2020 Community Awareness Notice

Set to begin in the first week of May, unfortunately this year’s edition of Community Awareness will be taking a 1 year hiatus for the Health & Safety of our Community due to Covid-19. Nia:weh to everyone who submitted an event. Please keep it in mind when we return in 2021.
New Case of COVID-19 Confirmed in Six Nations

One new positive case of the COVID-19 virus has been confirmed in Six Nations of the Grand River territory bringing the total to 8 confirmed in the territory.

Six Nations Health Services received notification of one positive COVID-19 case late in the evening of April 3rd, 2020.

Ohsweken Public Health continues to work with the individual who has been in self-isolation since symptoms began and testing was complete. Those who have come in contact with the individual have also been identified by Ohsweken Public Health and all contacts continue to self-isolate.

Six Nations Health Services and Ohsweken Public Health are strongly encouraging the community to continue practicing physical distancing. In order to slow the spread, you must stay home and do not go into public places unless absolutely necessary. If you have to go into public, it is important that you monitor your surroundings while in public and keep a distance of 2 metres from people around you. Wash your hands regularly while in public settings and again when you return home.

“Rest assured, the 8 positive cases in the community are receiving the best care possible from our public health and health services teams. Please join me in sending strength for their speedy recovery,” says Six Nations of the Grand River Elected Chief Mark Hill.

“I echo the call from our health professionals that it is more important than ever to stay home, and only go out if it's absolutely necessary,” adds Elected Chief Mark Hill.

Public Health Officials are reminding people to:

- Take every measure to stay at home, especially if they feel ill;
- Practice physical distancing if they do have to go out in public;
- Keep their bodies and surroundings clean and disinfected, especially their hands by washing them often and for at least 20 seconds;
- Monitor themselves for symptoms that include coughing, fever, and difficulty breathing, reporting any signs immediately to the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909

Applicants and volunteers are asked to visit sixnationscovid19.ca.

Six Nations members who are experiencing symptoms of COVID-19 are asked call the

Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909.

Those requiring urgent medical attention should call 911.

-30-

Media: Please direct questions to Communications Officer at clickers@sixnations.ca
Six Nations Elected Council Warns Against Easter Gatherings as Number of COVID-19 Cases Grows

Another confirmed case of the virus over the weekend brings the total to nine in Six Nations territory.

Six Nations Health Services received confirmation of the latest positive case late Sunday evening.

SNGREC and Ohsweken Public Health are toughening their calls for people to stay at home as the long Easter weekend approaches.

"Under normal circumstances, this coming weekend would be a time for our community to gather under the spring sun," says SNGREC Chief Hill. "We are asking you to postpone any scheduled celebrations for when we, as a community, have completely eliminated the COVID-19 virus in our community. If not, this could very well become a spring full of suffering and of loss."

Six Nations Health Services and Ohsweken Public Health is strongly encouraging the community to continue practicing physical distancing.

In order to slow the spread, people must stay home and refrain from entering public places unless it is absolutely necessary.

"This needs to be an Easter weekend spent only with the immediate family you live with," says Chief Hill. "Then, we can gather and celebrate with a good mind, recognizing all the sacrifices we made to protect the safety, health, and lives of everybody our community."

Public Health Officials are reminding people to:

- Take every measure to stay at home, especially if they feel ill;
- Practice physical distancing if they do have to go out in public;
- Keep their bodies and surroundings clean and disinfected, especially their hands by washing them often and for at least 20 seconds;
- Everyone should monitor themselves for symptoms that include: new/worse cough, fever, shortness of breath, headache/body aches, runny nose and sore throat. If you are experiencing any of these symptoms, please call the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909 immediately for guidance.

Applicants and volunteers are asked to visit sixnationscovid19.ca.

Six Nations members who are experiencing symptoms of COVID-19 are asked call the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909.

Those requiring urgent medical attention should call 911.

Media: Please direct questions to Communications Officer at slickers@sixnations.ca
Six Nations Reports First COVID-19 Death

It is with great sadness that we report our first COVID-19 related death.

“Given the increased risk of mortality within First Nations communities, we’ve been trying to prepare for this, but you never really can, can you?” says Six Nation’s of the Grand River Elected Council’s Chief Mark Hill. “Our community is grieving today. Our hearts go out to the family.”

The loss comes less than two weeks after the first case of COVID-19 was confirmed in the community on March 28.

There are currently 8 cases of the virus in Six Nations territory.

Public Health officials are strongly urging residents to continue to practice social distancing to prevent further cases of COVID-19 in the community. We need to strengthen our efforts to slow the rate of transmission in our community and urge everyone to please STAY HOME.

“When all of this is over, we will hold each other close. But right now, we need to show unimaginable strength and do everything in our power to ensure we do not lose anymore lives,” says Chief Hill.

Public Health Officials are reminding people to:
- STAY AT HOME, unless it is absolutely necessary to go into public
- While in public, practice physical distancing, staying at least 2 metres from those around you. Wash your hands often while in public and again when you return home.
- Wash your hands often, for at least 20 seconds with warm water and soap or alcohol based hand rub
- DO NOT touch your face with unwashed hands
- Clean and disinfect commonly touched surfaces in your home and workplace setting.
- Cough or sneeze into the elbow of your arm or a tissue. Throw the tissue into the garbage and wash your hands.
- Monitor yourself daily for symptoms; fever, cough, shortness of breath, runny nose, sore throat, head ache/body aches, and:
- Report any symptoms to the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909

Those requiring urgent medical attention are asked to call 911.

