

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

Issue 14 - June 26, 2020 - Global Pandemic Day #108

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.



Your cloth face covering may protect them. Their cloth face covering may protect you.

### 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. A number of road-access communities are easing restrictions as northern Ontario has been moving into Phase 2 of re-opening and are opening up check-points at periodic times. Some remote communities are at the beginning stages of deciding on easing restrictions.

### MESSAGE FROM AWASHISHEWIIIIHIWAYWIIN

- Remember it is your job to keep your children safe, even though the weather has improved social distancing is still important and playground equipment is still closed for public use.
- The provincial government has indicated that this will be the last extension for the state of emergency. This means that evictions will be allowed to be processed once it is lifted. If you are behind in rent please reach out to your property manager or landlord to make payment arrangements. If the eviction goes to tribunal it always looks better to show some attempts at payment even if a small amount.
- If you require support regarding child welfare matters please call our intake worker at (807)620-6233

### MASK TIPS FROM THE CENTRE FOR DISEASE CONTROL (CDC)

It is critical to emphasize that maintaining 6-feet social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.



### BE KIND TO YOUR MIND, TIPS TO KEEP MENTALLY HEALTHY DURING COVID-19

1. PAUSE. Breathe. Reflect.
2. KEEP to a healthy routine.
3. CONNECT with others.
4. BE KIND to yourself and others.
5. REACH OUT for help if you need it.

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### COVID-19 TESTING/SITUATION UPDATE

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Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	67	6,983	7,352	369	57	8
Thunder Bay	90	18,307	18,769	372	84	1
Northwestern	36	7,979	8,858	843	27	-
TOTALS FOR HEALTH UNITS IN MATAWA	193	33,269	34,979	1,584	168	9

DATE EXTRACTED - June 26, 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 up 2, the Thunder Bay Health Unit is up 1 and the Northwestern Health Unit is up 9. Overall testing went up 3,930 (from 31,049 a week ago). The death toll stayed the same.

### COVID-19 AND ALCOHOL & CANNABIS (FROM THE THUNDER BAY HEALTH UNIT)



The COVID-19 pandemic has had a big impact on our daily lives, introducing a new source of stress and anxiety. During these difficult times, it's that much more important to acknowledge how the pandemic is affecting you and to take steps to cope in ways that are healthy, to the best of your ability. Although alcohol, cannabis and other drugs may temporarily help you to relax or de-stress, they may also worsen your mental and physical health and lead to substance use problems over time.

These tips and resources can help you practice moderation. Try not to start using alcohol or cannabis or try not to increase your use. If you do choose to use alcohol or cannabis, you can look after your health by following guidelines on safer use.

Some low risk alcohol guidelines are:

- Know your daily/weekly limits - set limits for yourself, tell others who can support you and stick to them
- Try taking "breaks" or days off
- Drink slowly - have no more than 2 drinks in any 3 hour period
- For every drink of alcohol, have one non-alcoholic drink
- Eat food before and while you are drinking

Some low risk cannabis guidelines are:

- Wash your hands before using
- Avoid sharing joints, pipes, vapes etc. to reduce the spread of COVID-19
- Try to limit smoking or vaping cannabis to once a week, if possible, and only if you feel well

If you are experiencing a mental health or substance-related crisis, call 911 (if possible), the nursing station/clinic or go to your nearest hospital emergency department. If you are feeling overwhelmed and unable to manage your alcohol or cannabis use, ask for help.