Six Nations Declares COVID-19 Emergency


“Six Nations Elected Council is committed to supporting our people during the global COVID-19 pandemic,” said Chief Mark Hill. “After weeks of monitoring the situation, we have decided to declare a Community Emergency in order to allow us to better align our existing resources, and obtain additional resources, to face the challenges ahead.”

As an immediate result of the Community Emergency declaration, schools in Six Nations will be closed from March 16th until April 6th, 2020. The Elected Council will continue working with public health experts and may announce additional measures in the days to come.

“We are all responsible for the health of our community. This declaration is also a call to action for the community to come together and take active measures to protect our people – especially our Elders and Knowledge Keepers, and our youth. I urge Six Nations residents to practice proper hand washing hygiene, to stay at home if sick, and to follow public health advice from local, provincial and federal experts,” said Chief Hill.

Ohsweken Public Health officials have asked that anyone experiencing COVID-19 symptoms, such as fever, cough, or shortness of breath, contact the Public Health Office at: 519-445-2672. Residents should contact Public Health before going to a hospital or clinic in order to minimize the potential of spreading the virus further.

“As Onkwehonwe people, we are resilient – and this is not the first time we have come face to face with adversity. The Elected Council is fully determined to prevent widespread infection in our community and support those who need help. This is a time of perseverance. We will get through this together,” said Chief Hill.

At this time there are no confirmed cases of COVID-19 in Six Nations.


-30-

Communications Officer at clickers@sixnations.ca
Six Nations of the Grand River
1695 Chiefswood Road, Ohsweken ONT, N0A1M0
SIX NATIONS
EMERGENCY
RESPONSE PLAN
AVAILABLE
ONLINE

Please visit:

SIX NATIONS
PANDEMIC
RESPONSE PLAN
AVAILABLE
ONLINE

Please visit:
ATTENTION

STOP

Six Nations of the Grand River buildings are

CLOSED to the general public due to the

COVID-19 pandemic until further notice.

PLEASE DO NOT ENTER THE BUILDING

Please call your local public health unit or the Ohsweken Public Health Unit at (519) 445-2672 if you are experiencing any of the following:

- Cough or Shortness of Breath
- Fever
- Sore throat

If you have questions, please call your service provider.
Six Nations Public Works Notice:

1) Dump Hours of Operation (in the Context of COVID-19). Please note the Six Nations Landfill Site is still operating as an essential service from: Tuesday to Saturday from 8:00a.m. to 4:30p.m.

2) The Transfer Station will not be open for community use until after June 2020. The community is to continue using the Landfill Site for their waste disposal and we will provide advance notice prior to transitioning.

3) Remember to give snow plows space and do not plow snow across the road. Do your best to stay off the roads in icy or snowy conditions.
Food Accessibility in Six Nations Community

How to gather or receive food and supplies during COVID-19:

**Good Overall Health**
- You can still go to grocery store to get your food/supplies.
  - Practice physical distancing (6ft apart)
  - Prepare a list to be quick
  - Wash your hands/sanitize when you leave

**Sick or Self-Isolating**
- You CANNOT go out in public to get your food/supplies.
  - Avoid/limit contact with others
  - Arrange for someone to pick-up/drop-off
  - Sanitize items upon receiving

**Six Nations Community Services**
- Connect with your service providers (counsellor, dietitian, etc...) for support in accessing supplies
- Six Nations Community Food Bank OPEN **Thursdays from 9:30-5:00.** If you cannot get out, ask a helper or service provider to drop-off for you **Call or Text:** 519-771-0025

**Home Delivery Options**
- Find helpers in our community to do your shopping for you. OR order online, and arrange to have somebody drop-off
- Some community businesses are offering to get groceries for seniors as well as delivery services

**Community Helping Community**
- Order groceries online and arrange for a "Parking Lot Pick-Up"
- Share food/supplies with others
- Become a helper for others, offer to pick-up and drop-off supplies
- If you know people who do not have internet access, order online for them

**Emergency Food Support**
- Make an arrangement to receive a delivery of emergency food/supplies to your doorstep.
  - Mon-Fri 8:30-4:30
  - **Call or Text:** 519-717-3402

**Emergency Baby/Infant Support**
- For emergency delivery of formula and diapers; or for breastfeeding support.
  - **Call/Leave Message:** 519-445-4922.
  - Response within 24hrs

www.sixnationscovid19.com

@SNCOVID19
@SNCOVID
Crisis Hotlines

NEED HELP? CALL:

Six Nations Mental Health & Addictions
Monday to Friday - 8:30am-4:30pm
Walk-in Crisis Services available
1769 Chiefswood Road, Ohsweken
519-445-2143

Six Nations Social Services
Monday to Friday - 8:30am-4:30pm
Walk-in Crisis Services available
15 Sunrise Court, Ohsweken
519-445-2071

Ganohkwasra Family Assault Support Services
24/7 hour support line
519-445-4324

Six Nations Mobile Crisis Line
24/7 days a week
519-445-2204 or 1-866-445-2204

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

First Nations & Inuit Hope for Wellness Help Line
24/7
Toll Free: 1-855-242-3310
Website: Hopeforwellness.ca—online chat available
WHEN APPLYING FOR
EI DURING COVID-19

Employment Insurance (EI) sickness benefits provide up to 15 weeks of income replacement and are available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits.

Service Canada is ready to support Canadians affected by COVID-19 and placed in quarantine, with the following support actions:

- The one-week waiting period for EI sickness benefits will be waived for new claimants who are quarantined so they can be paid for the first week of their claim.
- Establishing a new dedicated toll-free phone number to support enquiries related to waiving the EI sickness benefits waiting period.
- People claiming EI sickness benefits due to quarantine will not have to provide a medical certificate.
- People who cannot complete their claim for EI sickness benefits due to quarantine may apply later and have their EI claim backdated to cover the period of delay.

Important: If you are directly affected by the COVID-19 because you are sick or quarantined and you have not yet applied for EI benefits, please submit your application before contacting Service Canada - EI. This will allow Service Canada to better serve you and prevent delays in establishing your claim.

If you have already completed the application for EI sickness benefits whether you are sick or quarantined and would like to have the one-week waiting period waived, call the new toll-free phone number below. It is important to note that no other request will be actioned on this phone line. Service Canada will take action only for sick or quarantined clients affected by the COVID-19 for which the application for sickness benefits has been filed.

Telephone: 1-833-381-2725 (toll-free)
Teletypewriter (TTY): 1-800-529-3742

People who are not able to access the internet can apply in-person.
Nearest Office: Brantford - 195 Henry Street Unit 6B. Brantford, ON.
APPLYING FOR EMPLOYMENT INSURANCE

What you need before you start
To complete the online EI application you will need the following personal information:
• your Social Insurance Number (SIN)
• your mother’s maiden name;
• your mailing and residential addresses, including the postal codes—if you do not have a usual place of
  residence, you must apply in person at your local Service Canada Centre; and
• your complete banking information, including the financial institution name and number, the branch
  number, and your account number, if you want to sign up for direct deposit.

You need to apply for EI benefits since Service Canada first needs to determine whether you are entitled
to receive them. Benefits are not paid to you automatically, even if you have received a Record of
Employment (ROE) from your employer.

To find out if you are eligible to receive EI benefits, you must submit an application online. It will take about
60 minutes to complete the online application.

The website takes you step by step through the application process, and provides detailed instructions on
how to complete the form.
• www.servicecanada.gc.ca

When you are ready, Click on the button Apply.
• Click/Select EI Benefits
• Select Regular Benefits
• Identity Information – you will be asked to submit the following information
  • SIN  • Date of Birth  • Name
  • Gender  • Mother’s Maiden Name
• Identity verification – you will be asked to click agree or yes for info on screen
• If okay, you will be given a temporary password in case you get disconnected and you will have 24
  hours to log into the same claim with the temp password
• Personal Information – this area is about your contact information
  • Language preferred  • Email address
  • Phone numbers  • Postal Code
  ■ This section will have a drop down list to retrieve your address
  And it will also ask if your mailing address is different from residential address
• Status Indian – yes/no
• EI Tax Slip by mail or electronic – yes/no
• Note Status exemption and will ask if employer deducted tax – no
• Direct Deposit Information – provide if you want to use direct deposit for EI, if you do not have the
direct deposit information you can update it later on the site
• Other information you will be asked such as highest level of education
• Last Employer Section
  • Name, contact information of Payroll or HR
  • Dates employed – if you have been previously on EI you will have to put the date of return as
    your date employed as per ROE
  • Last day worked
• Return to work date – check
  • unknown because you don’t know for sure

If attending training, eligible applicant must meet with a Programs and Services officer. An EI Authorization
must be submitted with EI application.
Six Nations Implements Safety Precautions to Protect the Community Due to COVID-19

Ohsweken, ON, Mar. 14, 2020: Six Nations of the Grand River Elected Council (SNGR EC) has passed several Band Council Resolutions (BCRs) that are precautionary and proactive measures to protect the overall community.