-30-

Media: Please direct questions to Communications Officer at clickers@sixnations.ca
Brantford General & Haldimand General Hospitals
Each State Hospitals Remain Safe Place to Access Care

The Six Nations Emergency Control Group has received information regarding staff members testing positive for COVID-19 who work at the Brantford General Hospital and West Haldimand General Hospital.

We met this evening and are working on clarifying the information through direct communication with the hospitals to ensure the safety of our community members and front line staff.

Both hospitals have reported that they have followed all recommended precautions and have done required follow up for all cases, and that their hospitals remain safe places to access care.

We would like to remind our community members to monitor themselves for any and all illness symptoms (fever, cough, shortness of breath, sore throat, runny nose, sneezing, nasal congestion, hoarse voice, difficulty swallowing, fatigue, delirium, falls, functional decline, nausea, vomiting, diarrhea, abdominal pain, chills, headaches, croup). If you or a family member is experiencing any of these symptoms, call the Six Nations COVID-19 Assessment Centre immediately at 226-446-9909.

Please continue to call 9-1-1 for any and all medical emergencies.

Public Health Officials are reminding people to:

- Take every measure to stay at home, especially if they feel ill;
- Practice physical distancing if they do have to go out in public;
- Keep their bodies and surroundings clean and disinfected, especially their hands by washing them often and for at least 20 seconds;
- Monitor themselves for symptoms that include coughing, fever, and difficulty breathing, reporting any signs immediately to the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909

Six Nations members who are experiencing symptoms of COVID-19 are asked call the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909.

Those requiring urgent medical attention should call 911.

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Media: Please direct questions to Communications Officer at clickers@sixnations.ca
Large Gatherings Within the Territory
Statement from the Six Nations of the Grand River Elected Council

The Six Nations of the Grand River Elected Council have received reports of a number of large gatherings that took place last night and unequivocally condemn these actions.

One of the gatherings is a key focus for the community today and we would like to state that any large gathering further endangers the lives of our residents and community and creates unnecessary risk for our frontline workers. These gatherings demonstrate a complete disregard for the procedures and directives put in place by the Emergency Control Group to keep our community safe and to prevent the further spread of COVID-19.

Given the serious nature of one of these questionable gatherings, Councillor Nathan Wright, will be speaking on behalf of the Six Nations of the Grand River Elected Council on this matter only, to avoid any conflict of interest. If you have any further questions on the Elected Council’s response to these large gatherings, please call Councillor Wright at (519) 761-7058 or by email at nathanwright@sixnations.ca. Any directives from the Six Nations of the Grand River Elected Council in regards to police conduct or enforcement will come from Elected Chief Mark B. Hill or his designate.

Based on the unfortunate incidents of April 18, 2020, the Elected Council will work with the Haudenosaunee Confederacy Council of Chiefs and the security checkpoint management to further investigate and make recommendations to keep our community safe.

Based on the Six Nations Police service press release on April 15, 2020; the Six Nations Police state they are:

“Committed to working with other community First Responders, the Emergency Control Group, Medical and Social Services and our Community Governing Bodies to keep all members of our community safe.

The current state of emergency in Ontario has been extended to May 12, 2020. Under the Emergency Management and Civil Protections Act (EMCPA) organized Public Events and Social Gatherings of more than “5” people are prohibited. Punishment for offences under the EMCPA, range from one year imprisonment or fines up to One Hundred Thousand dollars ($100,000.00).

To date – our community’s response to the current crisis has been excellent. The Six Nations Police Service will work closely with our Community Partners to provide education, awareness and encourage compliance for the purpose of keeping everyone in our community safe from COVID-19. Laying charges would be our last resort.”
To date, full Council has not received communication from the Six Nations Police on approving the use of the Emergency Management and Civil Protections Act, how it will apply, or how they will address large gatherings like the ones that occurred over the weekend in a fair, accountable and transparent manner. These discussions will take place to mitigate risks on all levels and put measures into place that will assist in the prevention of COVID-19 transmission within our borders.

In closing, we remind everyone residing in Six Nations of the Grand River community that COVID-19 is a deadly virus and we must take every measure to continue social distancing; stay in our own homes and reach out to family and friends through social media, phone calls and other online platform measures. We are doing well but the situation with COVID-19 is not over and we must keep our diligence for the protection of everyone.

Public Health Officials are reminding everyone in our community to:

- Take every measure to stay at home, especially if you feel ill;
- Practice physical distancing if you must go out in public, including wearing a mask;
- Keep your bodies and surroundings clean and disinfected, especially your hands by washing them often and for at least 20 seconds;
- Sneeze and cough into your sleeve, elbow or tissue; throw the tissue in a lined waste paper basket and wash your hands.
- Monitor yourself for symptoms that include a new or worse cough, fever, sore throat, runny nose, shortness of breath, nasal congestion or a hoarse voice and report any signs immediately to the Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909.

**Six Nations COVID-19 Information and Assessment Centre at 1-855-977-7737 or 226-446-9909.**

Those requiring urgent medical attention should call 911.

