

## **Covid Response**

### **Details:**

The Wood Mountain Lakota First Nation will receive approximately \$59,000 from Indigenous Community Support Fund to assist the First Nation in responding to the on-going COVID 19 crisis. We are waiting on these funds to be received from Ottawa. These dollars are principally aimed at on-reserve members, with a separate funding envelope created for regional and urban organizations.

Despite the targeted nature of the funding, given the unique situation facing the Wood Mountain Lakota First Nation, we have set aside \$40,000 of those funds for to provide one-time financial assistance of \$155 to all on and off-reserve Wood Mountain band members (18 years & older) to assist with their COVID-19 preparedness efforts. This includes all Wood Mountain SA clients.

The balance of the funds will be used for other preparedness initiatives, including purchasing sanitizer, PPE, for protecting the health and safety of our Community, and a variety of other initiatives.

In order to receive your one-time financial assistance of \$155, you must meet the following criteria:

- Must be 18 years and older (as of May 30h)
- Must provide valid mailing address.
- Must provide Treaty Status Number.

# Application Form

please download the Covid Response Application Form and email to [admin@wmlakota.ca](mailto:admin@wmlakota.ca)

or mail to:

Wood Mountain Lakota First Nation  
PO Box 1792  
Assiniboia, Sask.  
S0H 0B0

## Frequently Asked Questions (Please Read):

### How Will I Receive My Assistance?

**Mail-Outs:** You should expect to receive your payment within 14 business days of applying. Out of province or out of country could take a few extra days.

**On-reserve:** the administration will hand deliver in a manner consistent with social distancing requirements.

### Is there a deadline to apply?

Yes, you have until May 30th to apply. Due to the nature of the situation and to keep our staff safe we've implemented a short implementation period.

### I'm turning 18 years old after May 30th am I still eligible?

No, the cut-off is May 30th.

## For inquiries:

**Email: [admin@wmlakota.ca](mailto:admin@wmlakota.ca)**

# Physical and Social distancing

Physical and Social distancing are the most effective tools we have to prevent and manage the spread of COVID-19. We all have a role to play to prevent the spread of germs within our communities – to protect ourselves, our families, and those at higher risk. Social distancing means making changes in everyday routines in order to minimize close contact with others, including:

- Avoiding crowded places
- avoiding non-essential community and cultural gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those with underlying health conditions)
- keeping a distance of at least 2 arms lengths (approximately 2 meters) from others, as much as possible

How individuals can practice physical and social distancing

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for kids
- use technology to keep in touch with friends and family

If possible,

- Use online shopping or have someone bring groceries to your doorstep
- exercise at home or outside, while keeping a distance of at least 2 arms lengths from others
- work from home

Individuals need to:

- wash their hands often for at least 20 seconds and avoid touching their face with unwashed hands
- cough or sneeze into the bend of their arm
- avoid touching surfaces people touch often

If someone in your community is concerned, they may have COVID-19, they should:

- separate themselves from others as soon as they have symptoms
- if they are outside the home when a symptom develops, they should go home immediately and avoid taking public transit
- not go to work or school or attend gatherings
- stay home and follow the advice of their Public Health Authority, who may recommend self-isolation
- call ahead to a health care provider if they are ill and seeking medical attention

Current state risks:

- The risk is higher for severe illness's and outcomes in the vulnerable populations:
- Older age groups
- And those of all ages with the following underlying conditions for example:

a. Heart disease

b. Diabetes

c. Lung diseases such as asthma or COPD

Everyday guidelines change for COVID 19

For more information: [Canada.ca/coronavirus](https://Canada.ca/coronavirus) 1-833-784-4397; call 811; watch updates on TV