



THE REZOUND

COVID-19 Global Pandemic

What it means in Whitefish River First Nation

FACTS TO DATE:

Coronaviruses are a large family of viruses that originate in animals but are known to cause respiratory illness in humans, such as (SARS) Severe Acute Respiratory Syndrome. In January 2020, a novel (new) coronavirus (COVID-19) was identified as the cause of an outbreak of pneumonia originating in Wuhan, China (Public Health Ontario). On March 11, 2020, the World Health Organization declared the COVID-19 outbreak a global pandemic. On March 17, 2020, Ontario declared a state of emergency in effect until March 31, 2020. On March 18, 2020, the Federal Government announced \$305 million to aid Indigenous communities in their response to COVID-19 with further details to follow.

Please be assured that any decision or directive which we take is with the health and safety of our elders, families and neighbours as the guiding principle, and we do not take any of these decisions lightly. The rapidly changing public health situation is unpredictable and measures to protect communities are becoming increasingly necessary. Decisions will become more difficult and measures may become more drastic in the days to come and it is necessary that our community be prepared. These days are unprecedented and we will require the full support and cooperation of all individuals, to ensure the safety of everyone.



Please take the time to review this bulletin and follow and implement all of the recommended measures. Keep in mind, we want to ensure the health and safety of everyone of our community members during this health crisis.

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“A Place of Visions and Dreams”

March 19, 2020

Whitefish River Health Team Update

It is important that we continue to work together to keep our community members informed, the staff at the Health Centre are sharing this update with you regarding the measures the health centre is taking to support our community.

The following measures have been put in place at the Health Centre:

- Physician and Nurse Practitioner visits must be scheduled appointments.
- A screening protocol is being placed for all scheduled appointments.
- Health Centre is on lockdown, and there is a video to voice entry to the clinic.
- Community members are not to collect at the Health Centre and only attend the clinic for scheduled health care appointment.

As new developments arrive on a constant basis, we are also providing the community with a list of credible resources, please visit the following health care links below with regards to Coronavirus-19:

- Information websites related to COVID-19:
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
<https://www.ontario.ca/page/2019-novel-coronavirus>
- FAQ regarding COVID-19:
<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- Diabetes and COVID-19:
<https://www.diabetes.ca/resources/tools---resources/faq-about-covid-19-and-diabetes>

At this time, we want to reassure you that we are working our best prepare to meet community needs, and we are developing a communication system to answer phone calls to ensure requests for services are met to our ability.

Again, we thank you for your time and patience,

Angela Shawanda, Health Manager, and
Talon McGregor, Community Nurse

Whitefish River First Nation Health Centre (705) 285-4354

MEMO

TO: All Community Members

FROM: Art Jacko, Band Manager

Date: March 18, 2020

During this time of uncertainty with regards to COVID-19 progression, we want to assure the community of Whitefish River First Nation that we are making educated and informed decisions with regards to your health and safety. However, it is essential that community members carefully adhere to recommended protocols and measures as we are all in this together and we all share the same goal; to protect the health of our family and friends.

First, we reassure you that health care services are still going to be provided for primary care **by appointment only**. Visiting professionals will service the community within their capacity. Appointments must be booked for primary care services for physician and nurse practitioner. Other ongoing services to the community include Home and Community Care and Mental Health Counseling. If you wish to attend services at the Health Centre, please schedule an appointment to do so and ensure adequate time for screening. It is mandatory that all individuals be screened prior to their appointment and if this protocol is not followed, please be advised that the appointment will be cancelled. Please do not come to the Health Centre if you do not have a scheduled appointment. However, if you do not have an appointment and are unwell and have any symptoms of fever, dry cough or difficulty breathing, primary care staff at the Health Centre will verbally assess you to determine your level of care required.

If you require additional information on these services, please contact Angela Shawanda, Health Manager or Talon McGregor, Registered Practical Nurse at the Health Centre at (705) 285-4354. However, please be advised that they are only required to provide **health promotion and health prevention**.

Second, the Whitefish River Health Centre has implemented a security system that includes video and voice entry. This lockdown procedure is to ensure that all individuals are screened prior to appointments and to ensure the protection of our Frontline Primary Care providers as they are able to prepare with full personal protective equipment.

At the Health Centre, we ask for everyone to be courteous, responsible and practice social distancing. We strongly discourage collecting or gathering of any kind within the building. Again, it is essential that community members carefully adhere to recommended protocols and measures as we want to ensure the health of our frontline workers, family and friends. We want to remain positive and provide the best health care practices and services as much as possible.