-30-

Media: Please direct them to: Communications Officer at clickers@sixnations.ca
Increased Security Measures for Six Nations Territory –
Resulting from Large Gathering on Saturday Night

As a result of last night’s large house party, the Six Nations Emergency Control Group (ECG) has called for increased security measures to further limit access to the Territory. The decision to increase security measures at all access points occurred after an outpouring of calls from concerned community members about Saturday night’s incident. Community members are concerned about the increased threat of COVID-19, due to people’s direct disobedience of Public Health’s direction to physical distance and isolate during this global pandemic.

Reports were received of at least 25 cars attending a single residence during the late hours of Saturday evening and early Sunday morning. Six Nations Police is aware of the matter and will be following up regarding the situation.

The COVID-19 virus has the potential to spread when there are more than 5 people gathered at one location. We are still in the first phase of this pandemic, and the number of confirmed cases are expected to increase across the province of Ontario. We cannot become complacent simply because our numbers are lower than surrounding communities.

The 9 confirmed cases are not an accurate reflection of Six Nations COVID-19 cases, but a reflection of only those 200 plus community members who have been tested. We need to understand that anyone who is experiencing symptoms should be tested, so that an accurate picture of COVID-19 can be uncovered, understood and investigated. Many Six Nations members do not reside within the Territory, yet have been impacted by this disease. These people are not counted in Six Nations statistics due to their residency but the impact on First Nations people needs to be understood.

It is important for the community to understand that a person can pass COVID-19 to another person for 2 days before they even have symptoms. This means that a person can carry the virus without showing symptoms and pass this virus to vulnerable people in our community; our Elders, knowledge keepers, infants and those with chronic medical conditions. These vulnerable people may suffer a much more serious form of this disease.

The Six Nations Emergency Control Groups urges the community to be leaders within your own homes by committing to physical distancing, and to call the Six Nations Information and Assessment Centre toll free at 1-855-977-7737 or 226-446-9909 if you are exhibiting any symptoms. Staff are ready and waiting for your call.

The Emergency Control Group strongly encourages the community to call the local authorities immediately if you notice unsafe or unlawful behaviour. Call 911 the person on the other line is here to help you. The Six Nations Police Department will be following-up with last night’s situation and releasing a press release addressing this matter.

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SIX NATIONS
SOCIAL SERVICES
PRESENTS

Learning through Theatre

YOUTH WORKSHOP SERIES – PART 2
12 – 25 YRS
Program will be DIGITAL and ONLINE !!

Acting, Costumes, Props, or Film, Lighting & Sound
START DATE TBD

Registration forms and status updates available via email or Facebook SIX NATIONS SOCIAL SERVICES page,

Or contact specialprojects@sixnations.ca or
Call: 519-445-2205, ext. 4571

STILL ACCEPTING REGISTRATIONS!!
April 9, 2020

Letter from McLean Day School Class Action
RE: Federal Indian Day School Applications

Hello,

We are writing to you as a registrant of the McLean Day School Class Action in the Ontario and Quebec regions. As you may have heard, we have suspended our travel to communities due to COVID-19. Although we cannot visit you in person at this time, we want to ensure we continue to provide information that Class Members need to submit a Claim. We will be hosting several online workshops.

We continue to assist Claimants on our toll-free number: 1 (844) 539-3815. Please leave us a voicemail with your name and number so we can return your call.

Sincerely,

Cam Cameron
Partner
Service Canada launched a dedicated toll-free phone line for First Nation members who need help with applications for both Employment Insurance and the new Canada Emergency Response Benefit (CERB).

**Service Canada’s Outreach Support Centre Line**

**Toll Free at:**

**1-877-631-2657**
Six Nations Daily Situational Report of COVID-19 April 19

Number of Global Cases

![Earth Icon]

2,372,912

Number of Confirmed Cases in Canada

![Canada Icon]

33,922

Total Confirmed Cases in Ontario:

![Map of Ontario Icon]

10,578

New Daily Confirmed Cases in Ontario:

![People Icon]

568

Details about the Ontario Cases

- **57%** are female
- **57%** are in the Greater Toronto Area
- **43%** are male
- **43%** are 60+
Status of Cases in Six Nations

- **9 Positive test results**
- **203 People tested**
- **7 Cases resolved**
- **1 Death**
- **122 Negative results:**
- **39 People in self isolation**

Top 3 COVID-19 Cases in Indigenous Communities*

*These numbers are not the actual number of cases in the community, it shows the number of cases if you were to multiply by 100,000 people

- **Puvirnituq, Nunavik:** 829/100,000
- **Six Nations:** 70/100,000
- **Kahnawake Mohawk Territory:** 63/100,000
Cases of COVID-19 in First Nations Communities

As of April 17, 2020, Indigenous Services Canada is aware of 52 confirmed positive COVID-19 tests on First Nations reserves in provinces.

Cases of COVID-19 in Canadian Provinces/Territories
Greetings,

I wanted to send out a notice that during these difficult times Ogwadeni:deo, has had to make some adjustments as to how we provide service to the community and the Brant County Region.

The actual building at 2469 4the Line is closed, with staff working from home. You can call your worker when needed on their work cell phone number which they should have provided you with.

Our Intake and After Hours Unit are still providing coverage 24/7. When you call in to the agency at 519 445 1864, you will hear different prompts to leave a message for someone from the Family, Children, and Alternate Care Units, and you will receive a call back ASAP.

If you want to bypass these to report a child in need of protection please press “5” where you will leave a message with our answering service providers and then be called back to speak with a live person.

