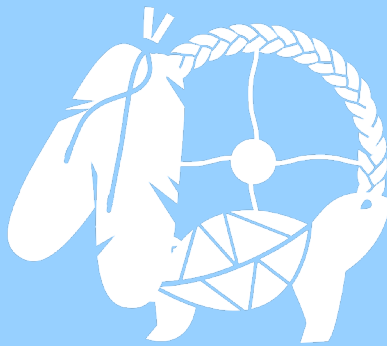
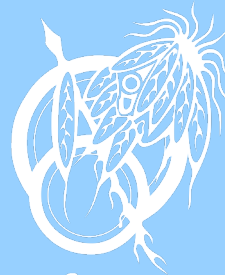


# COVID-19 BEST PRACTICES GUIDE FOR MFNM & FIRST NATIONS IN MATAWA

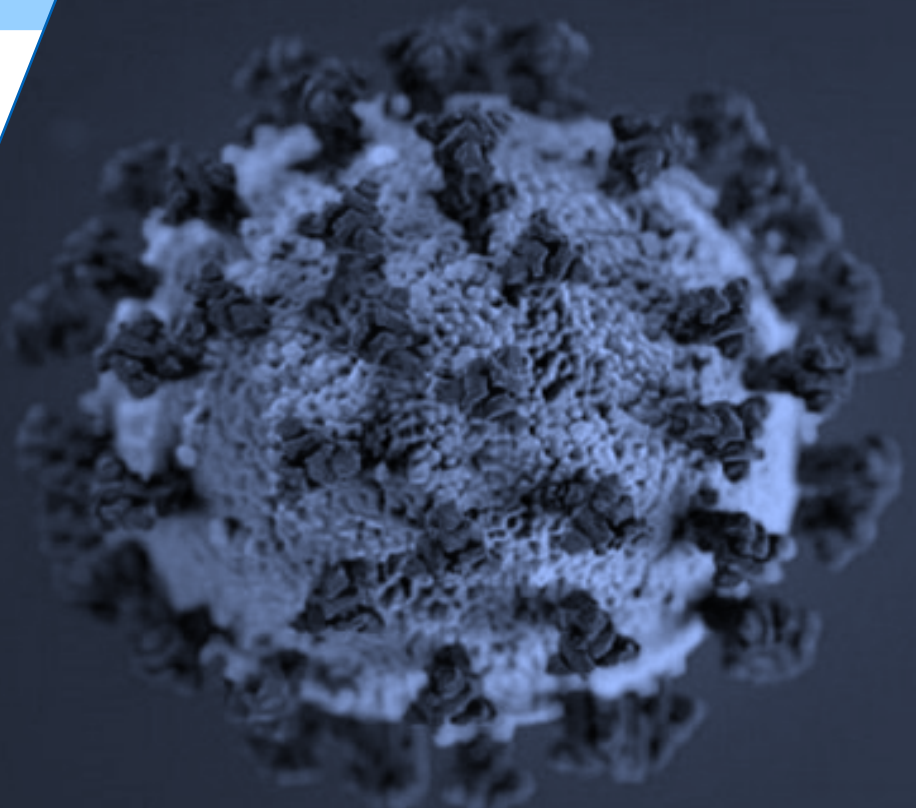


MATAWA HEALTH  
CO-OP



Matawa  
FIRST NATIONS

Update #1: March 13, 2020





**In January 2020, a novel (new) coronavirus (COVID-19) was identified as the cause of an outbreak of pneumonia originating in Wuhan, China. The situation is rapidly evolving and Public Health Ontario, along with the Ministry of Health, is closely monitoring the outbreak, conducting surveillance and appropriate laboratory testing, and providing public health and infection control guidance.**

**Anyone concerned that they may have been exposed to, or are experiencing symptoms of COVID-19 (coronavirus), should contact their primary care provider, local public health unit, or Telehealth at 1-866-797-0000.**



# Matawa Community Recommendations

The Federal, Provincial, Municipal governments implemented measures to contain the spread of the Coronavirus by closing down events that attract large gatherings such as sports, schools, concerts, etc.

Here are some tips which many of you may have already implemented in your communities:

- a) Work closely with your health center staff and provide the necessary health education.
- b) Screen visitors – screen visitors at the airport, health center, band office
  - i. Ask if they returned from international travel
  - ii. Close contact with a confirmed or probable case of COVID-19  
= Recommend self-isolation
- c) Practice good hygiene by washing your hands or using hand sanitizer
- d) Cover your cough and avoid touching your face
- e) Limit travel to and from the community – (Don't travel)
- f) Limit community gatherings to lessen the potential spread of the virus.      Maintain social space when interacting (social distancing)
- g) Re-schedule any community events until further notice
- h) Teachers leaving the community for March break should return to the community after March break and self-isolate for 14 days prior to teaching.
- i) Follow Public Health Ontario Website for any COVID-19 updates.

## **Covid-19 Environmental Cleaning Fact Sheet**

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-environmental-cleaning.pdf?la=en>

## **Covid-19 Self-Monitor Fact Sheet**

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf?la=en>

## **Covid-19 How to self-isolate fact sheet**

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

## **Covid-19 Isolation guide for care givers fact sheet**

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en>



# Matawa First Nation Management & Staff Recommendations

## 1. Practice good hygiene

- a. Stop handshaking, use other noncontact methods of greeting.
- b. Pay attention to Public Health Ontario 'Attention Visitors' signage and information on Matawa main doors
- c. Clean hands at the doors (area to be set up) and at main reception areas (masks will be available)
  - i. Reception to ask every visitor and screen visitors when entering Matawa – information given and teaching to reception to be provided
- d. Be informed on hand hygiene, covering coughs and sneezing.
- e. Disinfect surfaces like doorknobs, tables, desks, and handrails (daily)

## 2. Limit meetings and staff travel

- a. Use videoconferences for meetings.
- b. No staff travel until the end of the month until Covid-19 re-assessed March 31, 2020
- c. Home visits should be based on limited client contact and communication over the phone

## 3. Handle food carefully

- a. Limit food sharing
- b. Encourage hand washing in kitchen areas
- c. No catering food

## 4. Stay home

- a. When feeling sick or if a family member in your home is sick

## 5. If you are travelling anywhere out of Thunder Bay for March Break

- a. Self-quarantine for 14 days prior to returning to work