

# O'CHIESE FIRST NATION

Box 1570 Rocky Mountain House, Alberta – T4T 1B2  
Phone: (403) 989-3943 Fax: (403) 989-3795 Toll Free: 1-888-256-3884



## Chief and Council address to OCFN Members

**“Do your part by being cultural, sensible, considerate, helpful and take necessary precautions to prevent and reduce the risk of the COVID-19 virus from coming into our community and in your household”**

As your Leadership, we understand how fearful any disease can be as this COVID-19 has made its way into Alberta so quickly. There is so much information sometimes, we do not know who or what to believe; believe in our Elders, the medical profession and call us directly.

Our ancestors have come through worse situations and our Elders remind us that we are strong and resilient peoples. We are blessed to be encouraged by our Elders, our Ceremonies, and our traditions and more importantly our Children. It is in our ways that we need to believe, practice, and teach and that will keep us in peace and strength. And more importantly, we need to do our part to reduce and prevent this COVID-19 from coming into our community. So, we ask you to be patient, work diligently in cleanliness and hand washing, stay in our community and we will continuously keep you updated.

Our Health Centre is the ‘key area’ for testing, information and care. The Health Centre staff are essential services and will ensure that you get the necessary care. This include home visits for testing, on-going check-ups which will require them to be dressed in medical gowns and equipment. (please keep your dogs tied up). Call our Health Centre, (403)989-3900 in advance if you think you have symptoms of COVID-19. The symptoms are fever, runny nose, cough, sore throat, tiredness, cold and flu. If you have shortness of breath call 911!

We also know that our Band Members want to come home and we welcome you, however, if you are experiencing symptoms, you must self-quarantine for the 14 days before you come home for the safety of community, Elders and families. You also need to know that we are maxed out in our housing, we are experiencing overcrowding and the COVID-19 grocery emergency funds of \$500.00 is given to the head of household only to cover the people within household.

We also need you to be aware that the pressure, isolation, and uncertainty can cause mental health stress. Please know that the Health Centre has a Therapist, we have our traditions and families to rely on.

As Leaders, we made the following decisions:

1. Our cultural foods will be delivered to you as we know meat is expensive.
2. Nation Check point: (4 entrances), please obey the signs and politely answer the questions.
3. Our Administration and Finance are working quickly to get our On and Off- reserve band members \$500.00 grocery assistance implemented as soon as possible.
4. Our Marketplace and Pharmacy is restocking shelves and medicines; please be considerate of all our relations, they will need food and Pharmaceuticals too. The Marketplace will also do home delivery for orders over 20.00. Contact the Marketplace.
5. O'Chiese school, daycare and head-start are closed to keep our children and staff safe. This decision to have impacted our employees who now work from home, (it is not a holiday). O'Chiese School are still teaching students,
6. O'Chiese Departments and Business/Investment Centre staff are working from home, (it is not a holiday). The staff will stay in contact with their Managers and supervisors via email and phone daily. Emergency Management and Essential staff will be available throughout the week.
7. Our communication team is making a separate Leadership Facebook Page where we will announce updates as quickly as we can.
8. Membership, we ask that you continue to communicate with us via email, text, telephone calls. As Leadership, we will try to address your concerns as soon as possible.
9. It is true that the scope, time and potential impact of this COVID-19 virus is a real concern for all of us as it is a global pandemic and it has severe consequences.
10. Our Emergency Planning team is meeting regularly and keeping us updated
11. Above all, if you are experiencing symptoms, please call the Health Centre.
12. Wash your hands, Let us take care of each other, keep healthy, do things culturally and traditionally.

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**March 22, 2020**

**Store Hours ( at this time, we have no known COVID-19 at our Nation)**

**Please spread your shopping throughout the week and limit what you buy, remember we have 1300 members on reserve.**

**Keep 3 meters apart, only so many will be allowed in, there will be signs limiting amount we can buy and if you are sick, stay at home!**

**At this time Suppliers will still be coming weekly...**

**Thank you for being kind and patient...**

**Monday to Friday:** 8:30-10:00 am for Elders  
10:00 -11:00 am for Special needs/Allergies/Handicap  
11:00 am regular shop to closing

**Saturday :** 10:00 am -6:00pm Regular shoppers

**Sunday:** 12-6 pm Store hours Regular shoppers

**We will keep you informed of any changes.**

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**Leadership/Administration**