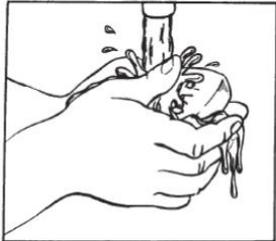
If you are concerned that you may have developed COVID-19 symptoms (fever, dry cough, and shortness of breath), you may also contact:

- Public Health Sudbury & District at (705) 522-9200 or toll-free 1-866-522-9200.
- If you are feeling unwell, ill or in severe respiratory distress, **call 911**.

When contacting the Health Centre, please be prepared to provide a reason for your call. Due to the increased influx, it is necessary to take calls in a priority sequence. We do realize each call is important and thank you for your patience.

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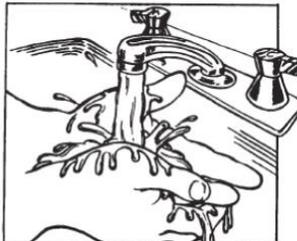
PROPER HANDWASHING



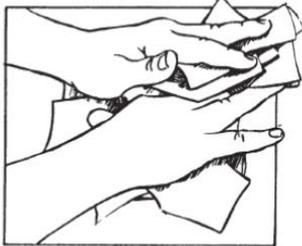
1. Wet hands with soap and warm water.



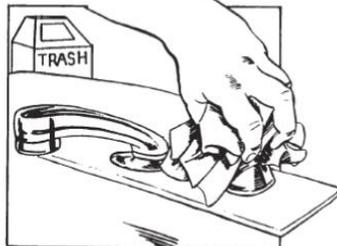
2. Rub hands for 20 seconds. Get under fingernails and between fingers.



3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.

ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
 - ▶ close personal contact, such as touching or shaking hands
 - ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands
- These viruses are not known to spread through ventilation systems or through water.

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- ▶ stay home to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local public health authority
 - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

PREVENTION

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands
- ▶ avoid close contact with people who are sick
- ▶ when coughing or sneezing:
 - cover your mouth and nose with your arm or tissues to reduce the spread of germs
 - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.
- ▶ stay home if you are sick to avoid spreading illness to others

FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca

CORONAVIRUS COVID-19

Social Distancing

AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Just some of those who are vulnerable that these measures could help:

Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.



Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

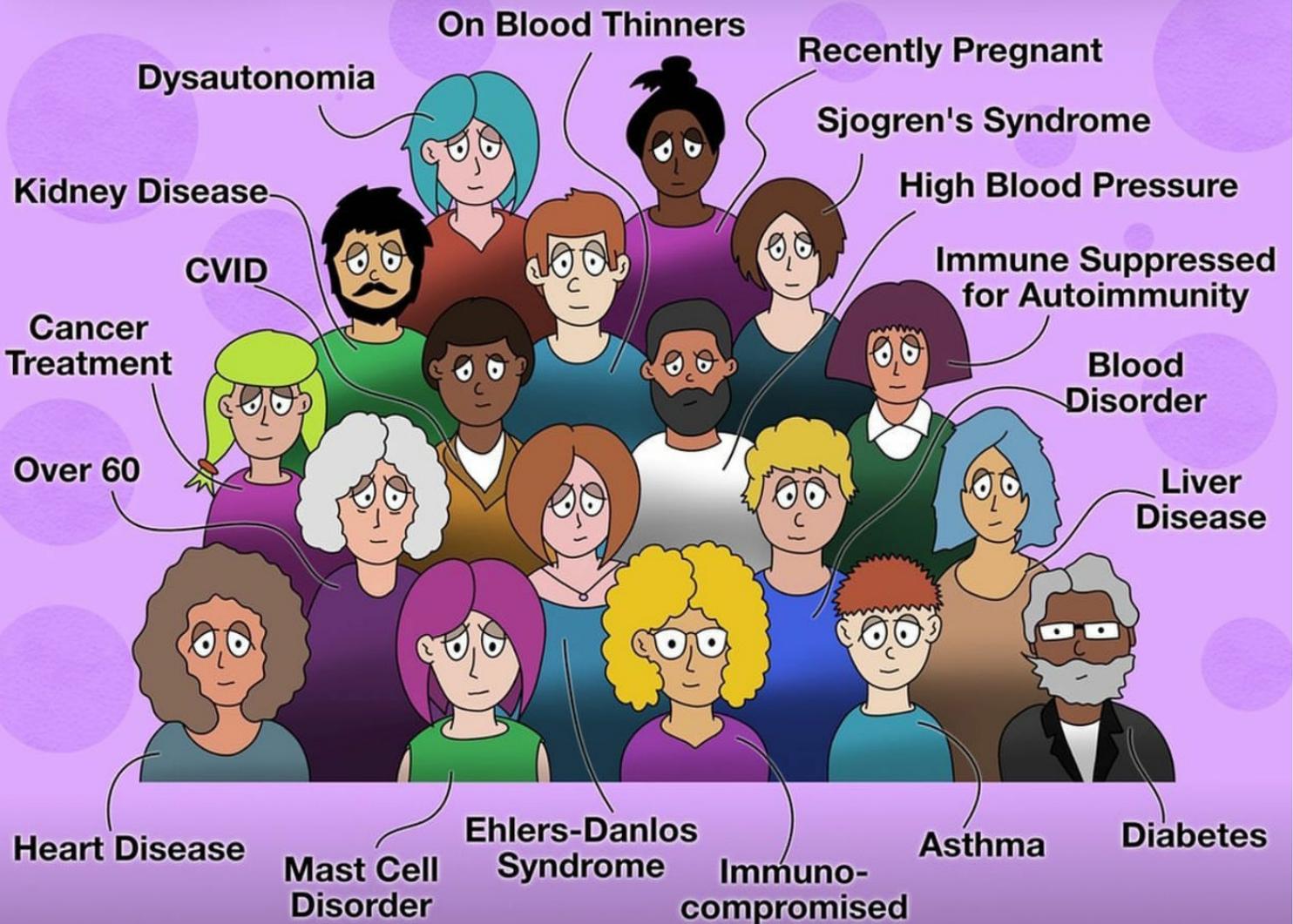
Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Some of THE VULNERABLE



