



First Nations Health Authority  
Health through wellness

*"As Indigenous people, we are strong. We are resilient.  
We will get through this no matter how long it takes."*

- Dr. Evan Adams, Tla'amin Nation

**This is a time for kindness and understanding.  
Please take care of yourselves and each other.  
Let's have calm in our hearts  
and trust in each other.**

**We respect each other by honouring privacy  
for everyone in our community.**



**We will get through COVID-19 together.**