

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

### Issue 5 - April 24, 2020 - Global Pandemic Day #45

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 Nibnamik First Nation (effective Apr 14 - intermittent days).

#### **COVID-19 SPREAD IN MATAWA FIRST NATIONS**

The first positive case Eabametoong First Nation who confirmed on April 5 has now been tested negative. The individual has also completed the 14 day self-isolation period in the community. There are no other reported positive cases in a First Nation in Matawa. Keep up the great work in protecting your communities!

#### **COVID-19 SPREAD IN FIRST NATIONS IN ONTARIO**

There have been 25 confirmed cases in First Nations in Ontario. The number of cases has increased by 7 since the last bulletin a week ago. In total there have been 34 total on and off-reserve cases. Chiefs of Ontario will be launching a tracking system soon.

#### **MATAWA EDUCATION UPDATE**

From PASS

- PASS staff have provided principals in applicable Matawa schools with access to a Google Drive with resources teachers can use in home packages. A USB memory stick with the resources has been sent to a

contact person in each community. Resources continue to be compiled and will be released every second Monday.

- Matawa Education continues to hold weekly meetings with Education Directors providing updates and taking direction in how to best support their schools.
- PASS staff held a teleconference call with educators from Matawa schools on Tuesday, April 21 to seek guidance on how to best support them during COVID-19 school closures.

From MECC

- We are in the third week of providing academic programming and supports to students
- We are in the fourth week of providing mental wellness supports to students
- Teachers have signed up for various training sessions for distance/remote learning

#### **CHILD WELFARE - AWASHISHEWIGIIHIWAYWIIN (SOCIAL SERVICES FRAMEWORK)**

- CERB funding is taxable income
- If you receive CERB funds they will be deducted as income from ODSP and OW payments
- Child tax increase is supposed to take effect in May this increase is a one-time increase and will not continue
- Please use your money wisely and continue to pay your bills

#### **FOUR RIVERS ENVIRONMENTAL SERVICES**

There has been an increased interest in gardening this year, as many people have growing concerns about food supply. As a result, seed has become increasingly difficult to get, with many seed suppliers closing their doors to further orders. For those who had been planning on planting gardens this year, Four Rivers recommends placing your seed orders immediately.

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### COVID-19 TESTING/SITUATION UPDATE

Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	55	1,010	1,585	520	34	3
Thunder Bay	60	1,891	2,165	214	41	1
Northwestern	16	761	1,046	329	15	-
TOTALS FOR HEALTH UNITS IN MATAWA	131	3,662	4,796	1,063	90	4

DATE EXTRACTED - April 24, 2020



**NOTES:** In terms of positive cases from our last bulletin on Apr 17, 2020: the Porcupine Health Unit is up 13, the Thunder Bay Health Unit is up 39 and the Northwestern Health Unit is up 5. Overall testing went up 2,329. The death toll went up to 4 (from 2 last week).

Coronavirus Disease 2019 (COVID-19)

### Take Care of Yourself and Each Other

Physical distancing will help limit the spread of COVID-19, but it may also lead to changes in the ways you connect with others. Physical distancing does not necessarily mean becoming socially isolated. Find new ways to connect with others and practice self-care during this time. For the list of resources that support mental health see [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#).



RESOURCE FOR WOMEN LIVING THROUGH INCREASED VIOLENCE AND ABUSE AT HOME DURING COVID-19 PANDEMIC HERE: <https://unsafeathomeottawa.ca/#about> or by texting: 1-613-704-5535. These features allow women to text or use computer chat for support when they can't use the phone to call a crisis line.

Counsellors are available for a secure online chat and text to provide emotional support, practical advice and referrals. They can:

- Talk about how you're feeling
- Create a safety plan to reduce your risk of harm
- Get you the services you need for support
- Cope with your situation during this period of physical distancing

#### Keep in touch

- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or condo message board.



#### Think of others

- If you are well, connect with people who may find this time especially stressful, such as:
  - Older adults and those with chronic health conditions who are at increased risk of COVID-19
  - People who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
  - People who have mobility challenges or few social supports



#### Talk to your kids

- Empower your kids by teaching them the most effective ways to prevent COVID-19:
  - Washing their hands
  - Coughing or sneezing into their elbows, and
  - Physical distancing
- Children may feel anxious or stressed due to the uncertainty surrounding COVID-19. Reassure them that their feelings are valid.
- Encourage your children to ask questions. Use plain language to explain what's happening.
- Establish a routine that gives your kids structure while they're indoors.



The information in this document is current as of April 2, 2020.

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