



Sagkeeng Anicinabe

September 17,2020 Covid Update for Sagkeeng First Nation

This afternoon, Sagkeeng leadership was notified that a second member of our community has tested positive for COVID-19. We had a conference call with Health Canada on the second case at 4:30. This individual was a known contact of a case and has been isolating for several days so risk of further exposure to community members from this individual is low.

Our health centre is working with the individual to complete a case investigation and will be in touch with people who have been in close contact. If you are contacted by the health centre, the information you share will be kept confidential. It is not shared with leadership or any other non-medical professional. The information collected by the nurses at the health centre helps to identify who may be at risk so your cooperation is critical to keeping everyone safe and healthy.

While we are responding to these cases, it is more important than ever that we stick to the fundamentals and monitor our own health. If you are sick, stay home and limit your exposure to other people. We've learned from the public health experts that testing is more accurate if people wait until they've had symptoms for 24 hours before being tested. So, if you are sick, consider getting tested at the Pine Falls testing clinic 24 hours after you get symptoms.

Our goal is to quickly contain the spread of COVID-19 and limit it to small numbers of cases or clusters. We want to prevent widespread community transmission and avoid outbreaks in settings like health care facilities and schools. We remind everyone that we need to continue to be vigilant about following effective public health measures to reduce and slow the spread of COVID-19. At this time, Pandemic Response Coordination Team encourages the following actions.

- If you have family who live in other communities/ areas from you, consider ways to connect that are lower risk for spreading COVID-19:
 - Connect by phone or other social media platforms;
 - Only travel to visit in vehicles with people who live in your household;
 - Visit outside as much as possible;
 - Avoid sharing food/ serving dishes/ utensils/ condiments;
 - If you are visiting older relatives, consider limiting your visiting with others or attendance at large gatherings.

- Practice physical distancing measures and stay 2m/ 6ft away from people who are outside of your household.
- Frequently wash your hands with soap and water for 20 seconds or use hand sanitizer.
- Regularly clean commonly touched surfaces such as door handles and countertops.
- Wear non-medical masks when you are in places where physical distancing cannot be maintained (e.g. crowded stores or when using public/ community transportation services).
- Follow gathering size orders.
- Consider postponing any large gatherings or reducing the numbers who attend in person.
- Stay home and self-isolate if you have any new symptoms that could be from COVID-19, no matter how mild the symptoms are.
- Present for testing if your symptoms last for more than 24 hours.

We also ask members to refrain from posting concerns or reporting individuals on Social Media, as it can lead to panic and stress. Sagkeeng Health Centre will work closely with individuals to ensure the safety of our community. Please refer to the Sagkeeng First Nation website, social media pages for official information regarding COVID-19. Sagkeeng First Nation has been preparing for such a situation and all procedures and protocols are being followed to ensure the safety of the community.

One of the things that we are learning from these two cases is that both individuals experienced very mild symptoms at the onset, and so it is important that if you start to feel sick or experience any symptoms - no matter how mild - you should ISOLATE and get tested. If you're unsure if you should get tested, call the health centre or health links ([1-888-315-9257](tel:1-888-315-9257)).

We are not recommending that community members without symptoms get tested without specific instructions from the public health nurses at the health centre. If you believe you may have had contact with someone with COVID-19 but are not currently experiencing symptoms, please call the Sagkeeng Health Centre at (204)367-9990 or health links ([1-888-315-9257](tel:1-888-315-9257)) to see if you should get tested.

Stay vigilant, stay safe, stay strong and be respectful; we as a community will get through this together.

Thank you to the Sagkeeng health staff and nurses, Interlake Eastern Regional health authority, FNIHB and Indigenous Services Canada.

Sagkeeng Chief and Council