

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

Issue 9 - May 22, 2020 - Global Pandemic Day #73

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

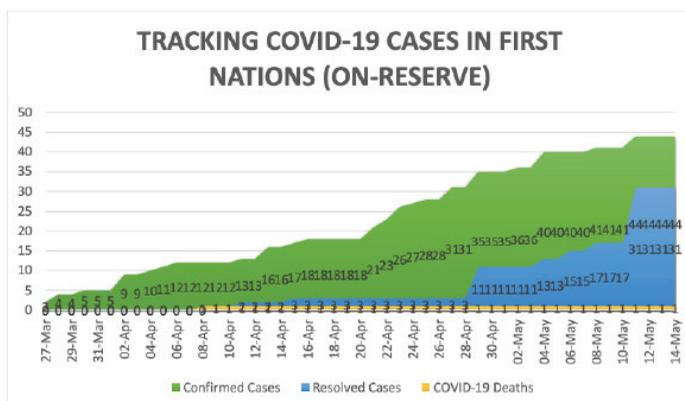
Please note, office closures have been extended to May 29, 2020 (from May 12 previously) as a result of Ontario extending its state of emergency period. This may be extended if necessary. Our staff continue to work from home and our phone lines are still open.

### COVID-19 SPREAD IN MATAWA FIRST NATIONS

Two positive cases in Matawa have been cleared (the first one was cleared in Eabametoong First Nation on April 19 after testing positive on April 5 and the second one was cleared in Long Lake #58 First Nation on May 15 after testing positive on May 1). There are no other positive cases currently.

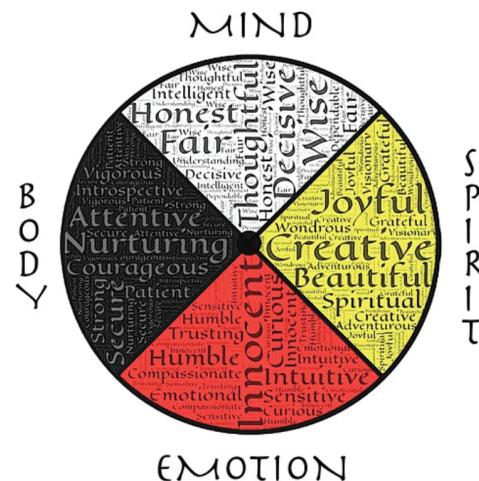
### COVID-19 SPREAD IN FIRST NATIONS IN ONTARIO

This past week the number of confirmed cases in Ontario has plateaued (stayed the same at 44 cases). The Ontario Regional Chief is urging everyone to stay home as much as possible for least another two weeks to see where the rate of infection goes in Ontario as the province begins to open up. They will be tracking the numbers (below is their latest chart).



### CONTACTLESS FOOD HAMPER PICK UP FOR OFF-RESERVE MEMBERS IN THUNDER BAY

On Wednesday, May 27, 2020, food hampers will be available for off-reserve members from the Matawa First Nations from 1:00 - 4:00 pm. They will be available in the Matawa First Nations office parking lot on 233 Court Street South. Members are asked to NOT LEAVE THEIR VEHICLES and that hampers will be delivered to their doors. Valid photo ID is being requested. For more information: please contact the Matawa Health Cooperative Nursing Line at 1-833-625-3611 - delivery is also available (members are encouraged to call the nursing line during business hours of 8:30 am - 4:30 pm).



### TRADITIONAL HEALER SERVICES FOR ALL MATAWA COMMUNITIES

Mental Wellness Services provides a rapid response when Matawa First Nations communities experience crisis. The services and supports includes clinical counselling, cultural supports and care coordination. The Matawa MWT & CS Program serves to meet the needs of individuals, families and communities with a balance of applying clinical and traditional cultural practices. To access these services, contact 1-807-738-0983.

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### COVID-19 TESTING/SITUATION UPDATE

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Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	65	4,199	4,449	185	55	6
Thunder Bay	81	8,088	8,314	145	77	1
Northwestern	21	2,676	3,638	941	16	-
TOTALS FOR HEALTH UNITS IN MATAWA	167	14,963	16,369	1,271	148	7

DATE EXTRACTED - May 22, 2020 - meegwetch to the Matawa Health Co-operative for the compilation of statistics.

NOTES: In terms of positive cases from our last bulletin on May 15, 2020: the Porcupine Health Unit is the same, the Thunder Bay Health Unit is up 2 and the Northwestern Health Unit is up 5. Overall testing went up 1,333 (from 15,036 a week ago). The death toll went up 1 this week.

### CHIEFS OF ONTARIO TIPS ON STAYING HEALTHY

It's important to keep using your tools, in order to stay healthy and keep you loved ones safe:

- Get tested if you're experiencing any COVID-19 symptoms
- Follow community lockdown orders (checkpoints, curfews)
- Stay Home except for essentials (food, medicine)
- 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



### CORONAVIRUS DISEASE (COVID-19) VULNERABLE POPULATIONS AND COVID-19

White diseases can make anyone sick, some Canadians are more at risk of getting an infection and developing severe complications due to their health, social and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from getting or spreading the COVID-19 virus. Start by sharing simple things they can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms and learn ways help care for sick clients recovering from COVID-19.



#### Vulnerable populations may include:

- Anyone who is:
- an older adult
  - at risk due to underlying medical conditions (e.g. heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
  - at risk due to a compromised immune system from a medical condition or treatment (e.g. chemotherapy)
- Anyone who has:
- difficulty reading, speaking, understanding or communicating
  - difficulty accessing medical care or health advice
  - difficulty doing preventive activities, like frequent hand washing and covering coughs and sneezes
  - ongoing specialized medical care or needs specific medical supplies
  - ongoing supervision needs or support for maintaining independence
  - difficulty accessing transportation
  - economic barriers
  - unstable employment or inflexible working conditions
  - social or geographic isolation, like in remote and isolated communities
  - insecure, inadequate, or nonexistent housing conditions

#### How organizations can support vulnerable populations during COVID-19 outbreaks

- Take the time to learn the facts:
- Know more about COVID-19 by visiting [canada.ca/coronavirus](https://canada.ca/coronavirus)
  - Keep up-to-date about the current situation in your community.
  - Contact local, provincial, territorial public health officials to get relevant COVID-19 information, resources and guidance.

#### Take time to get prepared:

- Review your business continuity plan so you and your staff know what to do.
  - Plan ahead for potential disruptions.
  - Identify and plan how to continue providing the most critical services.
  - Partner with organizations that provide similar services to share resources and strategies.
  - Be prepared to answer questions from staff, volunteers, and clients.
  - Consider stockpiling **general supplies and cleaning supplies**.
  - Prepare for shelters and communal space limitations.
- Educate staff about ways to prevent the spread of COVID-19:
- Washing hands often with soap and hot water or use of alcohol based sanitizer.
  - Increasing access to hand hygiene and cough etiquette supplies (e.g., alcohol-based hand rub, soap, paper towels, tissues, waste containers).
  - Cleaning frequently used spaces, surfaces and objects (kitchens, common areas, dining areas, desks, shared sleeping spaces, doorknobs, and faucets).
  - Maintain **physical distancing**, keeping at least 2 metres from other people.
  - Staying home when sick.
  - Avoiding the use of shared personal items.
  - Sharing information about what to do if staff or a client shows **symptoms** of becoming sick.
  - Sharing steps about **how to care for and isolate people living in a crowded facility** (including the use of separate washrooms, if available).
  - Sharing information about **how to care for People with Disabilities**.

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