On March 13, 2020, SNGR EC held a special council meeting. Of the BCRs carried at this meeting include:

- Effective immediately, the closures of all Six Nations Day Care Centres, Six Nations Bingo Hall and all community events until April 6th, 2020
- Effective immediately a travel ban for all SNGR Councillors and employees
- The closure of all SNGR Parks and Recreation facilities until April 6th

- Approval of non-essential SNGR employees to work from home until April 6, 2020, plans of such are under development

Other precautionary measures taken include:

- Public closure of Iroquois Lodge
- The implementation of health screenings for anyone entering SNGR departments that remain open

The SNGR EC has taken these steps outlined above as a precautionary measure to mitigate the risk and exposure to the community. The Elected Council will continue working with public health experts and will announce additional proactive measures in the days to come.

The Elected Council encourages all Six Nations members to be practicing social distancing by limiting your exposure to large crowds and keeping a recommended one meter between people. The SNGR EC also acknowledges that our traditional ceremonies are essential and aid in all aspects of our health, this does not impact those ceremonies, they will continue to run as planned.

Ohsweken Public Health officials have asked that anyone experiencing COVID-19 symptoms, such as fever, cough, or shortness of breath, contact the Public Health Office at: 519-445-2672. Residents should contact Public Health before going to a hospital or clinic in order to minimize the potential of spreading the virus further.

At this time there are no confirmed cases of COVID-19 in Six Nations.


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Communications Officer: clickers@sixnations.ca | Six Nations of the Grand River | 1695 Chiefswood Road, Ohsweken CNT, N0A1M0
** IMPORTANT NOTICE **
** TRAVEL ADVISORY **

The World Health Organization declared a pandemic on March 11, 2020 due to the Coronavirus-19 (COVID-19). On March 13, 2020 Six Nations Council passed that Six Nations of the Grand River will have a travel ban for all Six Nations Elected Council and employees and also declared COVID-19 as a community emergency. Travelling during this pandemic will increase the risk of bringing this virus to the community. Canada is recommending that all non-essential travel outside Canada be avoided and that people outside of Canada need to consider returning as soon as possible. At this time Six Nations of the Grand River and Six Nations Health Services are doing everything possible to keep our staff, clients, our residents and the community safe.

As many of our families may be travelling from March 14 through to April 5, 2020, the Public Health Agency of Canada recommends that travellers avoid non-essential travel to areas with widespread transmission of COVID-19. Visit this link for more health advice: https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html

If you are traveling, please speak to your Supervisor/Manager to let them know of your travel plans. Please let your Supervisor/Manager know the following:
- Where you will be travelling?
- How you are getting there?
- What is your expected date back to Canada?

Daily preventative measures, including while travelling:
- Make sure you have hand sanitizer and tissues with you at all times.
- Avoid large gatherings and avoid contact with sick people.
- Avoid touching your face, eyes and mouth.
- Clean your hands frequently with hand sanitizer or soap and water.
- Cover your cough and sneezes with your elbow or a tissue.
- Do not drink from the same cups or water bottles.
- If you become sick, avoid others and contact a health clinic in the area
- Clean/disinfect frequently touched items/surfaces (i.e., door knobs, cell phone, remotes)

Returning from travel
When you return to Canada, you are to:
- **Self-isolate for 14 days** and notify your Supervisor/Manager that you have returned to Canada
- **Self-isolating is the act of isolating or separating oneself from others**
- If you **had or have symptoms** (fever, cough or shortness of breath), it is imperative that you immediately:
  - notify your Supervisor/Manager **AND**
  - notify Chsweken Public Health at (519) 445-2672

Please be diligent to follow the daily preventative measures listed above to limit your exposure to this virus.
First Responder Personal Protective Equipment (PPE) Update to the Six Nations community.

Since January of 2020 the Six Nations Emergency Control Group have been meeting to assess and monitor the developing Covid 19 situation.

During our initial assessments, it was determined that there would be an evolving issue of a shortage of Personal Protective Equipment for front line workers including our community Emergency First Responders.

In preparation, we began to make the assessment that a move to a slightly higher level of protection for our Paramedics, Firefighters & Police would be necessary.

This move was necessary because even at that time (January) the recommended level of PPE was sparsely available but the higher level of PPE was at that time still available in good quantities.

As a result of this we began to assemble what we call Covid 19 - PPE Kits.

This kit include:
- MSA half mask respirator with dual filter
- Safety glasses
- Face shield
- Gown (blood borne pathogen/viral impervious)
- Gloves with extended cuff

Over the past week our response protocols for certain types of medical response have changed due to the developing Covid 19 Pandemic.