To ensure your families safety and that of the workers during necessary home visits or investigations, you will be asked if you are or anyone in your home are exhibiting signs of COVI-19.

People may experience:
cough
fever
tiredness
difficulty breathing (severe cases)

Our staff will be dressed in protective clothing, which they change for every visit to ensure your families safety.

In trying to help our community members with babies and little ones we have a supply of diapers, baby wipes, formula and mixed cereals, for families in most need. Should you be in need of something, please give us a call and will try to assist you during these difficult times.

We truly are trying to “Take Care of Our Own”

Stay safe and protect our children!

Carol Burke, Ogwadeni:deo, Interim Director
Covid-19
Financial Assistance for Community Members

- If you live on Six Nations and ARE in receipt of OW/ODSP, benefits can be issued for food, supplies or costs for shelter-related items on a case-by-case basis. Contact your Case Manager.

- If you live on Six Nations and are NOT in receipt of OW/ODSP, emergency assistance and funding for food, supplies or costs for shelter-related items can be provided. Call 519-445-2084

- If you live off Six Nations and require assistance, whether in receipt of OW/ODSP or not, please contact your local Ontario Works office.

For more information and To apply for assistance

Contact:

Six Nations Ontario Works
519-445-2084
Six Nations of the Grand River Child and Family Services

We are here to support the community during this time of social distancing and isolation.

Our staff are highly skilled individuals from our community with Masters Degrees in Social Work and specializing in therapeutic counselling.

Call the crisis line 519-445-2204 or 866-445-2204 to talk to someone.

We are here to help you.
From Education Manager
Education Coordination Office
Six Nations of the Grand River

This information is for the parents/guardians of students attending Kawenni:io/Gaweni:yo Private School, IL Thomas, Emily C General, Jamieson and JC Hill, and Oliver M. Smith Kawenni:io. It is an invitation for your child to continue learning at home during school closures due to the COVID-19 pandemic. Teachers have been reaching out to all parents/guardians to see if they are interested in the continued learning opportunities being offered. If you have not heard from a teacher, you are encouraged to connect with your child’s school at one of the following email addresses and provide your name, the student's name, grade and teacher and whether online learning is an option or if work packages are needed. This will enable your child to be connected to the proper online group or be provided with a work package to continue their learning while schools are closed.

Kawenni:io/Gaweni:yo Private School - kgprivateschool@gmail.com

IL Thomas - ilthomaselementary@gmail.com

Emily C General - emilycgeneralschool@gmail.com

Jamieson and JC Hill - jamiesonjchill@gmail.com

Oliver M. Smith Kawenni:io - Omsktechteam@gmail.com
Financial Assistance – Ministry of Education

The Ministry of Education announced the Support for Families program that provides one-time financial support for families to purchase educational materials during the current school and childcare closures. Under this new program, parents are eligible for a one-time per child payment of:

- $200 for children aged 0-12, or
- $250 for children and youth with special needs aged 0-21.

All children within the identified age brackets are eligible for the program. This includes:
- Children enrolled in public school
- Children enrolled in private school (includes on reserve First Nation schools)
- Children attending child care
- Children who are homeschooled
- Children who are not enrolled in school or attending child care

All parents who are residents of Ontario are eligible for funding, including parents of First Nation children attending schools on reserve. Please use this link and you will see further down a button that takes you to the correct page for families that are applying for the first time. Parents/guardians that had applied for the Support for Parents program during the school strike days are automatically eligible for the Support for Families program and do not have to apply again.

Link to apply can be found here - https://www.ontario.ca/page/get-support-families

The Ministry is currently working to add all First Nations schools to the drop down list of schools. Families with children in schools on reserve can still apply. If your child’s school does not appear in the drop down menu, parents/guardians should select “My child is not enrolled in either public or private school” and then select the most relevant option from the drop down list.
COPING WITH STRESS - DURING A PANDEMIC

WHAT YOU SHOULD KNOW

When you hear, read or watch news about a pandemic such as COVID-19, you may feel anxious and show signs of stress - even when you are at low risk of getting sick. In a pandemic it’s important to monitor your own physical, mental, emotional and spiritual health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when and how to get help.

KNOW THE SIGNS OF STRESS

Changes to your regular physical, mental, emotional or spiritual health could be a warning sign that you may be experiencing signs of anxiety and/or stress. You may start to notice some of them after you learn about a pandemic or another event that causes strong physical, mental, emotional or spiritual responses. Completing a self-check (body scan) regularly can help identify if you are experiencing stress and/or anxiety.

KNOW HOW TO RELIEVE STRESS:

You can manage and reduce your stress by taking time to care for yourself.

POSSIBLE BEHAVIOURAL CHANGES:

- An increase or decrease in your energy and activity levels
- An increase in your alcohol, tobacco use, or use of illegal drugs
- Irritability, with outbursts of anger
- Frequent arguing
- Having trouble relaxing
- Difficulty sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone
- Blaming others
- Having difficulty communicating or listening
- Having difficulty giving or accepting help
- Inability to feel pleasure or have fun

KNOW WHEN TO GET HELP

You may experience serious distress when you hear about the COVID-19 pandemic, even if you are little to no risk of getting sick. If you or someone you know shows signs of stress (see list above) for several days or weeks, get help by accessing one of the resources at the end of this tip sheet. Contact the Six Nations Crisis Line right away or if you or someone you know threatens to hurt or kill themselves or someone else, talks or writes about death, dying or suicide.
COPING WITH STRESS - DURING A PANDEMIC

KEEP THINGS IN PERSPECTIVE:
Set limits on how much time you spend reading or watching news about the pandemic. You will want to stay up to date on news but not become overwhelmed. Make sure you take time away from the news to focus on things in your life that are going well and that you can control.

