

Frequently asked Covid-19 Questions



Q: How long does it take for someone to show symptoms of COVID-19?

A: An individual can develop symptoms 2 - 14 days after being exposed to the virus.

Q: What are the symptoms of COVID-19?

A: Some of the symptoms these active cases have/are experiencing are congestion, feeling "off", feeling more tired than normal, or having the sniffles. Regardless of your vaccination status, if you are experiencing ANY symptoms, please stay home. Other symptoms are:

- Fever and/or chills (temperature of 37.8° Celsius/100° Fahrenheit)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of taste or smell
- Nausea, vomiting and/or diarrhea
- Fatigue
- Muscle aches and pain
- Sore throat
- Abdominal pain
- Headache
- Decreased or lack of appetite

Q: What does community widespread mean?

A: Community widespread of COVID-19 means that it is in the community and spreading quickly, making it more difficult to track where it originated from. This is why contact tracing is important, so our community health nurses can identify the cases and the clusters to prevent further spread into the community.

Q: What does public exposure mean? And what do I do if I had been to a location or an event that has been identified as a public exposure?

A: A public exposure notice or alert is issued when public health officials are unable to ensure they can identify and directly contact individuals. This notice allows the public to see the information and take the necessary actions if they were at that location or event. If you have been to a location or an event that has been identified as public exposure, please follow the guidance on the notice, self-isolate immediately regardless of vaccination status, and notify the Band Manager at (705) 863-3294.

Q: What does a breakthrough case mean?

A: A breakthrough case is when an individual who is fully vaccinated (two doses) contracts COVID-19. When there is a breakthrough case, all those in close contact must self-isolate regardless of vaccination status, and seek COVID-19 testing as soon as possible.



Q: Why do I need to get the COVID-19 vaccine if fully vaccinated (2 doses) individuals can still get COVID-19?

A: COVID-19 vaccinations provide protection, not immunity to COVID-19. We can still get sick with COVID-19, and spread it to our friends, family, and the people we come into close contact with. Although the COVID-19 vaccine does not provide 100% protection from COVID-19, it prevents us from severe illness, hospitalization, and death.

Q: Why do I need to journal my interactions (who you were with, when and where) for contact tracing?

A: It is important to always track your daily interactions, so if you are asked to provide this information to a nurse, it assists our efforts in case and contact management. This information will be used to contact individuals who may be a close contact to a positive case.

Q: I have been notified that I have tested positive for COVID-19, will my personal information (including my name) be made public?

A: No, your information will not be shared with anyone outside of your Circle of Care. The Circle of Care is the innermost circle of caregivers who are responsible for a patient and their wellbeing, and information is only shared when it is absolutely necessary to specific health care individuals who are a part of your circle. You can rest assured knowing your information is safe, and is only shared between yourself and your Circle of Care.

Q: I have been advised that I have been in close contact with someone who has COVID-19. Do I still need to isolate even though I have been fully vaccinated?

A: Yes. You must isolate for 10 days if you have been in close contact to the affected individual, regardless of vaccination status. It is extremely important that you follow the guidelines described to by Public Health.

Q: I have been told to self-isolate, and my extended family has been told to self-isolate. Can I go visit them since we all must isolate? Can we isolate together?

A: No, you and your immediate household are not allowed to leave your home. Do not go visit other homes under isolation.

Q: If you can't tell me who I was in close contact with, it must not be true because I can't confirm if I was in close contact with that person?

A: For privacy reasons, Whitefish River First Nation will not share any personal information about any positive cases. You will be provided with the instructions on how to self-isolate, when to get tested, how to self-monitor, and when you can end your self-isolation and return to work/school/childcare.

Q: I have been notified that I am a close contact to someone who has tested positive to COVID-19. Do I need to contact all my contacts to notify them?

A: Your contacts remain "contacts of contacts" unless you test positive for COVID-19. You will only be asked for your close contacts if you have tested positive for COVID-19. You should still let your close contacts know you are self-isolating, as a person who was asked to self-isolate. This includes your employer, friends, and family, and ask them not to come over to visit, and that you cannot go to work.



Q: Where can I find my COVID-19 test results?

A: You can find your test results at the following website: <https://covid19results.ehealthontario.ca>

Q: Another Public Health agency has called me to let me know that I have tested positive to COVID-19, do I have to tell our Band Manager?

A: Yes. If you are notified that you have tested positive, please call our Band Manager at **705-863-3294** to notify her of the positive test result.

Q: I am fully vaccinated (2 doses) but have the sniffles. Is this a symptom of COVID-19?

A: In most of our recent cases who are fully vaccinated, symptoms reported were sniffles, cold symptoms, and a general feeling of being "off." If you have sniffles and are fully vaccinated, you are encouraged to stay home and seek COVID-19 testing.

Q: I am in isolation with my family, but we are running out of food. Who can I contact to bring us groceries?

A: If you and your family need food while in isolation, please call the Band Manager at **(705) 863-3294**.

Q: I am in isolation with my family, and both myself and my spouse are out of work. Is there any financial compensation for loss of wages?

A: You can apply for Employment Insurance (EI) through your place of employment. When you apply for this, your employer will put the reason as "sickness and disease." Please speak to your place of employment for further information.

Q: What are the community wellness calls?

A: The community wellness calls are phone calls completed by various staff to check in with members of our community to see how you are doing. These calls are not mandatory.

Q: Can I go to the waste transfer station (dump) if I am in self-isolation?

A: No. If you need garbage removal while in self-isolation, please contact Public Works Manager who can coordinate this. (705) 863-3027.