The changes are occurring in order to protect our first responders and ensure that they will be able to continue to serve the community.

Today, we began issuing our Emergency Services Covid 19 - Personal Protective Equipment Kits to our front line Paramedics, Firefighters and Police Officers. We are sharing this information with the community so that everyone will not be alarmed should they see us responding in our new PPE.

Our response protocols require us to wear our PPE for numerous reasons, it does not mean that anyone has Covid 19.

To assist all of the health care providers and emergency services please follow the recommendations of the World Health Organization and our Public Health authorities:

- practice good regular hand washing
- cough/sneeze into your arm
- clean surfaces on a regular basis
- practice social distancing as much as possible
- Avoid being in large crowds
- Avoid crowded places

There is no evidence on the usefulness of face masks worn by healthy / none symptomatic people of the public as a mitigation measure, therefore it is not recommended.

Masks are needed for the front line workers providing care and responding to those in need.
**IMPORTANT NOTICE — Social Distancing**

Ohsweken, ON, Mar. 15, 2020: Due to COVID-19, we are encouraging the community to practice social distancing to reduce the spread of this virus. Everyone’s health and safety is important to us. Below are some guidelines to assist in social distancing practices.

**SOCIAL DISTANCING:**

**What does it mean?**

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

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<thead>
<tr>
<th>AVOID</th>
<th>USE CAUTION</th>
<th>SAFE TO DO</th>
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</thead>
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<td>Group Gatherings</td>
<td>Visit a local Restaurant</td>
<td>Take a walk</td>
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<tr>
<td>Sleep Overs</td>
<td>Visit Grocery Store</td>
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<td>Playdates</td>
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<td>Concerts</td>
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<td>Non-essential workers in your house</td>
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<td>Stream a favourite show</td>
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<td>Call to Check on a Friend</td>
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<td>Call to Check on Elderly Neighbour</td>
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</tbody>
</table>
THE POWER OF SOCIAL DISTANCING

NOW

1 PERSON

INFECTS

5 DAYS

2.5 PEOPLE INFECTED

30 DAYS

406 PEOPLE INFECTED

50% LESS EXPOSURE

1 PERSON

INFECTS

5 DAYS

1.25 PEOPLE INFECTED

30 DAYS

15 PEOPLE INFECTED

75% LESS EXPOSURE

1 PERSON

INFECTS

5 DAYS

.625 PEOPLE INFECTED

30 DAYS

2.5 PEOPLE INFECTED
In the interest of the health and well being of our Elders, IROQUOIS LODGE is currently NOT allowing visitors to our residents unless the resident is terminally ill or very unwell.

If you are planning to visit IROQUOIS LODGE please call ahead 519-445-2224
Six Nations Remains Committed to the Safety of Iroquois Lodge Residents

Ohsweken, ON, Mar. 14, 2020: As the situation with COVID-19 continues to evolve, we remain committed to maintaining the safety of our residents at Iroquois Lodge. In order to ensure a safe and secure environment, we are following the directive of Ontario’s Chief Medical Officer from the Ministry of Health in collaboration with The Ministry of Health & Long-Term Care has mandated that all Long-Term Care Homes in Ontario enforce strict limitations on visiting effective immediately. The only exceptions for visitors are if they are visiting someone who has a terminal illness requiring palliative care or if the resident is extremely ill. We encourage those who feel their visit is essential to contact the home first before visiting.

All employees and visitors are actively screened when they enter Iroquois Lodge. Anyone who fails the screening are asked to return home. The Chief Medical Officer of Health of Toronto has further stated that any person who has travelled outside Canada should self-isolate for 14 days. Any staff member who returns from travel outside Canada must be advised about return to work by Ohsweken Public Health.

To ensure the safety and well-being of the residents at Iroquois Lodge, we want to do everything we can to prevent COVID-19 from affecting any resident at Iroquois Lodge. A team member has been contacting all family members. The residents of Iroquois Lodge were all informed about the visitor restrictions this afternoon. All activities have been cancelled. We are also discouraging residents from leaving the property to help limit risk. We further explained that they are part of the most vulnerable population who are at risk for COVID-19. Their safety is our number one priority and concern!

This visitor restriction is going to be extremely difficult for all residents and their families. Families and friends may call Iroquois Lodge to talk to their loved one. We are in regular communication with Public Health and with the Ministry of Health and will continue to follow their provincial directives to limit the spread of COVID-19.

Nya:weh for your understanding and cooperation!