GET THE FACTS
Find people and resources you can depend on for accurate health information. Learn from them about the outbreak and how you can protect yourself against illness.

You may turn to your:
- Family doctor
- Local Health Services,
- Public Health Department,
- Six Nations Elected Council

- Provincial Resources
- Federal Resources
- Reputable International Organizations e.g. World Health Organization

KEEP YOURSELF HEALTHY
Take care of your physical health to help lower your stress. Take a break to focus on positive parts of your life, like connection with loved ones.

- Eat healthy foods, and drink water.
- Avoid caffeine and alcohol.
- Limit use of tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.
## Coping with Stress - During a Pandemic

<table>
<thead>
<tr>
<th>Your Body:</th>
<th>Your Emotions:</th>
<th>Your Thinking:</th>
</tr>
</thead>
</table>
| - Having stomach aches or diarrhea  
- Having headaches or other pains  
- Losing your appetite or eating lots  
- Sweating or having chills  
- Getting tremors or muscle twitches  
- Being easily startled | - Being anxious or fearful  
- Felling depressed  
- Extreme sadness  
- Feeling guilty  
- Not caring about anything  
- Feeling overwhelmed | - Having trouble remembering things  
- Feeling confused  
- Having trouble thinking clearly and concentrating  
- Having difficulty making decisions |

### Use Practical Ways to Relax:
- Relax your body often by doing things that work for you - take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.
- Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax - eat a good meal, read.
- Listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.

### Pay Attention to Your Body, Feelings and Spirit:
- Recognize the early warning signs of stress and anxiety.
- Recognize how your own experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- Know that feeling stressed, depressed, guilty, or angry is common after an event like a pandemic, even when it does not directly threaten you.
- Connect with others who may be experiencing stress about the pandemic. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation.
- Take time to renew your spirit through connection to the land and the creator.
- Meditation.
RESOURCES

Child and Youth Health
Six Nations Health Services
Office Hours - Monday to Friday (8:30 a.m. to 4:30 p.m.)
1745 Chiefswood Road, Ohsweken, ON N0A 1M0
P: 519-445-4983

Mental Health and Addictions Services
Six Nations Health Services
Office Hours - Monday to Friday (8:30 a.m. to 4:30 p.m.)
1769 Chiefswood Road, Ohsweken, ON N0A 1M0
P: 519-445-2143

Child and Family Services
Six Nations Social Services
Office Hours - Monday to Friday (8:30 a.m. to 4:30 p.m.)
15 Sunrise Court, Ohsweken, ON N0A 1M0
P: 519-445-2071

Six Nations COVID-19 Information & Assessment Centre
24/7 Days a Week
P: 226-446-9909 or 1-855-977-7737
www.sixnationscovid19.ca

Haldimand & Norfolk REACH
Main Office Monday to Friday (8:30 a.m. to 4:30 p.m.)
P: 519-587-2441 or 1-800-265-8087
101 Nanticoke Creek Parkway
Townsend, Ontario, NOA 1S0M

Kids Help Line
Call: 1-800-668-6868
Text: CONNECT to 686868
Website: kidshelpphone.ca (online chat available)

Six Nations Mobile Crisis Line
24/7 Days a Week
P: 519-445-2204 or 1-866-445-2204
GANOHKWASRA
Emergency shelter and counselling for women, men, and children.
(519)445-4324

YOUTH LODGE
Co-ed residence for youth ages 12-17 experiencing serious life difficulties.
(519)445-0216

Ganohkwasra continues to operate during the Covid pandemic. If you require safety and protection due to an unsafe home situation, please call for SHELTER. We are available to help you. The 24/7 line is also available for telephone support.

Call us 24/7 at (519)445-4324

Visit us online at www.ganohkwasra.com
So, you have just been tested for COVID-19 and you are feeling anxious...

While waiting for your results, worrying and feeling uneasy is to be expected during this time of uncertainty.

NEXT STEPS...

Follow Directions listed in your take home package, which includes:

1.) Instructions – COVID Self-Isolation Checklist
2.) How to Self-Isolate
3.) When and How to Wear a Mask
4.) Cleaning and Disinfection for Public Settings
5.) Self-Isolation Guide for Caregivers
6.) Crisis Hotline Information

Anxiety, tension, stress, heightened emotions, uncertainty, and other responses can be more easily triggered during this time. Everyone reacts differently when facing a pandemic situation.

REMEMBER...It is OKAY to feel overwhelmed; support is available for you and your family.

We are all in this together; your community supports and values you!
COVID-19 SAFETY TIPS

Stay Home
Only go out for essentials such as groceries, medical appointments, or prescriptions.

Avoid close contact with anyone
If you are going out in public, go alone and monitor your surroundings. Practice physical distancing by staying at least 2 metres apart from anyone else.

Wear a face mask
When going out in public wear a cloth face mask as it protects other people around you. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or otherwise unable to remove the mask without assistance.

