The Ohsweken Public Health Office and Six Nations Health Services have been actively monitoring the activity and information regarding the COVID-19 (Coronavirus). Active preparation has also begun through:

- Reviewing internal processes, the Ministry of Health Guidance Documents for various health sectors and the Six Nations Communicable Disease Emergency plan
- Meeting with outside health partners to establish a coordinated response
- Educating and preparing staff to safely respond to ill patients
- Providing updates to the Six Nations Emergency Control Group members

We would like to provide you with the following update, so that you are able to recognize and respond to concerns of COVID-19 (coronavirus).

**COVID-19 (Coronavirus): Important Updates**

- **KNOW**
  - All viruses (Coronavirus, Influenza) can spread to others through direct contact with an infected person, or through commonly touched items that have been exposed to secretions from an infected person (eg. handrails, door handles, bathroom facilities, remotes, light switches, eating utensils etc.).
  - Updated case counts as of February 26, 2020 (Ministry of Health & Long Term Care)
    - In Canada, there have been a total of 12 cases
    - In Ontario, there are 14 persons under investigation with lab results pending.
    - To date, there are no COVID-19 positive cases among the repatriated Canadians from Wuhan who are currently under quarantine at CFB Trenton or NAV Centre.

- **ACT**
  - In more severe cases, symptoms can quickly progress to pneumonia, severe acute respiratory syndrome, kidney failure and even death.

- **PREVENT**

**KNOW**

Know the signs and risk factors to recognize concerns early.

**Symptoms:**
- Fever
- Cough
- Shortness of breath and/or breathing difficulties

If you have the above symptoms **AND**
- have travelled **anywhere outside of Canada** in the 14 days before the onset of your illness, had close contact with someone with the COVID-19 or had close contact with a person with a respiratory illness who has travelled outside of Canada,

- **Please call the Ohsweken Public Health Office @ 519-445-2672** and speak to a nurse who will assess the contact, your travel history and the appropriate next steps.

- When seeking medical care, **call ahead** to the doctor’s office, walk-in clinic or emergency department before you leave your home; so that measures can be taken to prevent infecting others.

  **If you are experiencing difficulty breathing, call 9-1-1.**
PREVENT

- **Frequent handwashing** throughout the day (before eating, after using bathroom etc)
- **Covering coughs and sneezes** with your elbow or a tissue; followed by hand washing
- **Stay home when you’re sick**, avoid work, school, public places and large gatherings
- **Clean/disinfect commonly touched areas** at home, school and work. These areas may include; bathrooms, kitchen areas, desks, telephones, fax machines, cell phones, door handles, light switches etc.
- **Ensure all immunizations are up to date**; including annual Flu Shots, to ensure protection against other infectious diseases that continue to circulate

For More Information:

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<tr>
<th>Service</th>
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<tr>
<td>Ohsweken Public Health</td>
<td>519-445-2672 (Monday – Friday 8:30 am to 4:30pm)</td>
</tr>
<tr>
<td>Six Nations Health Services</td>
<td>519-445-2418 (Monday – Friday 8:30 am to 4:30pm)</td>
</tr>
<tr>
<td>Ontario Telehealth</td>
<td>1-866-797-0000 (24hours/7 days a week)</td>
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No matter where you plan to travel, make sure you check the Government of Canada - Travel Advice and Advisories page for your destination twice: once when you are planning your trip, and again shortly before you leave. Safety and security conditions may change between the date you book your travel and your departure date.  [https://travel.gc.ca/travelling/advisories](https://travel.gc.ca/travelling/advisories)