Holly Cowan
Acting Director of Care, Iroquois Lodge

Katie Gasparelli
Acting Administrator, Iroquois Lodge

-30-
COMMUNITY NOTICE:

Modified Daily Operations of the Six Nations Family Health Team within the context of COVID-19

Ohsweken, ON – March 15, 2020: As the situation with COVID-19 continues to evolve, the Six Nations Family Health Team remains committed to the safety and well-being of our patients, staff and the larger community, while we seek to continue to provide optimal primary care to our community members.

Due to the rapidly evolving situation of COVID-19 within the province and our region, the Six Nations Family Health Team has decided to limit in-person appointments to a telemedicine approach to care. What this means is that you can still call the office during the regular clinic hours (Monday to Friday, 8:30AM-4:30PM), but instead of seeing the care provider in-person, you will be assessed over the phone. If the care provider deems that an in-person appointment is needed, you will be advised on next steps and when an appointment can be arranged. Clear guidance will be provided before and upon your arrival, so that the clinical space can maintain proper infection control protocols. No one can enter the clinic, unless first approved by the clinical staff onsite. In addition, no walk-in appointments will be provided and appointments cannot be made in-person at the front desk. Prescription refills and the review of any lab results will also continue as needed. The clinic will operate in this modified manner starting Monday, March 16, 2020, until we deem it safe to maintain regular operations.

We thank you for your patience at this time and we will seek to continue to provide you with optimal care throughout this situation.

To contact our clinic, please call: 519-445-4019 (Monday to Friday, 8:30AM-4:30PM).

Please contact the Ohsweken Public Health Office at 519-445-2672 if you are exhibiting any of the following symptoms: fever (over 38 degrees Celsius) and/or onset of (or exacerbation of chronic) cough.

Thank you for your understanding and cooperation at this time,
The Six Nations Family Health Team | 519-445-4019
CORONAVIRUS COVID-19
PREVENTION IS KEY!!
ITS EVERYONE’S RESPONSIBILITY

CLEAN YOUR HANDS FREQUENTLY
• BEFORE OR AFTER FOOD PREP
• AFTER TOUCHING MONEY
• AFTER COUGHING & SNEEZING
• AFTER BLOWING YOUR NOSE
• AFTER WASHROOM USE

CLEAN COMMON AREAS FREQUENTLY
• COUNTER TOPS
• KEYBOARDS OR KEYPADS
• PHONES
• DOOR HANDLES
• BATHROOMS

AVOID TOUCHING YOUR FACE
AVOID SHAKING HANDS

IF YOU HAVE ANY OF THE FOLLOWING
NOTIFY YOUR HEALTH PROVIDER ALONG WITH
OHSWEKEN PUBLIC HEALTH (519) 445-2672

• NEW OR WORSE COUGH
• SHORTNESS OF BREATH
• FEVER OR CHILLS
• CLOSE CONTACT WITH SOMEONE WHO HAS BEEN ILL
• TRAVELLED OUTSIDE OF CANADA IN THE LAST 14 DAYS

Posted March 6, 2020
As March Break 2020 approaches and families travel abroad, we want to remind you about the evolving COVID-19 situation so that you can be prepared and prevent this illness from infecting your loved ones and help protect our community.

**BEFORE YOU LEAVE:**

**Check before you book/leave.** Visit the Travel Advice & Advisory website for the latest COVID-19 information and recommendations about travel. The situation in Canada and other countries is changing rapidly at this time. Please visit:


**Consider the Following:** The area you are travelling to? What the COVID-19 situation is in that area? What type of activities will you be doing in the area (eg. concert)? Who will you be travelling with (eg. Elderly, immunocompromised)? **PLEASE NOTE:** The Public Health Agency of Canada is recommending that Canadians avoid all cruise ship travel.

**Plan ahead.** Consider purchasing travel insurance and ensure that it covers treatment for COVID-19. Take enough prescription medications for the entire trip, plus extra in case you become sick and are not able to refill a prescription while travelling.

**Register before you leave.** Everyone planning to travel abroad for March Break should register with the “Registration of Canadians Abroad” free service; to receive important updates regarding emergencies while you are away. Registration can be done online:

[https://travel.gc.ca/travelling/registration](https://travel.gc.ca/travelling/registration)

**WHILE YOU ARE AWAY:**

- Wash your hands, wash your hands, wash your hands........
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Cover coughs and sneezes with your elbow or a tissue, then throw the tissue into the garbage right away and wash your hands
- Avoid close contact with people who are ill
- If you become sick while travelling (e.g. fever, cough, difficulty breathing), avoid contact with others and call a health clinic in the area
- Clean/disinfect frequently touched items/surfaces such as door handles, toilets, remote controls, cell phones
- Tell a flight attendant if you feel sick during the flight back to Canada, and a Border Services Officer when you arrive
WHEN YOU RETURN:

If you have travelled outside of Canada, it is important to monitor your health when you return for 14 days. If you develop fever, cough or difficulty breathing, PLEASE isolate yourself at home as quickly as possible and call the Ohsweken Public Health Office @ 519-445-2672 or your physician’s office. Let them know your symptoms and travel history.

