



## **Alexander First Nation Makes Health, Wellness and Safety Central during COVID-19 Pandemic**

**March 17, 2020, Treaty No.6** (Alexander First Nation, Alberta) – Alexander First Nation (AFN) is providing the latest information and resources for our community members to ensure health, wellness and safety. AFN Chief and Council and AFN Health Services are continuing to monitor the COVID-19 pandemic and will be updating membership through AFN social media, the AFN website ([www.alexanderfn.ca](http://www.alexanderfn.ca)) and door to door information sharing on our Nation. If you have symptoms, such as cough or fever, please stay home and call Health Link 811 for medical advice. We advise you to stay away from public spaces on Alexander First Nation to avoid spreading the virus.

AFN administration buildings will be closed today until March 31<sup>st</sup>, we will re-evaluate at that time when the buildings will open again. The store will remain open for business with a modified work schedule. Water will be delivered, and roads will be maintained during this time. We are taking precautionary measures to ensure the COVID-19 virus doesn't spread and encouraging community members to stay at home. We all can improve the lives of our children, youth, elders and families by helping one another (with safety in mind) during this time. Social distancing should be practiced. We're providing contacts and links below during this pandemic to assist with resources and help during this pandemic. Alberta has officially declared a state of emergency today. Please see link below.

**\* PLEASE POST THESE NUMBERS IN YOUR HOME \***

### **Alexander First Nation Support Team:**

**1) Director of Health Services/Emergency Response:** Marlene Arcand: (780) 288-8155/ (780) 939-3545.

**2) Social Services:** Loiselle Arcand: (780) 974-2543.

**3) AFN Health Centre:** (780) 939-4787

The Health Centre is open Monday-Friday from 8:30am-4:30pm with health care workers providing care for Nation members. For specific activities, please ask for the assigned contact:

#### **a) Primary Health Nurses:**

Kelly Rocco, Giovanna St. Onge, Jennifer McGilvery and Rebecca Clarke.

**b) Mental Health:** Robert Burnstick.

**c) Medical Transportation:** Corrine Arcand.



4) **RCMP:** (780) 939-4520

5) **AFN Fire Department:** (780) 887-8432

6) **Ambulance:** 1 (877) 732-2411

7) **Public Works:** (780) 939-6102

### **Symptoms of COVID-19**

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease. In severe cases, infection can lead to death.

Symptoms have included:

- fever
- cough
- difficulty breathing
- pneumonia in both lungs

Please see links below for information from Provincial, Federal and World Health Authorities. We are also providing information to Members who may require income assistance to please call **Alberta's Income Support Centre** at 1 (877) 644-9992 or 1 (866) 644-5135.

<b><u>Health Authorities (links)</u></b>	
<b>International</b>	<b>World Health Organization:</b> <a href="https://www.who.int/countries/can/en/">https://www.who.int/countries/can/en/</a>
<b>Canada</b>	<b>Government of Canada, Public Health Agency:</b> <a href="https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html">https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html</a>
<b>Alberta</b>	<b>Government of Alberta (income support):</b> <a href="https://www.alberta.ca/emergency-financial-assistance.aspx">https://www.alberta.ca/emergency-financial-assistance.aspx</a>  <b>Alberta Health Services (health related concerns RE: COVID-19):</b> <a href="https://www.albertahealthservices.ca/topics/Page16944.aspx">https://www.albertahealthservices.ca/topics/Page16944.aspx</a>