Wash your hands
Avoid touching your eyes, nose, face with unwashed hands. Wash your hands frequently and after coming from a public setting, for at least 20 seconds. Use hand sanitizer if soap and water aren’t available.

Cover coughs and sneezes
If you are not wearing a face mask, cover your mouth and nose with a tissue or into your elbow when you cough or sneeze, then throw the tissue in the bin and wash your hands or use hand sanitizer.

Clean and disinfect
Clean AND disinfect frequently touched surfaces daily including: tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, and sinks. Clean with soap and water, disinfect with a solution labelled as a disinfectant or an alcohol solution with at least 70% alcohol content.

If you are experiencing symptoms such as a fever, cough, shortness of breath call the COVID-19 hotline at: 226-446-9909 OR 1-855-977-7737

Six Nations Health Services
USE CLOTH FACE COVERINGS TO HELP SLOW THE SPREAD OF COVID-19

The Centre for Disease Control and Prevention (CDC) advises the use of simple cloth face coverings to slow the spread of the virus and help people, who may have the virus and do not know it, from transmitting it to others. This document will show you the steps on how to create 3 different types of homemade cloth face coverings.

**NO SEW METHOD: QUICK CUT T-SHIRT**

**Materials**
- T-Shirt
- Scissors

**NO SEW METHOD: BANDANA**

**Materials**
- Bandana (or square cotton cloth approximately 20"x20")
- Coffee Filter
- Rubber Bands (or Hair Ties)
- Scissors (if you are cutting your own cloth)

**SEWN METHOD: COTTON FABRIC**

**Materials**
- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips or hair ties)
- Needle and thread (or bobby pin)
- Scissors (if you are cutting your own cloth)
- Sewing machine
### CENTRE FOR DISEASE CONTROL AND PREVENTION (CDC) ON HOMEMADE CLOTH FACE COVERINGS

The CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people, who may have the virus and do not know it, from transmitting it to others.

<table>
<thead>
<tr>
<th>CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies)</th>
<th>Cloth face coverings should <strong>NOT</strong> be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.</th>
</tr>
</thead>
<tbody>
<tr>
<td>The cloth face coverings recommended are <strong>NOT</strong> surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.</td>
<td>Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.</td>
</tr>
</tbody>
</table>
**Homemade Cloth Face Coverings**

**No Sew Method: Quick Cut T-Shirt**

**STEP 1:**
- Materials: T-Shirt, Scissors

**STEP 2:**
- Cut out 6-7 inches
- Cut tie strings

**STEP 3:**
- Tie strings around neck, then over top of head

**No Sew Method: Bandana Face Covering**

**Materials**
- Bandana (or square cotton cloth approximately 20”x20”)
- Coffee Filter
- Rubber Bands (or Hair Ties)
- Scissors (if you are cutting your own cloth)

1. Cut coffee filter
2. Fold filter in center of folded bandanna. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.

HOMEMADE CLOTH FACE COVERINGS

Sewn Cloth Face Covering

Materials
- Two 10”x6” rectangles of cotton fabric
- Two 6” pieces of elastic (or rubber bands, string, cloth strips or hair ties)
- Needle and thread (or bobby pin)
- Scissors (if you are cutting your own cloth)
- Sewing machine

STEP 1:
Cut out two 10-by-6 inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

STEP 2:
Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.

STEP 3:
Fold the double layer of fabric over 1/2 inch along the short sides and stitch down. Be sure to leave enough space between the hem for the ear loops.

STEP 4:
Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or bobby pin to thread it through. Tie the ends tight.


1-855-977-7737  WWW.SIXNATIONSCOVID19.CA
HOMEMADE CLOTH FACE COVERINGS

STEP 5: Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so that mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

STEP 6: Gently place the ear loops behind your ears and ensure the mask fits tightly around your face.

How to Wear a Cloth Face Covering

Cloth face coverings should—

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape
Frequently Asked Questions

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?
A washing machine should suffice in properly washing a face covering.

How does one safely remove a used cloth face covering?
Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.
These are photographs of Personal Protective Equipment (Gloves, Masks & Sanitizers) that were sent to the Covid Information & Assessment Centre at the Community Hall.
WELLNESS STRATEGIES

GRIEF AND COVID 19

Grief is the normal and natural emotional reaction to loss of any kind. It can be the conflicting feelings caused by the end of or change in a familiar pattern or behaviour for example, physical distancing. Grief is a state we as humankind find ourselves in throughout our lifetime. There are many other life events that can produce feelings of grief such as:

The Loss of Normalcy: the change in your daily habits and routine
The Loss of Connection: to family friends, co-workers, classmates and the community
Worry: about the health and wellbeing of yourself, your loved ones and your community
Worry: in relation to the future of your job, paying your bills, responsibility to family, etc.
General sadness for the community and the world as a whole

Grief is a normal reaction to an abnormal situation. Now that we have identified grief, we can begin to practice wellness strategies and healthy coping methods to help build up our resiliency. We as Onkwehonwe are Resilient.

