



ESINIIWAB HEALTH CENTRE
BIG GRASSY RIVER OJIBWE FIRST NATION
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MEMO

TO: Big Grassy Staff, Community and Offices
FROM: James Eastman, Health Director
DATE: March 12th, 2020
RE: Novel Coronavirus (COVID-19)
CC: Chief and Council

As you are now aware of the virus which has escalated into an epidemic. As a precaution and for our safety and protection, we have put together kits. The kits will include valuable information, disinfectant spray, hand wipes, gloves and masks; unfortunately, the masks are on back order and will be delivered once they arrive.

(s) Miigwetch!

Kitcha Miigwetch!



12 MAR 2020

Dear Chief and Health Director:

As you may be aware, Public Health Sudbury & Districts has announced that a person from Sudbury has tested positive for COVID-19. This person had attended the Prospector and Developers Association of Canada (PDAC) 2020 meeting that took place in Toronto March 1-4, 2020. We know that several First Nations communities in Ontario had residents attend this conference and may be concerned about their risk of infection.

Public Health Sudbury & Districts is conducting an investigation to determine how their resident became infected. If they identify close contacts of this case they will reach out to those people directly, or contact our Health Protection Unit if those close contacts live on reserve and we will follow-up.

Those who are not close contacts and attended the conference should monitor their health for 14 days since the end of their time at the conference for the following symptoms:

- Fever
- Cough
- Difficulty breathing (shortness of breath)

If you or a community member develop one or more of these symptoms during the 14 day period, please self-isolate (stay at home) as quickly as possible and call your local health care provider, public health unit, or nursing station for advice on next steps, and to determine if testing for COVID-19 is needed. Please do not arrive at a health care facility without calling ahead for proper instructions.

If we learn from our public health partners that other actions should be taken by those who attended the conference we will provide an update to you.

As the COVID-19 situation is changing quickly in Ontario and Canada, please visit the website below to find up to date and reliable information.

Ministry of Health Ontario - <https://www.ontario.ca/page/2019-novel-coronavirus>

Public Health Agency of Canada - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

We encourage communities to be proactive with communications to your residents on how to prevent the spread of COVID-19, such as hand hygiene, cough and sneeze hygiene, and cleaning of commonly touched surfaces (counters, door handles, etc.). More information can be found on ONEHEALTH at <https://www2.onehealth.ca/on/>



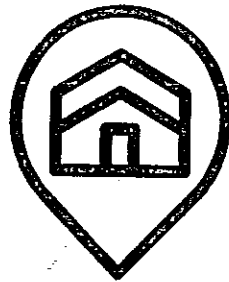
Fort Frances Tribal Area
HEALTH SERVICES

Community Health

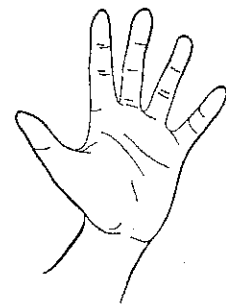
2019 NOVEL CORONAVIRUS (COVID-19)

What you need to know to keep you
and your family healthy

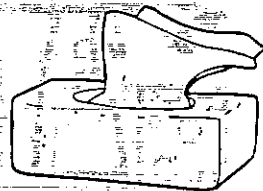
Stay at home
if you are sick



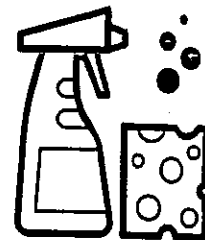
Wash your hands with
soap & water
thoroughly and often



