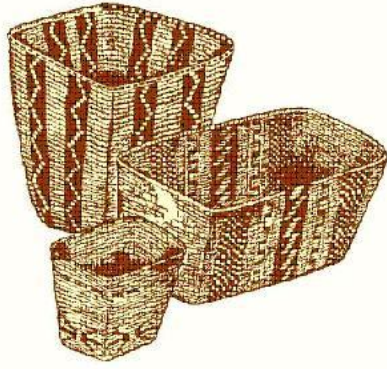




Lytton First Nation

Friday, July 15, 2022, 3:00 PM

Livestock and Animals: Support available, Transportation and storage of livestock,

Contact: Kevin Duncan, Cell 778 254 – 4333 or Email: cc.kduncan@lfn.band or nro@nntc.ca

Communications: We are requesting Members to text ESS Coordinator Bobbi and ESS Liaison Teresa.

ESS Coordinator: Bobbi McKay - Cell 778 254-9754

ESS Liaison: Teresa Raphael - Cell 778 538 – 1186

Wildfire season can be stressful, especially for communities that have been impacted before. Take good care for your mental and physical health by following a few basic guidelines.

- ✓ Limit your exposure to wildfire media coverage; viewing traumatic images can be overwhelming and make it harder to think clearly
- ✓ Maintain a daily routine as much as possible
- ✓ Get enough sleep, eat nutritious foods, and stay hydrated
- ✓ Be kind and patient with yourself and others
- ✓ Seek support when you need it. If you're feeling sad, mad, or confused—or even feeling nothing at all—reach out to others for help

LFN Focus: Critical Infrastructure functional and operating and Members Support.

LFN & BC Wildfire Services Goals: Collaboration for effective protection for our community.

Next update by 10 pm July 15, 2022

Thank you. LFN EOC Team

PO Box 20, Lytton, BC Canada, V0K1Z0 Phone 250-455-2304 Fax: 250-455-2291