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MESSAGE FROM KASKA LEADERSHIP

COVID-19 UPDATE

Despite the Yukon and Provincial Governments' announcement of their "Restart Plan", it is critical for all Kaska to understand that the threat of COVID-19 still exists. While we have been successful in BC of "flattening the curve", according to Dr. Bonnie Henry, BC's top doctor there will be a "second wave" of an outbreak in the upcoming flu season.

Kaska Leadership acknowledges that this continues to be a challenging time for us, and we want to thank all our citizens for your compliance with the difficult restrictions that have been put in place by our hard-working Emergency Management Committees. It has not been easy for any of us.

By setting and following strict preventive measures, Kaska have stopped COVID-19 from reaching our Territory and devastating our communities. What Kaska have been doing – in unison – has been working. However, we must remember the words below of Dr. Henry:

"We've never had a pandemic in recorded history that has not had a second wave."

- Dr Bonnie Henry

The practices we have put in place over the past few months will help us now and when the upcoming flu season comes. The health and safety of our communities, our Elders and our most vulnerable is our top priority.

We have learned what each **one of us** can do to help prevent the spread of COVID-19. Every day we can and **must do our part** to hold the line on COVID-19.

We must all stand strong and relentless in our day to day practices of:

1. Avoid ALL Non-Essential Trips

Limit the number of times you go to high traffic areas such as the store or post office, and if you do go out remember to always practice physical distancing. Avoid travelling to other communities.

2. Physical Distancing

Do not gather in groups. Ensure you stay a minimum of 6 feet away from other people.

3. Wash Hands Regularly

Wash your hands with soap for 20 seconds or more. Soap is the best-known remedy for killing this virus, so wash frequently.

4. Cough or Sneeze into Your Elbow or a Tissue

This can prevent potentially infectious droplets from escaping into the air around you and infecting others.

5. Don't Touch Your Face

The virus can be transferred into your body by touching your eyes, nose, or mouth.

6. Wear a mask:

Masks are recommended if you are going out in public where you know physical distancing may be difficult. If we all wear masks in these situations, we can prevent ourselves and others from coming into contact with potentially infectious droplets that are emitted when people speak, sneeze, cough, sing or laugh.

We must stand strong and vigilant to prevent COVID-19 from entering our communities.

We know that Kaska can do this!