Cough and Sneeze
into your arm or
tissue & wash
hands immediately



Keep surfaces
clean and
disinfected



Fort Frances Tribal Area Health Services Community Health Nurses

Anishinaabeg of Naongashing
Mishkosisiminizibing

Onigaming

Seine River
Rainy River First Nations

Lac La Croix

Mitaanjigaming
Nigigoonsiminikaaning

Beth Freeman-Wrofstad, RN

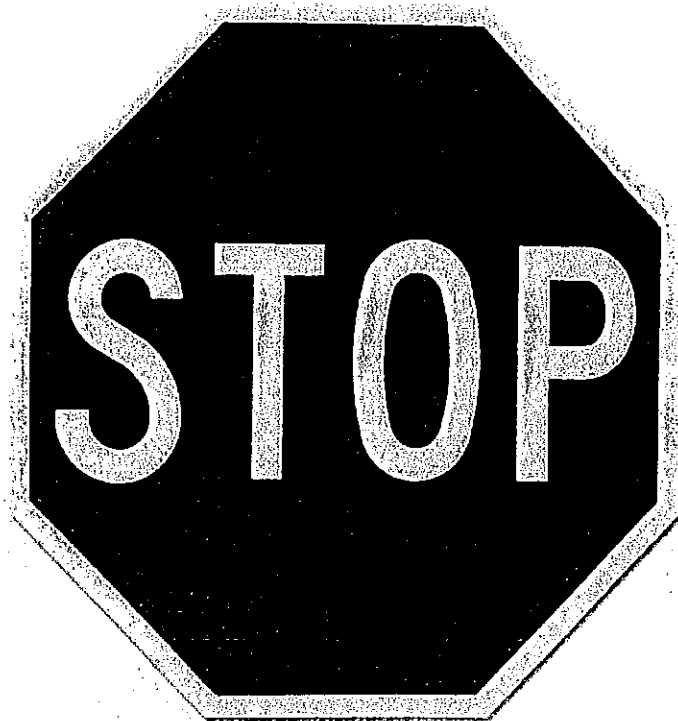
Carole Easton, RN

Carolyn Karzowski, RN

Nicole Sandelovich, RN

Heather Sinclair, RN

807-274-2042



Read Carefully

Do you have a fever, cough or difficulty breathing?

AND any of the following:

- Travel history to mainland China in the past 14 days
- Close contact with a confirmed or probably case of COVID-19 (novel coronavirus)
- Contact with a person with respiratory illness who has travelled to mainland China 14 days before their symptoms started

If you answer yes to **ANY** of the above:

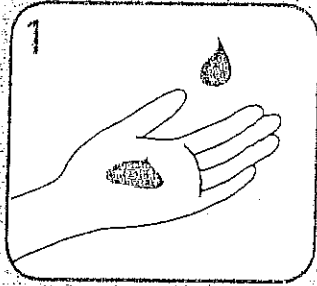
Clean your hands, put on a mask

And

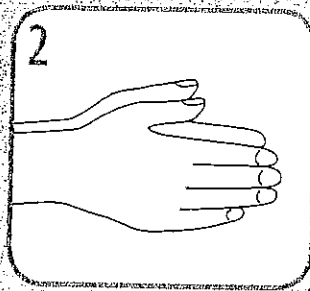
Tell the receptionist or nurse right away

How to handrub

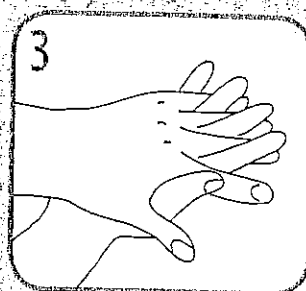
Rub hands for 15 seconds



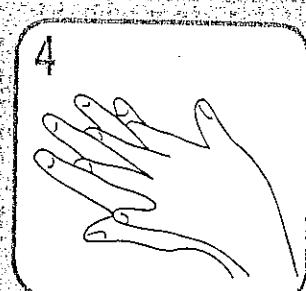
1
Apply 1 to 2 pumps of product to palms of dry hands.



2
Rub hands together, palm to palm.

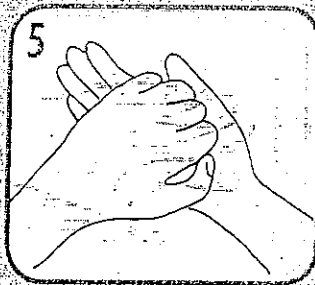


3
Rub in between and around fingers.



4
Rub back of each hand with palm of other hand.

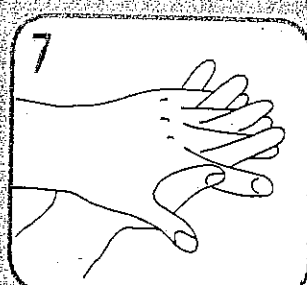
Rub hands for 15 seconds



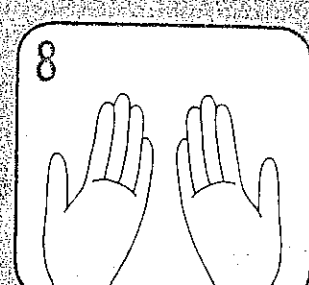
5
Rub fingertips of each hand in opposite palm.



