

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

### Issue 13 - June 19, 2020 - Global Pandemic Day #101

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.

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

The last positive case in a Matawa First Nation to be cleared was on May 1. Three (3) positive cases were recently confirmed in Eabametoong First Nation on June 15, 2020. Drive-thru testing is scheduled to take place in Aroland and Constance Lake First Nation the week of June 22.

#### MATAWA EDUCATION AND CARE CENTRE UPDATE

- The MECC is proud to announce we have 7 graduates this year!!!!!! We will be celebrating our graduates on Tuesday, June 23rd with a Graduation Caravan/Mobile Ceremony. We are going to travel to each of their homes and conduct a mini-ceremony in their front yards. We will present their diplomas and gifts on site. We will also be conducting virtual graduation ceremonies with our grads who are in their communities.
- We are in the early stages of planning for next school year as we wait for start up information from the Ministry of Education
- Academic and Mental Wellness supports will continue for our students during the summer

#### MATAWA EDUCATION - PASS UPDATE

- The annual Matawa Education and Bowmanville Rotary Bursary and Awards submissions are due November 6, 2020 by 4:30 pm. Submissions are open to all Matawa students. Please contact Kelly Soulias (ksoulias@matawa.on.ca) for more information
- Check out our YouTube channel for our past radio shows that were broadcast on Wawatay Radio and for original videos from the PASS team. Go to YouTube.ca and search for "Matawa Education". New content is being added periodically.
- The PASS team will be planning for how we can provide supports to Matawa schools, students, educators, and parents no matter what school looks like in our communities in the new school year.

#### WHAT TO KNOW ABOUT PERSONAL PROTECTIVE DEVICE RELATED SKIN ISSUES

- Masks can make pressure marks/sores/acne on face
- Ensure it is proper size/fit

- Recommended to remove masks after wearing every two to four hours for a period of 15 minutes to allow skin to recover
- Ensure good skin health: wash and moisturize skin on face ½ hour before wearing masks
- Do not rub any areas where marks are left- this can cause more skin damage
- Frequent hand washing and hand sanitizer dries out your hands
- Use warm water to wash- hot will dry skin out quicker
- Pat your skin dry- rubbing dries it out more
- Moisturize hands twice daily- once in morning and evening- allow ½ hour to soak in before washing
- Avoid wearing rings, jewellery or watches if frequently hand washing
- Always wear gloves when coming into contact with bodily fluids
- Always wear gloves when coming into contact with cleaning disinfectants or chemicals
- Do not wash or reuse gloves-they break down too quickly
- Some gloves have powder to help with putting on and sweating, you can use corn starch if needed

#### WAYS TO COPE WITH COVID LOSSES

COVID-19 has brought dramatic changes to our lives, including many losses. Here are some ways to cope:

- **Name it.** In naming our feelings as grief, we can begin to understand the underlying emotions it brings and address them. Emotions are not right or wrong. However, we need to recognize that we'll experience such feelings as denial, anger, frustration and sadness, and that we need to feel the depths of our pain in order to work through our grief. Responses to loss and how people experience and express grief vary greatly by individual. It's also important to remember grief is a process, not an event or a race. With support and the willingness to do the difficult work, we can get through it.
- **Validate it.** We need to recognize all feelings and acknowledge them as important without judgement. Suppressing our feelings or feeling guilty for having them doesn't allow us to take steps to resolve them.

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### COVID-19 TESTING/SITUATION UPDATE

Page 2

Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	65	5,811	6,192	316	57	8
Thunder Bay	89	16,141	16,812	582	82	1
Northwestern	27	6,538	8,045	1,480	23	-
TOTALS FOR HEALTH UNITS IN MATAWA	181	28,490	31,049	2,378	162	9

DATE EXTRACTED - June 19, 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 4 and the Northwestern Health Unit is the same. Overall testing went up 4,516 (from 26,533 a week ago). The death toll increased 1 (with death taking place within the Porcupine Health Unit).

### WAYS TO COPE WITH COVID LOSS >> continued from page 1

- **Mourn.** To assist in further understanding the difficult journey of grief, Dr. William Worden developed The Four Tasks of Mourning. Again, these are not linear, and
- **Celebrate the good.** While COVID-19 has brought great uncertainty and loss, we can also find meaning in the good it may have brought into our lives: closer ties, time for reflection, realization of what is important to us and what our priorities are. Spending time writing in a journal and acknowledging the things for which we're grateful can be a simple yet valuable exercise.
- **Routine.** At a time when life feels particularly chaotic, setting a routine is important and ensures we have a mixture of social, physical and educational activities in our day. Routine doesn't mean rigidity, but it can offer a sense of control.
- **Self-care.** Time constraints still exist. Virtual work, study, child and elder care, and even socializing can result in a hectic schedule. Ensure there's still time for self-care (however that may look). Taking a walk, exercising and meditating are all ways we can be kind to ourselves. A sample meditation is available here.
- **Avoid comparing.** It's easy to compare ourselves to individuals who are coping differently with the current situation. Especially when we're already feeling low, it can drain us of our limited energy and can lead to resentment towards others and towards ourselves. Instead, focus on your own strengths and coping strategies. Listing your strengths and issues you have overcome is an effective way of highlighting and celebrating your own ability to cope.
- **Lean on friends/family.** Encouraging students to socialize virtually is important. Free applications like Zoom and FaceTime provide a platform for human connection. For those that have developed "Zoom fatigue," a simple phone call may provide that needed human connection.
- **Seek support.** Now more than ever, it's important to reach out and seek the support of professionals.

