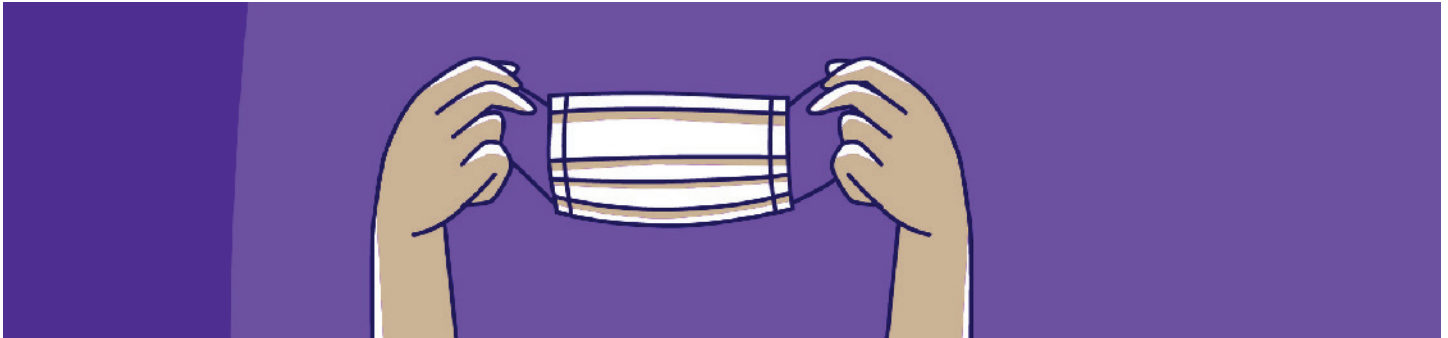


COVID-19 BULLETIN

MATAWA FIRST NATIONS

Issue 16 - July 17, 2020 - Global Pandemic Day #129



MATAWA OFFICES CLOSED

Please note, office closures have been extended to July 31, 2020 (from June 30 previously). This may be extended if necessary. Our staff continue to work remotely, with the exception of essential staff. Our phone lines, including the Matawa Health Co-op Nursing Line (1-833-625-3611) are still open.

COVID-19 SPREAD IN MATAWA FIRST NATIONS

The three (3) positive cases that were confirmed in Eabametoong First Nation on June 15, 2020 have now been cleared. There are currently no new/active cases within Matawa.

MATAWA RADIO SHOW RE-ESTABLISHED

As a result of the Matawa office closure, the bi-weekly Matawa Radio Show needed to be discontinued. We are pleased to announce that we are now prepared to start it back up on a regular basis again. The first show will take place on Tuesday, July 28, 2020 from 4:00 - 4:30 pm EST. CEO David-Paul Achneepineskum will be providing an update at that time. The next shows in August highlighting news from various Matawa Program Managers (and other guests) will take place on August 11 and 25 from 4:00 - 4:30 pm EST. Other show dates have been posted at: www.at:www.matawa.on.ca/services/communications/ - the ways to tune in are:

- www.wawataynews.ca
- 89.9 FM in Sioux Lookout
- 106.7 FM in Timmins
- Bell TV Channel 962

FACE MASKS BECOMING MANDATORY IN INDOOR SPACES

The Porcupine Health Unit (PHU) and the Thunder Bay District Health Unit (TBDHU) both issued orders this week requiring masks in public indoor spaces. The orders take effect on Thursday July 24, 2020. This means that businesses in these health unit areas will require all members of the public and employees who are in an enclosed public space to wear a mask or face covering that covers their mouth, nose and chin without gaping. Face masks, they say, provide an extra layer of protection, on top of other measures like physical distancing and hand washing. See next page for guidance from the Public Health Agency of Canada on how to wear non-medical masks.

ADVICE FROM THE CANADIAN DENTAL ASSOCIATION



Make water your drink of choice and reduce your intake of sugary drinks and sweets. This can help decrease your risk of tooth decay.

REDUCE RISK WHEN YOU GO OUT

- If you must gather with other people, meet outdoors or chose open spaces with good air flow
- Listen for local guidance about going out in public
- Keep a safe distance from others

Source: World Health Organization

COVID-19 BULLETIN

MATAWA FIRST NATIONS

COVID-19 TESTING/SITUATION UPDATE

Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	69	9,887	9,956	-	67	8
Thunder Bay	92	24,747	24,839	-	90	1
Northwestern	42	11,062	11,104	-	41	-
TOTALS FOR HEALTH UNITS IN MATAWA	201	45,696	45,899	-	198	9

DATE EXTRACTED - July 17, 2020 - meegwetch to the Matawa Health Co-operative for the compilation of statistics.

NOTES: In terms of positive cases from our last bulletin on July 10, 2020: the Porcupine Health Unit is up 2 positive cases, and the Thunder Bay Health Unit stayed and Northwestern Health Unit stayed the same. Overall positive cases continue to rise. The overall testing went up 10,920 (from 34,979 last week). The death toll stayed the same.

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

- DO wear a non-medical mask/face covering to protect others.
- DO inspect the mask for tears or holes.
- DO wash your hands or use a alcohol-based hand sanitizer before and after touching the mask/face covering.
- DO ensure your nose and mouth are fully covered.
- DO wash your mask with hot, soapy water and let it dry completely before reusing it again.
- DO discard masks that cannot be washed in a plastic-lined garbage bin after use.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or a disability that make it difficult to put on/take off a mask
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or a disability that make it difficult to put on/take off a mask
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DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

DON'TS

- DON'T reuse masks that are moist, dirty or damaged.
- DON'T touch the mask while wearing it.
- DON'T hang the mask from your outdoor area.
- DON'T leave your used mask within the reach of others.

REMEMBER

wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.

Canada

COVID-19

Coronavirus Disease 2019

WHEN RESTRICTIONS ARE RELAXED AVOID THE 3 C'S!

1 **CLOSE** spaces with poor ventilation

2 **CROWD** places with many people nearby

3 **CLOSE-CONTACT** settings such as close-range conversations

The risk of infection and outbreaks increases when the 3 C's overlap.

PROTECT YOURSELF AND OTHERS

- Wash your hands frequently
- When coughing or sneezing, cover your mouth and nose with the inner crease of your elbow or with a disposable tissue
- Do not touch your mouth, nose and eyes with unclean hands
- Disinfect objects and surfaces that are used by many people
- Keep a distance of at least 1 meter from other people
- Use a face covering according to local recommendations

Stay cautious. Together we can prevent new cases and outbreaks of COVID-19.

PAHO **BE AWARE. PREPARE. ACT.**
www.paho.org/en/covid19