6
Rub each thumb clasped in opposite hand.



7
Rub hands until product is dry.
Do not use paper towels.



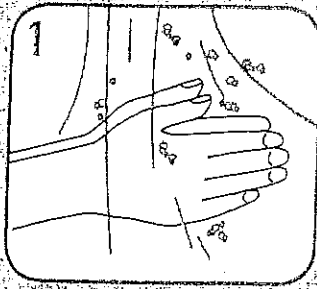
8
Once dry, your hands are safe.



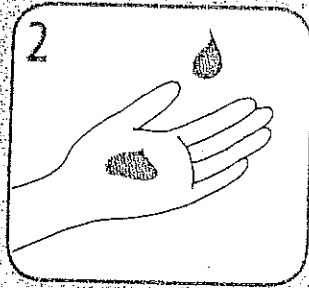
**JUST CLEAN
YOUR HANDS**

How to handwash

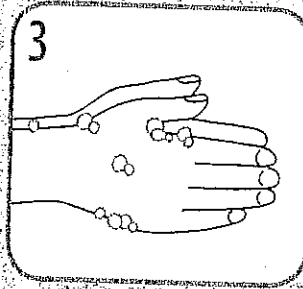
Lather hands for 15 seconds



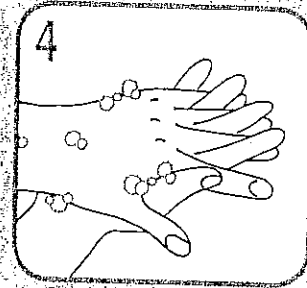
1 Wet hands with warm water.



2 Apply soap.

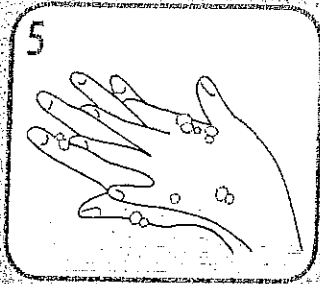


3 Lather soap and rub hands palm to palm.

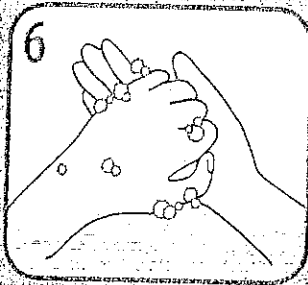


4 Rub in between and around fingers.

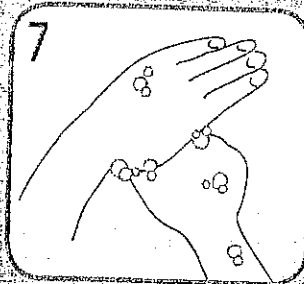
Lather hands for 15 seconds



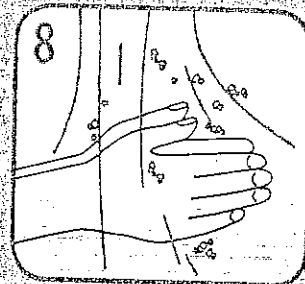
5 Rub back of each hand with palm of other hand.



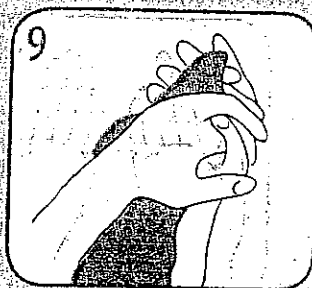
6 Rub fingertips of each hand in opposite palm.



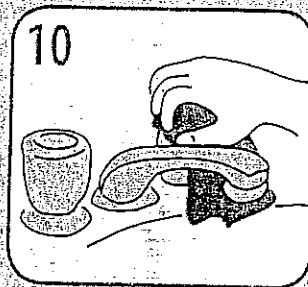
7 Rub each thumb clasped in opposite hand.



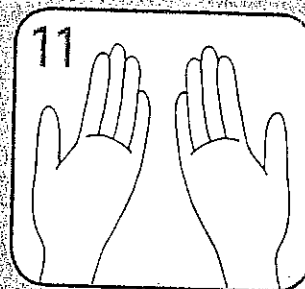
8 Rinse thoroughly under running water.



9 Pat hands dry with paper towel.



10 Turn off water using paper towel.



11 Your hands are now safe.



**JUST CLEAN
YOUR HANDS**