Thank you for protecting us
through **social distancing!**

EDUCATIONAL RESOURCES DURING SCHOOL CLOSURES DUE TO CORONAVIRUS (COVID-19) PANDEMIC

Our local school and Ontario public schools currently have a scheduled return date of Monday, April 6, 2020. However, we are asking all parents and guardians to please be prepared for this date to change as public health and safety concerns are the priority during the COVID-19 Pandemic. We ask for your patience and understanding during this time as this is not just a local situation, schools are closed worldwide in response to COVID-19. While we do not currently know what this may mean for students or their academic years, there are still ways to be proactive in ensuring our students are ready for their return to school and do not lose the academic skills which they have received to date.

It is recommended that students and families maintain a routine for the duration of the school closure. In addition to keeping to a healthy nighttime sleep schedule, learning should also be a part of the daily routine. What could that look like in your home? One of the simplest ways is to either read to your children or ensure that they are reading on a daily basis. Many games promote math strategies; card games such as cribbage or dice games such as Yahtzee. In addition, while social distancing is vital right now, the community of Whitefish River First Nation has the geography to engage in land-based learning. Taking a walk through the woods and exploring what nature has to offer will not only be a breath of fresh air, but it will also promote mental health and prompt questions and engage children.

Further, in response to the new learning challenges, many educational apps or websites are updating their resources or making them free to access. Please review the list provided.

In order to support the at-home learning of our students, Whitefish River First Nation and Shawanosowe School are prepared to provide iPads or Chromebooks to those students who do not have devices at home to access on-line learning. However, it is still important that screen-time be limited and monitored and not utilized as the only educational tool.

While the current environment and social distancing is providing challenges in education from primary to post-secondary, there are small measures which we can all take within the home to lessen its impact.

Should you have any questions or require any further information on available resources or devices, please feel free to contact Tiffany Gagan at tgagan@shawanosowe.ca or 705-862-2508

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Free Resources to use online:

A detailed list of free websites to use for at home learning can be found at:

<https://kidsactivitiesblog.com/>

Scholastic learn at home:

<https://classroommagazines.scholastic.com/support/learnathome.html>

Shawanosowe School frequently used apps:

Student learning:

Literacy: kidsa-z.com, getepic.com

Math: prodigygame.com, mpower.tv.org, iknowit.com

Movement and mindfulness: gonoodle.com

Teacher-Student communication:

classroom.google.com

app.seesaw.me



A PLACE OF VISIONS AND DREAMS

March 18, 2020

WHITEFISH RIVER FIRST NATION COMMUNITY NOTICE **Community On-Going Services**

Whitefish River First Nation wants to assure the community members who may be experiencing difficult situations during this time that services and supports are available.