The COVID-19 situation in other countries may change quickly. PLEASE VISIT THE WEBSITE BELOW FOR FURTHER INSTRUCTION FOR SPECIFIC COUNTRIES. Depending on where you have travelled, you MAY need to call public health within 24 hours of arrival home and self-isolate when you arrive home.


For more information:

- Ohsweken Public Health Office @ 519-445-2672
- Six Nations Health Services @ 519-445-2418
- Healthy6Nay Facebook Page

Don’t Panic – Be Prepared
COVID-19 Preventative Measures to Protect Our Community

Six Nations of the Grand River Elected Council (SNGR EC) reminds our community of the importance of PREVENTION MEASURES, as we prepare for COVID-19. Prevention is Key! It is everyone’s responsibility! Here are some helpful tips to help prevent the spread of germs. Remember that we are also experiencing our normal cold and flu season, so these measures will help to protect you from all circulating seasonal viruses and COVID-19.

- **Wash your hands**, often throughout the day
- **Avoid touching your eyes, nose, or mouth** with unwashed hands
- **Cover coughs and sneezes** with your elbow or a tissue, throw the tissue into the garbage right away and wash your hands
- **Avoid close contact** with people who are ill
- **Stay at home if you are sick**, and avoid large gatherings
- **Clean/desinfect** frequently touched items/surfaces in your home and workplace; such as door handles, toilets, counter tops, taps, remote controls, cell phones

With March Break approaching and families preparing to travel, please consider where you will be travelling, your activities while travelling and who you will be travelling with (eg. Elders). SNGR EC is encouraging community members to re-evaluate the need for any non-essential travel at this time.

When you return to the community please monitor yourself for FEVER, COUGH and SHORTNESS OF BREATH. If you experience any of these symptoms and have travelled outside of Canada, please contact the Ohsweken Public Health Office @ 519-445-2672.

The COVID-19 situation in other countries may change quickly. PLEASE VISIT THE WEBSITE BELOW FOR FURTHER INSTRUCTION FOR SPECIFIC COUNTRIES. Depending on where you have travelled, you MAY need to call public health within 24 hours of arrival home and self-isolate when you arrive home.


The situation with COVID-19 changes rapidly, it is important to keep up to date on information and look for it from reputable sources. The following is a list of areas where you can receive COVID-19 information:

- **Ohsweken Public Health** 519-445-2672 (Monday – Friday 8:30 am to 4:30pm)
- **Six Nations Health Services** 519-445-2418 (Monday – Friday 8:30 am to 4:30pm)
- **Ontario Telehealth** 1-866-797-0000 (24hours/7 days a week)


Candace Lee Lickers, Communications Officer: clickers@sixnations.ca
Six Nations of the Grand River 1655 Chiefswood Road, Ohsweken ONT, NOA1M0
CRISIS OR TRAUMATIC EVENT

Normal Reactions to Abnormal Events

- A traumatic event/critical incident is any event that causes unusually strong emotional reactions that may interfere with the ability to function normally.
- It is very common and normal to experience stress reactions.
- These reactions can appear immediately, weeks or months later depending on the severity of the event.
- Understanding and providing support of the individual impacted usually will cause the stress reaction to pass more quickly.
- Occasionally, individuals may need professional, traditional or spiritual supports when they are unable to manage by themselves.
- This does not imply mental instability or weakness. It simply indicates that the event may have been too difficult for one to manage by themselves.

