

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

### Issue 2 - April 6, 2020 - Global Pandemic Day #27

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 FIRST NATIONS COVID-19 RESPONSE STATUS

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

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

Eabametoong First Nation confirmed its first case on April 5. The community is requesting a Canadian Forces field hospital because of the lack of comprehensive and coordinated response by both governments. For this case, contact tracing is being conducted.

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

There have been 11 confirmed cases in First Nations in Ontario (including Eabametoong FN). Six Nations of the Grand River has 9 confirmed cases. Others are being confirmed in the Chippewas of Kettle and Stony Point First Nation and Akwesasne.

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

Making your essentials last is important right now and for those who are thinking of toilet training, now is a good time to start. Here are some tips:

- letting the little ones run around the house in big kid pants during the day, saves on diapers
- Diapers can be used at night so they can be stretched a little farther for the month
- For babies a good airing out is always good when they are having tummy time (just remember to keep a towel under them just in case)

#### LONG-TERM FOOD SECURITY

Four Rivers is considering longer term food security issues associated with closures and possible impacts to supply chain. At this time we are strongly recommending that communities integrate resources to support hunting/food gathering activities into planning as well as acquisition of equipment that would aid with food storage (ie freezers). Four Rivers is researching options for shortening food supply lines and will be working on pulling together an options report relating to longer term strategies.

#### WHAT IS CONTACT TRACING?

According to the World Health Organization, contact tracing is closely watching these contacts after exposure to an infected person will help the contacts to get care and treatment, and will prevent further transmission of the virus. It is broken down into 3 basic steps:

1. **Contact identification:** contacts are identified by asking about the person's activities and the activities and roles of the people around them since onset of illness. Contacts can be anyone who has been in contact with an infected person: family members, work colleagues, friends, or health care providers.
2. **Contact listing:** All persons considered to have contact with the infected person should be listed as contacts. Efforts should be made to identify every listed contact and to inform them of their contact status, what it means, the actions that will follow, and the importance of receiving early care if they develop symptoms. Contacts should also be provided with information about prevention of the disease. In some cases, quarantine or isolation is required for high risk contacts, either at home, or in hospital.
3. **Contact follow-up:** Regular follow-up should be conducted with all contacts to monitor for symptoms and test for signs of infection.

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

Page 2

### COVID-19 TESTING/SITUATION UPDATE






Health Unit	Postive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	30	360	453	63	6	2
Thunder Bay	13	434	526	-	3	-
Northwestern	7	283	-	136	-	-
TOTALS FOR HEALTH UNITS IN MATAWA	50	1,077	979	199	9	2

DATE EXTRACTED - 12:00 PM April 6, 2020

#### NOTES:

One of the victims from the Porcupine Health Unit was a female member of Constance Lake First Nation in her early 50s. She was an off-reserve member living in Cochrane and had not been to Constance Lake First Nation. We extend our sincerest condolences to her family and the community.

**REMEMBER: STAY HOME, PHYSICAL DISTANCE, AND, DESIGNATE ONLY 1 PERSON TO GO AND GET/RECEIVE GROCERIES**

MEASURES IN ACTION			Canada Emergency Response Benefit	GST Credit Top-Up	Canada Child Benefit (CCB) Boost	CMHC Mortgage Payment Flexibility	Student Loan Savings	25% RRIF Withdrawal Reduction
			Apply Online	Automatic	Automatic	Apply with Lender	Automatic	Automatic
	Low Income Family of 4	Lay offs affect both non-EI eligible parents, student loans	Flat rate of <b>\$4,000</b> monthly for up to 16 weeks	One-time top-up payment of <b>\$886</b>	CCB May payment will be boosted by <b>\$600</b>		Eligible	
	Middle Income Family of 4	One parent on child care leave, paying for new home	Flat rate of <b>\$2,000</b> monthly for up to 16 weeks		CCB May payment will be boosted by <b>\$600</b>	Eligible		
	Low Income Single Parent, Renter	Self-employed, non-EI eligible	Flat rate of <b>\$2000</b> monthly for up to 16 weeks	One-time top-up payment of <b>\$773</b>	CCB May payment will be boosted by <b>\$300</b>			
	Young Grad	Sick, quarantined, paying off student debt	Flat rate of <b>\$2000</b> monthly for up to 16 weeks				Eligible	
	Retired couple	Living on \$55,000 in pension and savings income		One-time payment of <b>\$300</b>				Eligible
CANADA.CA/ECONOMIC-RESPONSE-PLAN			Canada					

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

Page 3

### COVID-19 SMOKING AND VAPING: WHAT'S THE RISK?

(Excerpted from the BC First Nations Health Authority article - March 31, 2020)

People who smoke, especially those who have respiratory, cardiovascular or other conditions caused by smoking, seem to be at higher risk of developing severe symptoms of COVID-19 infection, requiring ICU admission, and/or requiring mechanical ventilation. As smoking adversely affects the immune system, it decreases the body's natural ability to heal from infections and increases the risk of lower respiratory tract infection, including COVID-19.

Good respiratory and cardiovascular health is essential for COVID-19 patients to positively respond to medical treatment and successfully recover from the disease. Quitting or reducing smoking and vaping is the best thing you can do to protect your respiratory and cardiovascular health at this time. Ensure there are smoke- and vapour-free spaces in the community, thus reducing second-hand smoke/vapour exposure. Do not smoke or vape around Elders, those with chronic illness, or those who are immunosuppressed (this includes pregnant women); these groups are at the highest risk of having poor outcomes related to COVID-19 infection. Do not share your smoke or vape with anyone. Doing so can transfer the virus to others. Remember physical distancing. Stay at least two metres (six feet) apart if smoking or vaping in a group. We know it isn't easy to quit; these are stressful times, and stress causes us to want to smoke or vape even more. But please understand that it's important to try to quit or at least reduce at this time. Also remember:

- Be kind to yourself
- Drink water or medicinal teas
- Ask Creator for strength
- Do traditional crafts or activities at home



### EMERGENCY CONTACT LISTING

#### PANDEMIC COMMITTEE COMMAND TEAM

#### Health & Social Meno Biimadeswin

Francine Pellerin | Crisis Support  
807-620-4470 | 807-628-3880

#### Awashishewiigihiwaywiin Social Services

Robin Haliuk  
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#### Technical Services

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Mo Douglas | Wes Bova  
Fire Marshal | Manager Tech Services  
Cell: 807-626-2318 | Cell: 807-621-7265

#### Program Managers

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