How to deal with grief

Talk with someone

- A trusted friend or family member through phone, text, FaceTime, or other video messenger apps.
- If you access services – reach out to the agency to enquire about the ways they are providing support.
- School Social Workers from Emily C. General, I.L. Thomas, J.C. Hill, Jamieson and Oliver M. Smith have all advertised ways to reach out to them for support.
- Six Nations Mobile Crisis Service operates 24/7 and can be reached at 1-866-445-2204 or 519-445-2204
- Mental Health and Addictions is offering Walk-in Crisis Support
- Ganohkwasra Family Assault Support Services 24/7 crisis line 519-445-4324
**GRIEF AND COVID 19**

- **Sleep:** 7-8 hours of sleep a day. Short naps can also be helpful. Just be careful not to oversleep.
- **Healthy Eating:** At least 3 healthy meals a day. A healthy body creates a healthy mind.
- **Drinking Water:** 8 glasses of water a day. Helps your physical and mental state.
- **Exercise:** 3 x a week for about 20 minutes at a time. E.g. Walking, light stretches

---

**Breathe:**
The facts are that most people are not breathing properly and only use a third of their breathing capacity. Some signs that you are not breathing properly include:

- Feeling the need to take a deep breath
- Taking short breaths
- Holding your breath at times
- Running out of breath quickly when you are more active

---

**Kids Breathing Exercise:**
**TUMMY BREATHING**

Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

---

**Exercise: How to Breathe**

1. Pause the breath before inhaling.
2. Inhale - feel the belly expand first.
3. Inhale - feel the chest expand after the belly.
4. Pause the breath before exhaling.
5. Exhale - feel the belly contract first.
6. Exhale - feel the chest contracting after the belly.
7. Pause the breath before inhaling.

---

**Mindfulness Activity**

- Pause for a moment and notice any points of discomfort in your body.
- Breathe into areas of discomfort.
- Exhale and let them soften and relax.
WELLNESS STRATEGIES

COPING WITH ANXIETY

Anxiety can be described as a feeling of fear, worry, nervousness, apprehension or uncertainty about what’s to come. Anxiety is our body’s normal and natural response to stress and uncertainty. If there is anything that is certain right now, it is that there is a lot of uncertainty involved with COVID-19.

It is hardly surprising then, that many people are feeling anxious right now. This is an anxiety-provoking and stressful time for everyone and it is okay if you feel more anxious than usual. However, it is also important to recognize that too much anxiety can be harmful and take a toll on our overall health and well-being.

Anxiety is a normal reaction to an abnormal situation. Now that we have identified anxiety, we can begin to practice wellness strategies and healthy coping methods to help us through this time. We have included a section to help children and youth through their anxious feelings as well.

Tools to Manage Anxiety

- Exercise: try some yoga or have a good stretch
- Journal or set aside worry time and write it out
- Tune-in to your senses: What can you hear, see and feel?
- Practice Gratitude
- Meditate or stop to breathe deeply
- Create a plan, problem solve and walk through possible solutions
- Get creative: draw, dance or listen to music
- Identify unhelpful thoughts and gently challenge them

Brought to you by our Community Partners
COPING WITH ANXIETY

Anxiety Coping Statements

- I allow myself to slow down my breath
- Fighting this feeling won’t help. I will relax and allow it to pass
- When I relax and sit with this feeling, I learn to face my fears
- I choose to slow down and breathe
- I stay present and ground myself in this moment
- I tune in to my body and release tension from my muscles
- I am okay, my anxiety is not always rational
- I’m stronger than I give myself credit for, I always survive this
- I don’t have to get carried away with my thoughts. I focus on my breath and this moment

Breathing Exercise

4-7-8 breathing: The 4-7-8 breathing technique helps when you’re feeling stressed, anxious or having trouble sleeping.

Exhale completely through your mouth making a whooshing sound.
Close your mouth and inhale quietly through your nose for a count of 4
Hold your breath for a count of 7
Exhale completely through your mouth for a count of 8

Grounding Exercise

Stand with your feet shoulder’s width apart
Tuck your chin and keep your spine straight
Rest your hands at your sides or place them over your bellybutton
Sink all of your weight into your feet (while standing tall)
Allow any tension or unease to be absorbed into Mother Earth
Imagine roots growing from the bottom of your feet, extending deep into Mother Earth
Breathe
HELPING KIDS & YOUTH COPE WITH ANXIETY

Children and youth experience anxiety as well. As parents/caregivers it is important to empathize with your child so they feel comfortable sharing their feelings and worries with you. If you haven’t already, teach your children about anxiety by explaining how we are wired to deal with threats in 1 of 3 ways—flight, fight or freeze and that your whole body will respond to this feeling. You can also teach your child/youth how to identify the worry signs e.g. feeling tense, heart racing, sweating, stomach ache or headaches. Explain to them it is ok to be a little worried and everybody has worry and anxieties.

What we can do

Help your child write down their worries into 2 types of worry - Worries you can do something about & Worries you can’t do anything about. In addition for older children/youth, ask them to keep a worry journal.

Establish a worry time: Have them pick a time of day to think and talk about worries. This may be a hard practice to learn. If a worry comes outside of worry time, have them write it on a piece of paper and put it someplace special. At worry time ask them to take out the paper so you can talk through it together. A suggestion would be to create a worry box or a worry monster box.

Help your child challenge worry thoughts by reflecting on their worries: what evidence do they have which supports their beliefs (worries); help them identify how anxiety is tricking them into believing this evidence; and help find a different thought that is more accurate and helpful.

Sometimes anxiety can be caused by a real problem. If so, teach and work through problem solving skills: Identify a problem and describe it; generate alternatives, predict outcomes for those alternatives, choose the alternative that best solves the problem & action it.
Breathing Exercise: Lazy 8s

Starting in the middle, go up the left and trace the left part of the 8 while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger. Continue breathing around the Lazy 8 until you have a calm body and mind.

