FIRST IDAHO ANNOUNCES DELAYS TO Q1 2020 INTERIM FILINGS DUE TO COVID-19

Vancouver, British Columbia – (June 1, 2020) – First Idaho Resources Inc. ("First Idaho" or the "Company") (FI.H) announces that it is postponing the filing of its interim financial statements and management's discussion and analysis for the period ended March 31, 2020 (collectively, the "Interim Documents") due to delays caused by the COVID-19 pandemic.

First Idaho is relying on the exemption provided by the local blanket orders granted by the provincial securities regulators (ASC Blanket Order 51-517 and BCSC Instrument 21-505), permitting the Company to extend the filing deadlines of its Interim Documents by up to 45 days. Until such time as the Interim Documents are filed, the Company's management and other insiders are subject to a trading blackout until the end of the second trading day after the Interim Documents have been filed. At this time, First Idaho anticipates the Interim Filings will be completed within the 45-day extension period.

For further information, please contact Foluso Olubunmi, Chief Financial Officer at (604) 612-2284.

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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