

COVID-19 BULLETIN

MATAWA FIRST NATIONS

Issue 12 - June 12, 2020 - Global Pandemic Day #94

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/informed, and comply with the details of this evolving situation.

MATAWA OFFICE CLOSURE EXTENSION

Please note, office closures have been extended to June 30, 2020 (from May 29 previously) as a result of a Matawa Board of Directors motion. This may be extended if necessary. Our staff continue to work remotely, with the exception of essential staff and our phone lines are still open.

COVID-19 SPREAD IN MATAWA FIRST NATIONS

The last positive case in a Matawa First Nation to be cleared was on May 1. There are currently no other positive cases.

MATAWA EDUCATION AND CARE CENTRE UPDATE

- Graduation ceremonies will be conducted on June 23rd. We are doing a graduation caravan (conducting mini-graduations at homes of students living in Thunder Bay) and virtual ones for graduates who are back at home.
- We will be working with Ministry of Education during the next month in the development of safety guidelines for students and staff to return to school next year.
- We will also be working with the Ministry of Education in the development of academic strategies and adjustments to ensure students are caught up in their learning due to missed time because of school closures.

MATAWA EDUCATION PASS PROGRAM UPDATE

- Did you know we have a YouTube channel? Look for Matawa Education on YouTube. Our channel lets you listen to past radio shows that were broadcast on Wawatay Radio and watch original videos from PASS staff. The videos will be a mix of content including read alongs, easy cooking, songs, and other fun and educational content. More content is being added periodically.
- Over the next several weeks, the PASS team will be planning for the different fall school scenarios and how they can provide support to Matawa schools in each of those scenarios.

MATAWA HEALTH CO-OPERATIVE COVID-19 ASSISTANCE

The Matawa Health Co-operative is providing COVID-19 assistance through telephone support. Nursing Services are available from Monday - Friday from 8:30 am - 4:30 pm. Their toll-free number is: 1-833-625-3611. Services include:

- Health Information
- Mental Wellness Assistance and Counselling
- Community Support and Guidance
- Questions about Covid-19
- Medication Refills
- Urgent care matters

WIDESPREAD MASKING COULD PREVENT COVID SECOND WAVE: STUDY

(An excerpt from Reuters World News - June 9, 2020)

Population-wide face mask use could push COVID-19 transmission down to controllable levels for national epidemics, and could prevent further waves of the pandemic disease when combined with lockdowns, according to a British study on Wednesday.

The research, led by scientists at the Britain's Cambridge and Greenwich Universities, suggests lockdowns alone will not stop the resurgence of the new SARS-CoV-2 coronavirus, but that even homemade masks can dramatically reduce transmission rates if enough people wear them in public.

"Our analyses support the immediate and universal adoption of face masks by the public," said Richard Stutt, who co-led the study at Cambridge.

He said combining widespread mask use with social distancing and some lockdown measures, could be "an acceptable way of managing the pandemic and re-opening economic activity" before the development of an effective vaccine against COVID-19, the respiratory illness caused by the coronavirus.

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COVID-19 TESTING/SITUATION UPDATE

Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	65	5,577	5,820	178	57	7
Thunder Bay	85	14,128	14,483	270	80	1
Northwestern	27	5,303	6,230	900	22	-
TOTALS FOR HEALTH UNITS IN MATAWA	177	25,008	26,533	1,348	159	8

DATE EXTRACTED - June 12, 2020 - meegwetch to the Matawa Health Co-operative for the compilation of statistics.

NOTES: In terms of positive cases from our last bulletin on June 5, 2020: the Porcupine Health Unit is the same, the Thunder Bay Health Unit is up 2 and the Northwestern Health Unit is up 6. Overall testing went up 2,981 (from 22,027 a week ago). The death toll stayed the same at 8.

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.