We also want to advise the following:

1. Garbage/Water delivery are on schedule.
2. The landfill is now operating on a daily schedule of 8:30 am – 4:30 pm.
3. Post Office reduced hours of 10:00 am – 1:00 pm, Monday to Friday.
4. Health Centre and Administration office open 8:30 am – 12:00 pm and 1:00 pm to 4:30 pm, Monday to Friday.
5. Housing/rent/water/garbage monthly payments are postponed until further notice.
6. WRFN main line is being set up to call forward to designated cell phones to maintain communication with the community. This will be effective March 19th, 2020.

We are stressing that each one of us can make a contribution to the well- being of our community. Actually, without your contributions, we will struggle!

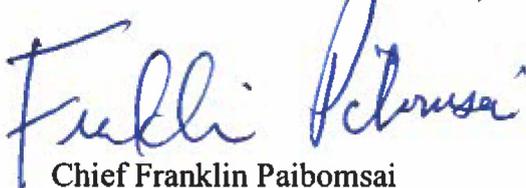
We are wisely promoting:

- Wash your hands properly and often.
- Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- Put used tissues into a bin and wash your hands.
- Keep hands away from face (nose, mouth, eyes).
- Clean and disinfect frequently touched objects and surfaces.
- Try to avoid close contact with people who are unwell.
- Please avoid large social gatherings.
- This advice is sensible and important.

If you require services/supports, or have questions or concerns, we are asking community members to please contact Art Jacko, Band Manager by one of the following ways:

Administration Office: 705-285-4335
Business Cell: 705-863-3027
Email: ajacko@whitefishriver.ca

On behalf of Chief and Council,


Chief Franklin Paibomsai

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

Message from Chief Shining Turtle

It is with a heavy heart that I bring this message of hope, strength and unity to the community of Whitefish River. I know that in the coming weeks and months, decisions will be more difficult and the measures which we take for the safety of all will not be easy on our membership. It will bring challenges to individuals, families and households and at times, it may seem like we are asking too much. However, I am hopeful that our community will exercise caution and compassion as we face this situation together. Our ancestors overcame many challenges and our generation must act now with strength and unity to ensure that our elders, loved ones and neighbours are safe and well.

We now have to understand that COVID-19 will not be going away on its own and that it's impacts on our community and families will depend upon what we each do as individuals and the measures we take to educate and protect ourselves. Let me stress that the actions of each one of us will make a contribution to the well-being of our community, either positively or negatively.

In hopes of protecting our community, we are strongly advising our membership to;

- Practice social distancing;
 - Stay home and eliminate any unnecessary travel.
 - Avoid public spaces and any gatherings.
 - Avoid contact with others if you or someone you know is unwell.
- Practice safe hygiene;
 - Frequent and proper handwashing techniques.
 - Safely covering sneezes or coughs.
 - Proper disposal of used tissues.
 - Avoid touching your face (eyes, nose, mouth).
 - Clean and disinfect frequently touched objects and surfaces within your home or vehicle.
- Respect the SELF-ISOLATION/VULNERABLE PERSONS signage placed in household windows or doors.
- Comply with the Essential Services Protocol of Whitefish River Health and Administration.

Please kindly encourage friends and neighbours to exercise the above-noted measures. The impact which COVID-19 has on our community quite literally rests in your hands.

In addition to the actions and directives taken by Chief, Council and Administration to date in response to COVID-19, please also be advised of the following;

1. WRFN will not be collecting housing rentals or utility payments for a 3-month period beginning April 1, 2020.
2. WRFN has established a secure, inventoried food bank with an adhoc delivery system.
3. WRFN has prepared and delivered emergency food hampers to those identified.
4. WRFN has identified and provided signage to the community's vulnerable population and those requiring self-isolation.
5. WRFN has established support measures to local post-secondary school students.
6. WRFN and Shawanosowe School will provide Chrome books and Ipads for students to support at-home learning.

7. WRFN will provide First Aid Kit for each home in the community, when needed.

If you have any questions regarding the above, please contact the Administration Office by telephone at 705-285-4335 and one of our Front Line Workers will do their best to assist you.

In closing, I would like to remind everyone that social distancing does not mean social isolation. We are a small community of families, friends and neighbours. I encourage everyone to maintain social connections by calling, texting, emailing or Facetiming. The ability to use technology as a communication tool is more vital than ever and that quick call to ask, "How are you doing?" or "How can I help?" will go a long way in helping us all to face the challenges ahead. We will require everyone's kindness, compassion, cooperation and understanding in the days, weeks and months to come.

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