

COVID-19 BULLETIN

MATAWA FIRST NATIONS

Issue 4 - April 17, 2020 - Global Pandemic Day #38

The status of the spread of the novel coronavirus (COVID-19) is changing daily. Matawa is working to ensure that our First Nations and community members have the necessary information to safely and effectively deal with the situation. Bulletins will be issued on an ongoing basis. The following is accurate as of this date. Please also check our website (indicated below) and our Facebook page for other important information. Every person has a duty to remain up to date and informed, and comply with, the details of this evolving situation.

MATAWA OFFICE CLOSURE EXTENSION

Please note, office closures have been extended to May 1, 2020. Our staff continue to work from home and our phone lines are still open.

MATAWA FIRST NATIONS COVID-19 RESPONSE STATUS

The following First Nations are under precautionary measures, emergency orders and/or planned lockdowns: Ginoogaming and Webequie. The following First Nations are under lockdown: Neskantaga (effective Mar 30) and with flight restrictions (effective Apr 8), Long Lake #58 (effective Apr 1), Eabametoong (effective April 1), Marten Falls (effective Apr 2), Aroland (effective Apr 3 and extended to May 1), Constance Lake First Nation (effective Apr 6 and re-evaluated on Apr 27) and Nibinamik First Nation (effective Apr 14 - intermittent days).

COVID-19 SPREAD IN MATAWA FIRST NATIONS

Eabametoong First Nation confirmed its first case on April 5. The individual is in self-isolation in the community and is improving. There are no other reported positive cases in Matawa.

COVID-19 SPREAD IN FIRST NATIONS IN ONTARIO

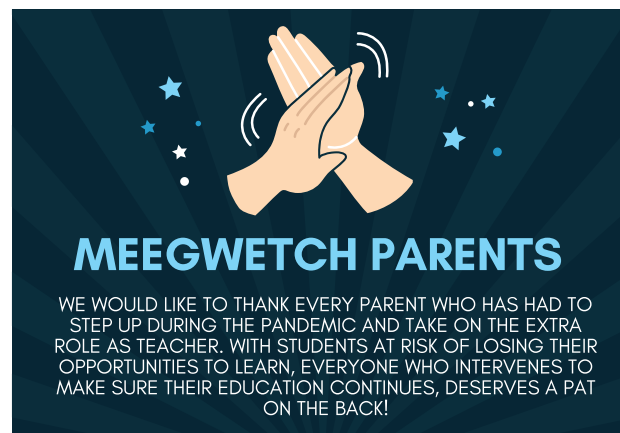
There have been 18 confirmed cases in First Nations in Ontario. The number of cases has increased by 6 since the last bulletin. Ontario Regional Chief (ORC) RoseAnne Archibald reported on April 16, 2020 the following cases on-reserve: Animbiigoo Zaagi'igan Anishinaabek (AZA) - 1 case; Kiashke Zaaging Anishinaabek (Gull Bay) - 1 case; Whitesand First Nation - 2 cases. In ORC's last update she reminds First Nations in Ontario to use all of your tools to keep your loved ones safe as follows:

- Follow community lockdown orders
- Stay Home
- Physically Distance (6 feet apart)
- Wash hands for 20 seconds

- Don't touch eyes, nose, mouth
- Clean surfaces regularly
- Wear a homemade cloth mask when outside of home to protect others from your micro droplets
- Sneeze/cough into your elbow
- Stay home if sick

MATAWA EDUCATION UPDATE

- We are in the second week of Academic programming/course delivery for students and have connected with about 70% of the students
- We are in the third week of Mental Wellness supports and have connected with about 80% of the students
- We have sent in a funding request for technology to Ministry of Education but have not heard back if they will be able to provide funding
- Staff are pulling resources together to send to the schools that teachers can use in the packages being sent to students/parents. The resources cover various subject areas and include mental wellness and language. A survey is being developed to provide us with specific areas/ways that we can support Matawa schools
- Staff is supporting schools in purchases of technology and school resources as we do each year but have a focus on teaching through technology due to COVID-19 safe practices



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COVID-19 TESTING/SITUATION UPDATE

Health Unit	Postive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	42	593	811	176	21	2
Thunder Bay	21	718	1,002	248	18	-
Northwestern	11	500	654	143	-	-
TOTALS FOR HEALTH UNITS IN MATAWA	89	1,811	2,467	567	39	2

DATE EXTRACTED - April 15, 2020

NOTES: In terms of postive cases from our last bulletin on Apr 9, 2020: the Porcupine Health Unit is up 8, the Thunder Bay Health Unit is up 15 and the North-western Health Unit is up 4. The death toll continues to be 2.

NDP ONLINE PETITION



On Apr 17, 2020, MPP Mamakwa launched a petition called 'Demand Emergency Help for First Nations Communities.' It can be found here: www.ontariondp.ca/emergency-help-for-first-nations - here is an excerpt:

First Nations in Ontario are facing severe challenges in the fight against COVID-19, including: overcrowding in substandard homes, living under multiple boil water advisories, having a health care system with a chronic shortage of nurses and doctors in clinics, having a population with many trauma, health and mental health vulnerabilities, and are not receiving enough personal protective equipment (PPE) from provincial and federal health authorities to properly protect community members from COVID-19.

Ontario College of Family Physicians  **UNNERVED BY COVID-19?**
Leaders for a healthy Ontario

As Ontario's family doctors, we're here for our patients. Let's all do our part to help control the spread. **TAKE THE FOLLOWING ACTIONS:**



TURN TO TELEMEDICINE

Many family doctors can now connect with you by **phone, email or video.**



EMBRACE YOUR HOME BASE

Stay home if you have mild respiratory symptoms. Most people will get better on their own at home.



REMAIN CLOSE ...FROM A DISTANCE

Use virtual means to connect with friends and loved ones.



DON'T FRET IF NO TEST

Not everyone needs a COVID-19 test. *Again, most get better on their own.*

USE SOAP AND SLEEVES

- **Wash** your hands.
- **Sneeze** into a tissue or your upper sleeve.
- **Don't** touch your face.



Turn page for more detail

Questions? email ocfp@ocfp.on.ca | ontariofamilyphysicians.ca/covid19