COMMON SYMPTOMS OF A TRAUMATIC EVENT

<table>
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<tr>
<th>Physical</th>
<th>Mental</th>
<th>Emotional</th>
<th>Behavioural</th>
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</thead>
<tbody>
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<td>Nausea</td>
<td>Confusion</td>
<td>Fear</td>
<td>Withdraw</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Nightmares</td>
<td>Guilt</td>
<td>Inability to rest</td>
</tr>
<tr>
<td>Chills</td>
<td>Uncertainty</td>
<td>Grief</td>
<td>Changes in</td>
</tr>
<tr>
<td>Headaches</td>
<td>Blaming</td>
<td>Panic</td>
<td>social patterns</td>
</tr>
<tr>
<td>Fainting</td>
<td>Poor attention,</td>
<td>Anxiety</td>
<td>Increased</td>
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<tr>
<td>Difficulty breathing</td>
<td>concentration,</td>
<td>Agitation</td>
<td>alcohol and</td>
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<tr>
<td>Elevated blood</td>
<td>and memory</td>
<td>Anger</td>
<td>drug use</td>
</tr>
<tr>
<td>pressure or heart rate</td>
<td></td>
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<td>Changes in</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>appetite</td>
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</tbody>
</table>

*If someone is having difficulty coping or if symptoms become unmanageable please seek out professional supports

SELF-CARE IDEAS & TIPS

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Emotional</th>
<th>Spiritual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat healthy meals</td>
<td>Read book/magazine</td>
<td>Be with family</td>
<td>Helping and</td>
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<tr>
<td>Drink plenty of water</td>
<td>Watch a movie</td>
<td>and friends</td>
<td>doing things for others</td>
</tr>
<tr>
<td>Exercise</td>
<td>Listen to your favourite music/playlist</td>
<td>Be kind to yourself – practice “self-compassion”</td>
<td>Dancing, singing, and drumming.</td>
</tr>
<tr>
<td>Allow yourself to rest – schedule a nap, sleep in.</td>
<td>Try to maintain a sense of normalcy</td>
<td>Reach out and talk to someone you trust</td>
<td>Go for a nice walk</td>
</tr>
<tr>
<td>Play favourite sport (utilize activities/drop in hours @ Dajoh -Youth &amp; Elders Centre)</td>
<td>Take time for yourself – schedule private “me time”</td>
<td>Laugh – humour is good medicine</td>
<td>Smudge</td>
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<tr>
<td></td>
<td>Journaling</td>
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<td>Practice keeping a Good Mind</td>
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LOCAL RESOURCES
Statement

Enhanced Measures to Protect Ontarians from COVID-19

March 16, 2020

TORONTO — Today, Dr. David Williams, Chief Medical Officer of Health issued the following statement detailing enhanced public health measures to help contain the spread of COVID-19:

"Following a number of significant announcements regarding travel and public health measures over the past 72 hours, and after further consultations with my colleagues across Canada, I would like to take the opportunity to clarify my guidance to Ontarians on COVID-19.

This is an evolving situation, and your role in helping to manage the spread of COVID-19 in Ontario is critical. It is imperative that we take steps now and take steps together to reduce opportunities for transmission. I am asking for your cooperation in following the advice below as best you can over the coming weeks. By working together, we can make a difference in this outbreak and protect those among us who are most vulnerable to COVID-19.

The symptoms of COVID-19 include fever, new cough and difficulty breathing, and these may occur within 14 days of an exposure to another case.

Additional closures

I am strongly recommending a further limitation to public gatherings from my advice on March 12, 2020. I am further advising Ontarians to avoid large gatherings of over 50 people. In addition, I am specifically requesting the closure of the following settings as soon as possible:

- All recreational programs and libraries
- All private schools
- All daycares
- All churches and other faith settings
- All bars and restaurants, with the exception of restaurants that can shift to takeout/delivery mechanisms
If you do not have any symptoms of COVID-19

Everyone in Ontario should be practicing social distancing to reduce their exposure to other people. This means that you can carry out daily activities, such as going to work (if you cannot work from home) and doing necessary shopping and appointments.

I ask that everyone in Ontario does their best to avoid close contact with people outside of their immediate families. Close contact includes being within 2 meters of another person.

In addition:

If you believe you have been exposed to someone with COVID-19 symptoms, I recommend that you begin to self-monitor for a period of 14 days. This means that, in addition to social distancing, you should track how you feel. You should take your temperature daily and log any other symptoms that develop (e.g., sore throat, new cough). You can share these records with your primary care provider over the phone if you seek assessment services.

All persons over 70 years of age and individuals who are immunocompromised are advised to self-isolate for a period of 14 days. This means that you should only leave your home or see other people for essential reasons. Where possible, you should seek services over the phone or internet or ask for help from friends, family or neighbours with essential errands.

If you have travelled outside of Canada in the last 14 days

If you have travelled and are not a healthcare worker or another essential service worker, I ask that you self-isolate for 14 days since your arrival in Canada. People who are self-isolating should not go to work.

