

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

Issue 1 - April 2, 2020

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 OFFICES CLOSED

The Matawa Board of Directors have now extended office closures up to April 17, 2020. Our staff will continue to work from home and our phone lines are still open.

### MATAWA FIRST NATIONS COVID-19 RESPONSE STATUS

The following First Nations are under precautionary measures/emergency orders: Ginoogaming, Webequie, Nibinamik. The following First Nations are under planned lockdowns: Aroland (Apr 3), Constance Lake (Phase 2 on Apr 6), and Marten Falls (tbd). The following First Nations are under lockdown: Neskantaga (effective Mar 30), Long Lake #58 (effective Apr 1) Eabametoong (effective April 1).

### EDUCATION

For the Matawa Education and Care Centre: E-Learning courses being developed (students will receive courses by fax, paper copy or online, depending on broadband connectivity), 2 Teacher Teams will be assigned to a group of students, Mental Wellness division continuing daily check with students. For the Matawa Education Authority: they are coordinating an Education Directors conference call on Thurs. Apr 2, 2020.

### HEALTH

It is suggested that you disinfect food containers before opening to feed your family (ie. cans, boxes, etc.). Matawa Health Co-operative services include: nurses and mental wellness counsellors available by phone 807-344-4575 ext 2369. Matawa Health & Social Meno Biimadeswin services include: crisis response available; remote referrals for crisis counselling and traditional supports available by calling 807-631-1956. TOLL FREE CRISIS LINE COMING SOON.

### CHILD WELFARE - AWASHISHEWIIIIHIWAYWIIN (SOCIAL SERVICES FRAMEWORK)

Child welfare agencies are still working during this time, they are still doing investigations and open files will continue to be monitored. As a parent it is your responsibility to make sure your children stay home and are following physical distancing guidelines. This means:

- no visiting other family members outside your home;
- following your community procedures (i.e. curfews, etc.);
- children should not be visiting community stores;
- all playgrounds in Ontario are closed and should not be visited

Failure to practice physical distancing could be deemed as a failure to protect your children in the eyes of child welfare

### WASTEWATER

A notice was provided on March 20 to NOT FLUSH paper towels, rags, socks, baby wipes, etc. in toilets as this is clogging the pumps. Please do your part and watch what you flush.

### ONTARIO DIRECTIVES ON BURIALS

The Bereavement Authority of Ontario has issued the following directive: maximum number of people who can attend a funeral or visitation in one room at one time is 10 (effective March 28, 2020)

### OFF-RESERVE MATAWA MEMBERS

Do you have questions about services available to Matawa members living in cities and towns?

We can help you find answers, whether you are asking about COVID-19 screening, where you can access mental health services near you or, where you can get help to feed your family. We are familiar with the resources related to urban planning and vulnerable populations set up during this time.



CONTACT:

1-807-344-4575

1-800-463-2249 TOLL-FREE

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

### COVID-19 TESTING/SITUATION UPDATE: APRIL 2, 2020

Health Unit	Postive	Negative	Pending
Porcupine	21	281	26
Thunder Bay	9	-	-
Northwestern (Sioux Lookout)	1	32	26
<b>TOTALS IN MATAWA</b>	<b>31</b>	<b>-</b>	<b>-</b>

\*\* Currently, it takes up to 48 hours for tests to arrive in Toronto (Monday through Friday) and tests are taking five (5) to seven (7) days to process.

#### SOURCES:

Porcupine Health Unit Bulletin

Thunder Bay Regional Health Sciences Centre (COVID-19 Daily Situation Report)

Northwestern Ontario Health Unit

### WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:

- Avoiding non-essential trips in the community
- Cancelling group gatherings
- Working from home, where possible
- Conducting meetings virtually
- Keeping kids away from group settings
- No visits to long-term care homes and other care settings

### KEEPING SAFE DURING COVID-19

1. Stick to a routine. Go to bed and wake up at reasonable time. Try using the schedule before the pandemic but add self-care and learning and working from home.
2. Dress up like you have somewhere to go. Get showered and dress in comfortable clothes.
3. Get out for some air at least once a day. Take a walk while maintaining distance with others.
4. Find some time in the day to move, at least 30 minutes daily. Remember to start slow and work your way to get fit. There are some free YouTube videos you can follow or just turn up the music and have a dance party with your family.
5. Connect with your family and friends using FaceTime, video calls, phone calls and texts. Remember to reach out to those who do not have social media. It can get lonely for them too.