Relaxation Exercise: Progressive Muscle Relaxation

Start and Finish with 3 deep breaths

1. Squeeze your foot for 5 seconds - relax

2. Squeeze your leg for 5 seconds - relax

3. Squeeze your stomach for 5 seconds - relax

4. Squeeze your arms/hands for 5 seconds - relax

5. Squeeze your whole body for 5 seconds - relax
Resource Information

Government Assistance: Canada.ca/coronavirus-info-indigenous

Community Information: www.sixnationscovid19.ca, Facebook @SNCVID Twitter @SNCVID19

Water/Septic Services:
Waiving of the Six Nations Public Works fees for septic service and water to the community until April 30, 2020.
Free water haulage to Six Nations members until April 30, 2020 — contact:
Wilson Water Haulage (519) 443-6806
ASAP Water Haulage (519) 445-4848

Food Bank: 20 Cao Lane- 519-771-0025

Banking assistance:
CIBC 1-800-465-2422
Bank of Montreal 1-877-225-5266
Royal Bank 1-800-769-2511
Scotia Bank 1-800-472-6842
TD Canada Trust 1-866-222-3456
Libro Credit Union 1-866-238-5056
Your Neighbourhood Credit Union 1-866-635-6917

Rent/Mortgages:
Six Nations Housing waiving of housing/mortgage loans and residential rent.
Loan and Rent relief is available for April 2020.
Contact Six Nations Housing for more information.
519-445-2235, RBC Royal Bank, Ohsweken: (519) 445-4141

Six Nations of the Grand River Ontario Works: (519) 445-2084
Web Link: http://www.sixnations.ca/SGROWDept.htm

Educational Support:
https://www.ontario.ca/page/get-support-families
Kawenniio/Gaweni:yo Private School - kgprivateSchool@gmail.com
IL Thomas - JItthomaselementary@gmail.com
Emily C General - emilycgeneralschool@gmail.com
Jamieson and JC Hill - jamiesonjchill@gmail.com
Oliver M. Smith Kawennio - Omsktechteam@gmail.com

Employment Insurance:
Apply online first for regular EI benefits at Employment Insurance or call toll-free: 1-800-206-7218. You will be automatically enrolled in the Canada Emergency Response Benefit if you are eligible.


GREAT: 519-445-2222

Employee Assistance Program: 1-844-800-9142 this is available to SNGREC Employees and their immediate family members

Sun Life Customer Care 1-800-361-6212 you will need your contract number which is 102405 and your member ID number which is on your Sun Life card after the contract number.

EX: 16 102405 00000XXXX 01
Hope

We should not let our fears hold us back from pursuing our hopes and a leader is a dealer in hope.

Listen for Morning Six Nations Covid-19 Podcast Updates with Lori Davis Hill Director of Health

Listen On:
100.3 fm - CKRZ
93.5 fm - Jukasa

www.sixnationscovid19.ca

@SNCOVID @SNCOVID19
There is an estimated 12,890 people on Six Nations at risk for being infected with Covid-19. We currently have 3 cases in the community. This means:

**No Physical Distancing**
- 3 people
- Infect 2.5 people each in 30 days
- 54 people infected

**50% reduction in contact**
- 3 people
- Infect 1.75 people each in 30 days
- 5 people infected

**75% reduction in contact**
- 3 people
- Infect 0.625 people each in 30 days
- 1 person infected

*Estimates based on reported calculations by Robert Garner from University of California and Six Nations community level data*
Ogweho:weh Social Distancing

Let's use this extra time to spend with our families and others who live in our home. We can connect with Creation and our culture in many ways while at home. Below are some examples and links for guidance and support.

01 GANOHONYOHK: We are told to give thanks every morning
We are told to give thanks every morning. It is important to give thanks to all Creation, to express appreciation for all life forms, this guides our thoughts in a good way. CLICK HERE to listen to the thanksgiving address. Practice every day.

02 Sing our songs
Singing is an integral part of our history. Songs are a form of storytelling and entertainment for our people. Our songs have meanings and purpose and uplift our minds. They can be used for ceremony, entertaining and giving thanks. Now is a great time to learn, practice, and sing our songs with family in your house. CLICK HERE for singing resources.

03 Start gardening
It is a great time to start a garden. Gardening helps us to develop connection with Creation. Get your children involved and develop awareness of our traditional foods and Haudenosaunee agriculture. To understand our Haudenosaunee ways of growing food, CLICK HERE. Watch for videos and information on our Healthy 6nay Facebook page!

04 Bead with family
Now is a great time to start beading and you can make it a family activity! Beading is a fun and therapeutic activity for many ages. CLICK HERE to follow a link for a beginner's guide to beading.

05 Learn your language
There are so many free language apps and YouTube videos available now to help you learn one of our Haudenosaunee languages. Learning your language strengthens your cultural identity and family ties and creates an awareness of our traditional knowledge. CLICK HERE to see a Cayuga language resource.

For more updates please follow:

@Healthy6Nay
@healthy6nay

Six Nations Health Services
BREAD & CHEESE
NOTICE 2020

CANCELLED

To protect and prevent further spread against COVID-19 our Annual Bread and Cheese is CANCELLED this year.