In addition:

- Workers who have travelled and are part of workplaces that are essential to daily living are able to return to work as long as they are asymptomatic. However, they should self-monitor for a period of 14 days and identify themselves to their employer so that a plan can be put into place to ensure the protection of those workplaces.
- Children under the age of 16 years who have travelled outside of Canada should also self-isolate for a period of 14 days. Parents should actively monitor their children's symptoms. Children who are self-isolating should stay at home and avoid social gathering points such as community centres or parks.

Public Health Ontario has excellent fact sheets on how to self monitor and self isolate.
If you start to feel symptoms of COVID-19

I am requesting anyone who begins to feel unwell (fever, new cough or difficulty breathing) to return home and self-isolate immediately. People who are self-isolating should seek clinical assessment over the phone - either through Tele-Health Ontario (1-866-797-0000) or by calling their primary care provider's office. If you need additional assessment, your primary care provider or Tele-Health will direct you to in-person care options. If you are in medical distress and need urgent care, you should call 911 and let them know what you are self-isolating because of COVID-19.

If you are an employer

I am asking all employers in Ontarians to facilitate virtual work arrangements to enable employees to work from home where possible to enable workers to limit their activities, care for children and to self isolate. However, I recognize that there are a number of workplaces where this is not possible. I would ask those employers to use their judgement to sustain operations in a manner that maintains social distancing.

If need to seek health care for COVID-19

If you are unwell and need to seek health assessment for COVID-19 there are three options to available:

- Telehealth Ontario at: 1-866-797-0000 (24/7)
- Your primary care provider - you should call your primary care provider and they will provide virtual assessment by phone or other technology. You should not book an in-person visit for COVID-19 assessment without first having a virtual assessment.

If you require an in-person health assessment, you will be referred to an appropriate location for in-person health assessment. Only people with COVID-19 symptoms will be tested.

I want to remind all Ontarians that there are important actions that they should be taking every day in order to protect your health. These include:

- washing your hands often with soap and water or alcohol-based hand sanitizer
- sneezing and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- stay at home if you are sick. In particular, do not visit a long-term care, retirement home or other congregate living situation.

Thank you for all of your support. These are difficult times, but together we will move through and protect the most vulnerable among us."
Coronavirus Disease 2019 (COVID-19)

How to self-isolate

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

Stay home
- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.

Limit the number of visitors in your home
- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).

Avoid contact with others
- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).

Keep distance
- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.
Coronavirus Disease 2019 (COVID-19)  Continued from Page 23

How to self-isolate

Cover your coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
  Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.

Wash your hands
- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wear a mask over your nose and mouth
- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.

Contact your public health unit:

Learn about the virus
COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: ontario.ca/coronavirus

The information in this document is current as of February 14, 2020

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Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a ‘close contact’.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often
- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wear mask and gloves
- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).

Dispose of gloves and mask after use
- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.

Limit the number of visitors in your home
- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.
Avoid sharing household items
- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.

Clean
- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Wash laundry thoroughly
- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.

Be careful when touching waste
- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.

Contact your public health unit:

Learn about the virus
COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: ontario.ca/coronavirus
From @Healthy6Nay –
Health Services - March 2020
Non Insured Health Benefit Update

COVID-19 pandemic updates

The NIHB program is continuing to provide benefits and services while following public health guidance and recommendations from health professionals as the situation evolves.

The NIHB Drug Exception Centre, Dental Predetermination Centre and regional call centres continue to operate and receive calls from providers and clients. Please note that wait times may be longer than usual, and we appreciate your patience.

The NIHB program normally covers up to a 100-day supply of chronic medications. In determining the quantity to refill for clients, pharmacists will consider advice from professional associations and regulatory bodies, as well as patient-specific factors. If a client is seeking an early refill (before 2/3 of their medications are used), the pharmacist may submit the claim with an override code, and NIHB will reimburse. However, it is the pharmacist’s decision to provide early or longer refills.

NIHB clients are encouraged to consult with their health or benefit service provider to confirm whether routine, non-urgent appointments should be postponed.

Dental professional organizations across Canada have advised that non-emergency services should be postponed. Call your dental provider’s office to see if any scheduled dental appointments have been cancelled.

You may contact your mental health service provider to confirm whether they can provide counselling services via telephone (tele-mental health services by eligible providers are covered by the NIHB program).

NIHB is continuing to support clients who need medical transportation benefits to access urgent or essential medical services. Vulnerable clients will be supported by prioritizing private modes of transport. Additional guidance has also been provided to support external service providers (such as boarding homes and airlines) for infection prevention/control.

As the situation evolves, information will be provided through NIHB call centres and posted online.
Watch Six Nations COVID-19 Updates on ...