



Big Grassy River Ojibwe First Nation

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May 20th, 2020

COMMUNITY UPDATE

This is an important follow up to the community in regards to the COVID-19 virus.

Today we were informed of a positive confirmed case of the COVID-19 virus in Fort Frances, ON area by Fort Frances Area Tribal Health Services, and we have determined that we will continue to be in a STANDBY position to declaring a state of emergency as determined by the Community Control Group.

We are requesting to cease all non-essential travel to Fort Frances at this time, and if you absolutely need to travel to please take all the necessary precautions to ensure your personal health and safety but also the safety of our community members. In efforts to limit the non essential, if you require any prescription pick ups please feel free to contact the Esiniwab Health Centre as we may be able to coordinate pick up.

Peacekeeper's at checkpoint will also be asking specific questions related to travel but will also be providing information and awareness to the general public. We request that you please continue to practice your preventative measures such as, handwashing, wear a facemask, hand sanitizer, social distancing and to limit your movements within the area. Please remember the virus can only spread when people travel.

We will continue to monitor the situation with the confirmed case in Fort Frances and will be in contact with the FFATHS as needed.

Attached you will find the information to review and familiarize yourself again with all the preventative measures and protocols, and also familiarize yourself with the COVID-19 reference guide that was previously distributed by the Esiniwab Health Centre. **Please stay safe and stay home.**

Miigwech,

Allison Finlayson
Communication's Officer

Ministry of Health

COVID-19 Signs and Symptoms

April 15, 2020

Typical Symptoms of COVID-19

- Temperature of 37.8° C or higher
- Any new/worsening symptom (e.g. cough, shortness of breath (dyspnea), sore throat, runny nose or sneezing, nasal congestion, hoarse voice, difficulty swallowing, new olfactory or taste disorder(s), nausea/vomiting, diarrhea, abdominal pain); OR
- Clinical or radiological evidence of pneumonia.

Atypical Symptoms/Signs of COVID-19

Symptoms

- Unexplained fatigue/malaise
- Delirium (acutely altered mental status and inattention)
- Falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup

Signs

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O2 sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

Contact your Community Health Nurse if you have any of the above signs or symptoms of COVID-19. You can reach your Community Health Nurse by calling 274-2042.

HAVE YOU TRAVELED OUTSIDE THE RAINY RIVER DISTRICT IN THE PAST 14 DAYS? **YOU COULD BE AT RISK FOR COVID-19**

It is recommended that anyone who has traveled outside of the District self-isolates upon return

WHY DO I NEED TO SELF-ISOLATE, I'M NOT SICK?

If you were exposed to the virus, self-isolating will limit the potential of spreading the virus to others in your home and community. It is a way of protecting the people you love and share a community with. Should you become ill, the risk of making other people sick is lowered if you have self-isolated.

WHAT DOES IT MEAN TO SELF-ISOLATE?

- **STAY HOME** - Do not visit public spaces or other homes
- **KEEP YOUR DISTANCE** - Try to maintain 2m distance if cannot avoid others in your home
- **AVOID CONTACT WITH OTHERS** - Try to even avoid contact with people you live with
- **WASH YOUR HANDS OFTEN & COVER SNEEZES/COUGHS**

YOUR COMMUNITY HEALTH NURSE IS HERE TO SUPPORT YOU!

WE WILL CHECK IN WITH YOU DAILY AND ANSWER ANY QUESTIONS YOU MAY HAVE.



Fort Frances Tribal Area
HEALTH SERVICES

Community Health



807-274-2042

Monday- Friday from 8am-3pm



www.ffahs.com

Visit for information on symptoms, resources & helpful links

ARE YOU CONCERNED ABOUT COVID-19 IN YOUR COMMUNITY?

Say **YES** to the Test



- ✓ TESTING IS KEY TO KEEP COMMUNITIES SAFE
- ✓ THE MORE WE TEST THE FASTER WE CAN IDENTIFY COVID-19 AND THE FASTER WE CAN PREVENT FURTHER SPREAD IN THE COMMUNITY
- ✓ TESTING IS QUICK AND CONFIDENTIAL

**IF YOU HAVE ANY SYMPTOMS OF COVID-19 CONTACT YOUR
COMMUNITY HEALTH NURSE TO DISCUSS TESTING OPTIONS**

SYMPTOMS OF COVID-19 INCLUDE:

- Fever
(temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath
- Sore throat
- Hoarse voice
- Difficulty swallowing
- Loss of taste or smell
- Nausea/vomiting, diarrhea
- Abdominal pain
- Runny nose, sneezing
- Nasal congestion

**FOR A MORE DETAILED LIST OF ATYPICAL SIGNS & SYMPTOMS
CHECK OUT OUR WEBSITE LISTED BELOW**



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More information on symptoms, resources & helpful links

Ministry of Health

COVID-19 Reference Document for Symptoms

Version 3.0 – May 11, 2020

This document outlines the symptoms which have been most commonly associated with COVID-19. This information is current as of May 11, 2020 and may be updated as the situation on COVID-19 continues to evolve. If there is a discrepancy between this list and other guidance, this list should be considered as the most up to date.

Common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms of COVID-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion – *in absence of underlying reason for these symptoms such as seasonal allergies, post nasal drip, etc.*

Other signs of COVID-19 can include:

- Clinical or radiological evidence of pneumonia

Atypical symptoms/signs of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include:

- Unexplained fatigue/malaise
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis

- Multisystem inflammatory vasculitis in children

Atypical signs can include:

- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O₂ sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

Protecting Ontario's Children with COVID-19

May 13, 2020 9:00 A.M.

Today, Christine Elliott, Deputy Premier and Minister of Health, issued the following statement about multisystem inflammatory vasculitis, which appears to be similar to Kawasaki Syndrome, in children and COVID-19:

"Recent reports in Canada and internationally indicate that there may be an increase in multisystem inflammatory vasculitis, a rare but serious multisystem inflammatory illness that impacts children who have been diagnosed with COVID-19.

While the link between this inflammatory illness and COVID-19 is not confirmed at this time, we are taking immediate action to better monitor this emerging issue so that we can effectively respond to the illness and protect Ontario's children.

In consultation with Dr. David Williams, Ontario's Chief Medical Officer of Health, we are updating the case definition of COVID-19 to include multisystem inflammatory vasculitis as an atypical presentation in children. This will support clinicians in making clinical assessments of patients who may have symptoms, including some of the most vulnerable of patients, children.

Some of the symptoms associated with this illness include persistent fever, abdominal pain, gastrointestinal symptoms, including nausea, vomiting and diarrhea, as well as rash. Parents should contact their health care providers immediately if their children are having these symptoms.

While we are being vigilant to monitor any situation that could be related to COVID-19, recent data in Canada indicates that the majority of COVID-19 infections in children are mild and do not require hospitalization. People under the age of 19 make up five per cent of COVID-19 cases and no Canadian children are known to have died.

We will continue to assess the situation as it evolves, including how to track this illness to ensure we have access to appropriate data and information to care for young patients. As we learn more, we will determine if further actions are needed to support our response to the COVID-19 outbreak. Nothing is more important than the health and wellbeing of all Ontarians, especially our children."

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Available Online
Disponible en Français