

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

### Issue 11 - June 5, 2020 - Global Pandemic Day #87

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.

#### MATAWA OFFICE CLOSURE EXTENSION

Please note, office closures have been extended to June 30, 2020 (from May 29 previously) as a result of a Matawa Board of Directors motion. This may be extended if necessary. Our staff continue to work remotely, with the exception of essential staff and our phone lines are still open.

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

The last positive case in a Matawa First Nation to be cleared was on May 1. There are currently no other positive cases.

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

As of June 4, Chiefs of Ontario reported a total of 51 cases on-reserve (which is up from 50 last week). They report 2 deaths on-reserve and 2 deaths off-reserve; 47 resolved (on-reserve); 6549 tests conducted since Jan 15 and 948 tests done between May 26 - June 1.

#### TEENS AND COVID-19

*(An excerpt from the Government of Canada Website. Some has been adapted with permission from Ottawa Public Health and School Mental Health Ontario)*

Youth and students play an important role in helping to slow the spread of COVID-19 by following public health measures. Here are some do's and don'ts to ensure your safety and that of your family and friends:

##### Do:

- use technology to keep in touch with family and friends, such as using social media, sending an email or text, or having a phone call or video chat
- spend time with the people you live with
- stay 2 metres away from others when you go outside for a walk, jog or bike ride
- read a book or write in a journal
- catch up on TV shows, movies or video game
- cook a meal for the people you live with
- try something new, like yoga, crafting or baking

##### Don't

- hang out with your friends in person
- have sleep-overs
- take a drive with friends or anyone who doesn't live in your household
- share food, drinks, makeup, cigarettes or vape devices

For some of you, this can be a difficult time for many reasons. School has been interrupted. You aren't able to connect with your friends in the same way. Many activities and important events have been cancelled. It's okay not to be okay, especially when the world has been turned upside down. But it's important to remember that this situation won't last forever.

You're not alone. You may feel overwhelmed, confused, scared or angry during this time. Take care of your mental and physical health during this time by:

- taking breaks from social media and the news
- practising healthy habits and a regular routine
- eat well and be active
- get enough sleep
- minimize screen time
- focusing on the good things and looking for positives in each day
- spending time doing things you enjoy, starting a hobby or learning a new skill
- staying connected virtually with your friends and extended family

It's important to take care of your mental and physical health during the COVID-19 pandemic. Ask for help if you need it. If you can, talk to a trusted adult. If you need someone else to talk to in confidence, reach out to a youth organization, such as:

- Kids Help Phone at: 1-800-668-6868
- Hope for Wellness Helpline at: 1-855-242-3310
- LGBTTQQ2SI Youth Line by texting: 1-647-694-4275

If you're experiencing violence or abuse at home, you should seek help at a time and place that's safe for you. The phone numbers above are a place to start.

# COVID-19 BULLETIN

## MATAWA FIRST NATIONS

### COVID-19 TESTING/SITUATION UPDATE

Page 2

Health Unit	Positive	Negative	Tests	Pending	Resolved	Deaths
Porcupine	65	5,069	5,417	283	57	7
Thunder Bay	83	10,610	11,752	1,059	79	1
Northwestern	21	4,346	4,858	490	21	-
TOTALS FOR HEALTH UNITS IN MATAWA	167	20,025	22,027	1,832	157	8

DATE EXTRACTED - June 5, 2020 - meegwetch to the Matawa Health Co-operative for the compilation of statistics.

NOTES: In terms of positive cases from our last bulletin on May 29, 2020: the Porcupine Health Unit is the same, the Thunder Bay Health Unit is up 2 and the Northwestern Health Unit is up 1. Overall testing went up 3,580 (from 18,447 a week ago). The death toll stayed the same at 8.

### FIRST NATIONS COVID-19 TESTING IN ONTARIO: WEEKLY REPORT 7 (CHIEFS OF ONTARIO)

Each week, the Chiefs of Ontario Health Secretariat presents First Nations testing data to First Nation Leadership on their weekly Thursday calls. It is an opportunity to look at rates in Ontario First Nations compared to Ontario as a whole. The following is their report for this week including the following key messages:

- The rate of positives in First Nations is less than the rate in Ontario: 1.8% and 1.6% of people living within and outside communities, respectively, compared to 4.7% in Ontario as a whole
- There were no new cases among people living in First Nation communities
- The cumulative rate of positives remains low (and much lower than Ontario) for a fifth consecutive week, even with increasing testing

#### Coronavirus Disease (COVID-19) Testing in Registered First Nations People in Ontario\*\*

##### WEEKLY UPDATE

Wednesday June 3, 2020 (covering tests completed May 26 to June 1)

<b>N=948</b>	
Number newly tested for COVID-19 and % of people in the group who were tested	
297 (0.6%) in a First Nations community***	651 (0.7%) outside of a First Nations community
<b>N=*1-5</b>	
Number newly tested positive for COVID-19 and % of people in the group were positive	
0 (0.0%) in a First Nations community***	*1-5 outside of a First Nations community
<b>NUMBERS TO DATE (covering tests completed January 15 to June 1)</b>	
<b>N=6,549</b>	
Number tested TO DATE for COVID-19 and % of people in the group who were tested	
2,169 (4.1%) in a First Nations community***	4,380 (4.5%) outside of a First Nations community
<b>N=111</b>	
Number positive for COVID-19 and % of people tested in the group who were positive	
40 (1.8%) in a First Nations community***	71 (1.6%) outside of a First Nations community