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Daily Update: Friday, April 24, 2020

Number of COVID-19 cases in BC: 1824

Number of deaths in BC: 94

Number in recovery in BC: 1092

New cases in BC: 29

Number of COVID -19 cases in Interior Health Region: 156

Messaging from Dr. Bonnie Henry on April 23

We are going to be living with COVID-19 in BC for a while. We need to learn to live in new ways so that outbreaks do not occur. We need to have a manageable number of new cases before restriction are lifted.

Health and Wellness

For ideas on how to be mentally, emotionally, physically, and spiritually well, check out FNHA's website at www.fnha.ca/wellness

How Are You Doing?

Are you able to connect with friends and family in safe ways? Are you able to exercise? Are you able to eat well? Are you able to turn off your phone, computer, games and power down?

If you need support please call the band office at 250-373-2493 so we can support you or help find you support during this difficult time.

Gardening Program

Order forms were delivered to mailboxes on reserve and put on the SIB Facebook page. Any questions can be directed to 250-373-2493 or mainoffice@skeetchestn.ca

Be Mindful Of Each Other

Thank you for physically distancing. The life you save may be your elder or your neighbour. Please continue to stay mentally, physically, emotionally, and spiritually healthy.

Be calm, respectful, safe, and generous with one another.