

# KAPAWE'NO FIRST NATION

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## KAPAWE'NO FIRST NATION IMPORTANT ANNOUNCEMENT COVID 19 PANDEMIC

### SECURITY

As Chief of the Kapawe'no First Nation and upon advisement and recommendations by Kapawe'no First Nation Elders and Community members the following decision has been made.

As a precautionary measure the Kapawe'no First Nation will be monitoring traffic coming in and out of the Nation.

This is a method to enhance our protection and prevention of our members from the Covid 19 Virus.

The First Nation will continue to monitor traffic from the Date of March 20<sup>th</sup>, 2019 until deemed no longer necessary by the Chief of Kapawe'no First Nation or until such time as the risk has been assessed to be low.

As a First Nation we must all work together to take all protective measures to protect our residents and especially our Elders and those most vulnerable.

We are asking all Nation residents to work with us in supporting this preventative measure.

*Sydney Lee Henderson*

### Kapawe'no First Nation Members

We realize that you may feel that you don't have enough information, you may have questions and concerns that have not been answered. This is a health situation never before seen. We have been working hard to get the best and most accurate information out to our members.

As you are aware there has been a confirmed COVID-19 case in our area. There has been direct conversations made by leadership with Alberta Health Services and Indigenous Service Canada. Unfortunately, there are no concrete answers. All organizations are working together.

In the event that you are feeling any symptoms, AHS has asked that you stay home and self-isolate. AHS is doing contact tracing for people exposed to confirmed cases and will call anyone that requires testing.

If you are feeling unwell, go to the AHS website at <https://www.albertahealthservices.ca> and do the COVID-19 online screening tool. You may be directed to call 811. If your assessment requires you to be tested, you will be contacted.

Currently there is no on reserve medical transportation, if you require a medical appointment we are asking you to keep confirmation of attendance as well as any receipts for reimbursement. If you require an out of town appointment, call Edmonton Referral at 1-800-514-7106 as they are an essential service and are available to assist with hotels and meals, etc. You can call the Health & Wellness Clinic at 780-523-2868 or the High Prairie Medical Clinic at 780-523-4501 to make a phone consult appointment.

We are asking all members to reschedule all non-urgent and non-essential appointments to a later date, this will help limit the risk for infection.

We are strongly encouraging all members to limit contact with others, NO visiting and only necessary outings. If you do need to leave the house, keep a 2 meter distance from others. ALWAYS wash your hands when you get home. Do not eat anything or touch your mouth, nose or eyes until your hands are clean. There is no treatment for COVID-19. AHS is stressing the importance of managing your illness at home UNLESS you have shortness of breath.

**For the most up to date and accurate information please only access reputable websites.**

**The World Health Organization - <https://www.who.int>**

**Public Health Agency of Canada - <https://www.canada.ca/en/public-health>**

**Alberta Health Services - <https://www.albertahealthservices.ca>**

We have ordered nonperishable food for all households which will be delivered when it arrives. We will continue to work hard and be diligent in protecting the health of our members, please continue to have patience during these trying times.

## **AHS is strongly encouraging the use of 811**

811 is triaging all patients who call. Please do not decide to go to the hospital unless 811 has asked you to do so, this is to limit the risk of exposure and risk of spreading the virus.

AHS is stressing the importance of self-management of mild to moderate symptoms by staying home, limiting contact with others, taking in fluids and the use of over the counter cold and flu medications. There is no treatment for this virus, which makes it very hard to treat.