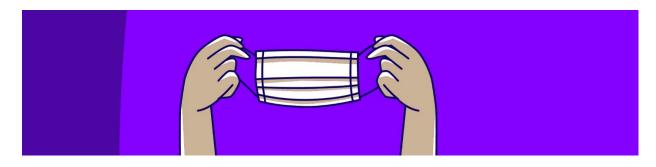
MATAWA FIRST NATIONS

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

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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

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 FIRST NATIONS

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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 high-lighting 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.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

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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.

MATAWA FIRST NATIONS

ADVICE FROM THE CANADIAN DENTAL ASSOCIATION

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

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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

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MATAWA FIRST NATIONS

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

DO'S



DO wear a non-medical mask or face covering to protect others.



DO ensure the mask is made of at least two layers of tightly woven fabric.



DO inspect the mask for tears or holes.



DO ensure the mask or face covering is clean and dry.



DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.



DO use the ear loops or ties to put on and remove the mask.



DO ensure your nose and mouth are fully covered.



DO replace and launder your mask whenever it becomes damp or dirty.



DO wash your mask with hot, soapy water and let it dry completely before wearing it again.

DO discard masks that cannot be washed in a plastic-lined garbage bin after use.



DO store reusable masks in a clean paper bag until you wear it again.

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 disabilities that make it difficult to put on or 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.

DON'TS



DON'T reuse masks that are moist, dirty or damaged.



DON'T wear a loose mask



DON'T touch the mask while wearing it.



DON'T remove the mask to talk to someone.



DON'T hang the mask from your neck or ears.



DON'T share your mask.



DON'T leave your used mask within the reach of others.

are sick.



non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash

REMEMBER, wearing a



of others.

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