

MESSAGE TO TWN MEMBERS FROM DR. RAY CHABOYER

PLEASE SELF ISOLATE. SOCIAL DISTANCING REQUIRES 6 FEET DISTANCING WHEN AROUND OTHERS.

A TSUNAMI IS ABOUT TO HIT TWN TERRITORY. THIS TSUNAMI WILL NOT CONTAIN WATER BUT RATHER AN INVISIBLE CORONAVIRUS. OUR ELDERS AND PEOPLE WITH MEDICAL CONDITIONS ARE AT HIGH RISK OF SERIOUS ILLNESS OR DEATH. THIS IS THE CALM BEFORE THE STORM AND THE TIME WHEN THE OCEAN GOES OUT TO SEA BEFORE THE TSUNAMI WAVE HITS. THIS IS A TRUE HEALTH EMERGENCY WHERE WE ALL NEED TO PROTECT EACH OTHER. WE WILL PROTECT EACH OTHER BY CHANGING HOW WE INTERACT WITH ONE ANOTHER.

MAINTAINING SOCIAL DISTANCE AND SELF ISOLATION WILL SAVE TWN MEMBER LIVES.

PARENTS WILL NEED TO RESTRICT THEIR CHILDREN FROM PLAYING IN PLAY GROUPS, OLDER CHILDREN WILL NEED TO REFRAIN FROM SPORTS SUCH AS BASKETBALL. IF CHILDREN AND TEENS BECOME EXPOSED TO CORONA-VIRUS THEY WILL POTENTIALLY SPREAD IT TO ELDERS AND OTHERS WHO WILL BE AT HIGH RISK OF SERIOUS ILLNESS. IF CHILDREN OR TEENS ARE OUT IT IS IMPORTANT THAT PARENTS ENSURE THEY WASH THEIR HANDS WHEN THEY COME IN AND LIMIT DIRECT CONTACT WITH ELDERS AND PEOPLE WITH HEALTH PROBLEMS. **CHILDREN AND YOUNGER PEOPLE WILL BE A PRIMARY CARRIER** FOR BRINGING CORONAVIRUS INTO THE HOME. OFTEN THE CHILD OR YOUNGER PERSON WILL HAVE NO SYMPTOMS BUT HAVE CORONAVIRUS AND BE CAPABLE OF SPREADING THE VIRUS.

IF SOMEONE BECOMES ILL THEY NEED TO PHONE THEIR HEALTH PROVIDER OR HELPING HOUSE CLINIC. MOST DOCTORS AND NURSES WILL BE PROVIDING TELEPHONE VISITS WITH IN- PERSON VISITS ONLY IF NECESSARY. **THEY CAN ALSO CALL 811 FOR INFORMATION ON HOW TO PROCEED.** SELF ISOLATION AT HOME FOR 14 DAYS IS NECESSARY IF ILL. TESTING IS NOT AVAILABLE FOR CORONAVIRUS OTHER THAN EXCEPTIONAL CASES.

HAVE TELEPHONE CHATS AND COFFEE DATES. FEEL FREE TO ENJOY THE SUNSHINE OR WALK IN THE FOREST BUT **ONLY IF ABLE TO MAINTAIN SOCIAL DISTANCE.** TALK WITH ELDERS FOR GUIDANCE BUT KEEP YOUR DISTANCE AND RESPECT THE DANGER THIS VIRUS PRESENTS TO THEM. WHEN OUT WALKING OK TO WALK IN FAMILY GROUPS BUT AVOID FAMILY GET TOGETHERS WITH PEOPLE FROM DIFFERENT HOMES. WHEN OUT DO NOT TOUCH YOUR FACE UNLESS YOUR HANDS ARE SANITIZED. AVOID VISITING OTHER HOMES UNLESS ABSOLUTELY NECESSARY AND MAINTAIN SAFE HYGIENE IF YOU DO.

THE TWN COMMUNITY IS A STRONG AND RESOURCEFUL ONE. WE HAVE EXCELLENT LEADERSHIP WITH A PLAN IN PLACE TO HELP MEMBERS THROUGH THIS CRISIS. MEDICAL STAFF AND LIONS GATE HOSPITAL ARE ACTIVELY PREPARING FOR THIS PANDEMIC. **THE MOST IMPORTANT PROTECTION WILL ARISE FROM COMMUNITY MEMBER ACTIONS – WITH SOCIAL DISTANCING AND SELF ISOLATION MOST IMPORTANT.** THERE WAS A TIME IN THE HISTORY OF TWN THAT INFLUENZA AND SMALLPOX DECIMATED THE COAST SALISH PEOPLE. WE CAN PREVENT THIS FROM HAPPENING AGAIN BUT WE NEED THE HELP FROM EVERY SINGLE TWN MEMBER.

AS TA'AH SAYS IT'S TIME TO WARRIOR UP. OUR BATTLE IS **AGAINST** AN INVISIBLE ENEMY. PLEASE DO YOUR PART IN SOCIAL DISTANCING, GOOD HYGIENE AND SELF ISOLATING.

