



March 18, 2020

A PLACE OF VISIONS AND DREAMS

Important Notice to Whitefish River First Nation Members in Self-Isolation

Please be advised if you are under self-isolation due to recent travel to high risk pandemic areas or you have been in contact with an individual with COVID-19, **you're strongly advised to self-isolate for at least 14 days!** This means, no leaving your home under any circumstances (unless you're seeking medical attention).

Upon return to the Community:

- **Self-isolate** for 14 days after your return from travel outside of Canada. Some provinces and territories may have specific recommendations for certain groups such as health care workers.
- Monitor your health for **fever, cough or difficulty breathing**.
- Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.

If you require supplies (food or medical) and you don't have family members to rely on, please call Art Jacko at 705-863-3027.

Monitor your health:

If you develop a **fever, cough or difficulty breathing** within 14 days:

- Continue to isolate yourself from others
- Immediately call Angela Shawanda at 705-863-0206 and:
 - describe your symptoms and travel history
 - follow her instructions carefully

If you do not have symptoms but believe you were exposed to someone who was sick with COVID-19, report this information to Art Jacko as soon as possible on arrival back to the community. **This is required under the Quarantine Act (under the Government of Canada website)**. Art (with medical guidance) will provide instructions for you to follow, including when and how the self-isolation will end (pending medical clearance from the Community Health Nurse).

- If you are sick after you return to the community or if you were sick while you were away, call Angela Shawanda at 705-863-0206 and tell her the areas you visited. Describe your symptoms to Angela before you make the appointment.

Sincerely,

Chief Franklin Paibomsai

c.c. WRFN Council

WHITEFISH RIVER FIRST NATION

17A Rainbow Ridge Road, PO Box 188, Birch Island, Ontario P0P 1A0
TEL (705) 285-4335 FAX (705) 285-4532 www.whitefishriver.ca