

### **COVID-19 NEWS**

### BIIGTIGONG NISHNAABEG



### **BE OMICRON AWARE**



Mask-up



Wash-up



Vax-up



Stay home

**DUNCAN MICHANO, CHIEF** 

We have learned in recent weeks that Omicron variant is in our territory. It is fast spreading and can infect a large number of people in a short period of time. This has been demonstrated in one of our fellow northern communities of Bearskin Lake.

With high levels of vaccination and booster rates in Ontario, this variant has been shown to have less serious side effects for those who have been vaccinated, which is some good news. As a protective measure and following with the province, services in the community will be remote when possible for at least the next two weeks.

I encourage you to seek out PCR testing in Marathon if you have symptoms of COVID-19. People living in Indigenous communities and those who work in them, are eligible to get these tests. All you need to do is identify yourself as living or working in Biigitong Nishnaabeg.

### **COVID-19 TESTS**

People living in Indigenous
Communities and people who travel
into those communities for work still
have access to the PCR testing in
Marathon. We encourage you seek out
testing there if you have symptoms.
PCR tests are more accurate than rapid
tests that are done at home. Getting
the PCR test also gives us a more
accurate number of how many cases
there may be here, which in turns helps
the health centre plan and anticipate
needs of the community.



UPCOMING VACCINATION CLINIC FOR 5-11 YEARS OLDS WILL BE IN FEBRUARY. WE WILL LET YOU KNOW WHEN WE HAVE A DATE.



The Health Centre remains open for essential services. Many staff are working from home. The door will be locked but you can still call for service. COVID-19 screening will be required prior to in person service. Medical masks must be worn while in the health centre by staff and clients.

- ✓ Essential nursing services
- √ Limited home care services
- √ Counselling & crisis response
- Foot care
- ✓ Medical transportation
- √ Emergency dental referrals
- / Dilico travelling health team
- ✓ Doctor days
- ✓ Band Rep. Program



## COVID-19 Booster Omicron Two doses are not as protective against Omicron compared to other variants, but it does offer protection against serious illness and hospitalization. Three doses significantly improve protection from Omicron infection.

### VACCINE CLINICS

Upcoming COVID-19 vaccination clinics in Marathon are open to community members.

- January 5
- January 12
- January 19
- January 26

You must book through the provincial booking system, not the clinic.

1-888-943-3900 www.covid19.ontariohealth.ca

### **WELLNESS**

Living through a pandemic is stressful. We understand that another set-back with this pandemic is hard. We cannot predict what will happen, nor do we have control over of decisions of others. We do, however, have control over our own actions and how we treat others. We will get through this together. Remember to be kind. Your act of kindness towards others may just be the thing that gets them through another day.

You are not alone. The social services staff at Mno-zhi-yaawgamig are here for you. Please know you can call the NE Mental Wellness and Crisis Team 24 hours a day.

MNO-ZHI-YAAWGAMIG: 229-1836

**TELEHEALTH: 1-866-797-0000** 

**MARATHON HOSPITAL: 229-1740** 

**FAMILY HEALTH TEAM: 229-3243** 

DILICO: 1-855-623-8511

**NE MENTAL WELLNESS & CRISIS** 

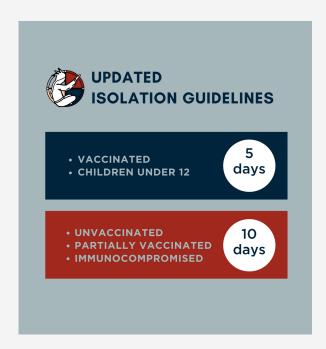
TEAM:

1-866-209-9582

### WHAT TO DO IF I'M EXPOSED?

If you have any symptoms of COVID-19 you must isolate. Isolation begins on the first day of symptoms. The amount of time you need to isolate depends on vaccination status. If you are isolating, then everyone in your household needs to isolate also.

If you do not have COVID-19 symptoms, but are feeling unwell, isolate until symptoms have improved for at least 24 hours.



Online tool that will tell you what to do if you have been exposed or have symptoms of COVID-19:

**Ontario.ca/exposed** 



### **MASKS**

Our Indigenous teachings are to take care of one another. By wearing a mask we are taking care of elders who are at more risk of illness and young children who cannot get vaccinated.

A one or two layer face cloth cover will not protect you from the Omicron variant.

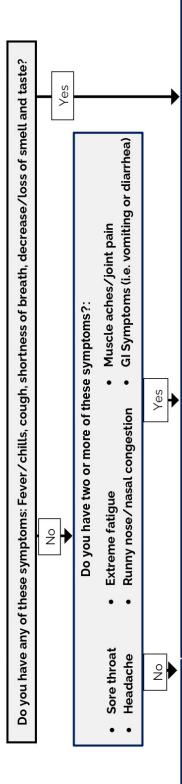
Choose a medical mask if you are out in public.

We will update you with more information as we learn along with you.



# You have symptoms and are concerned you may have COVID-19. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting\*



- It is less likely that you have COVID-19 infection.
- are improving for at least 24 hours Self-isolate until your symptoms gastrointestinal 48 hours for symptoms).
  - members do not Your household need to selfisolate.

•

- It is highly likely that you have a COVID-19 infection.
- For at least 5 days from your symptom onset and until your symptoms have been improving for 24 hours (or 48 You must self-isolate immediately:
- hours if gastrointestinal symptoms) whichever is longer in duration if you are:
  - 12 years of age or older AND fully vaccinated.
- 11 years old or younger, regardless of your vaccination status
- For 10 days from your symptom onset if you are:
- 12 years of age or older AND either partially vaccinated or unvaccinated.
- Immune compromised, regardless of your age
- Most individuals do not need a COVID-19 test. If you are in the eligible individual list, get PCR test, rapid molecular test or rapid antigen tests (if you have access). If testing is not available, you must fulfill the self-isolation. •

All of your household members (regardless of their vaccination status) must self-isolate while you are self-isolating.

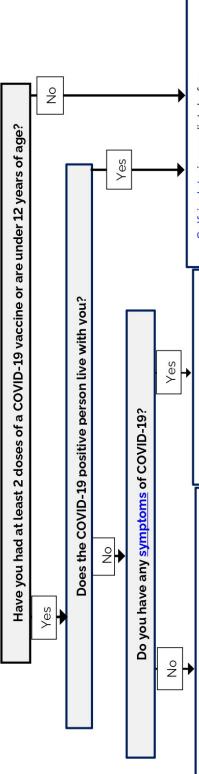
- If your symptoms worsen, seek advice from Telehealth or your health care provider.
- Notify your workplace.

'Highest risk settings/individuals include hospitals, Long-Term Care, retirement homes, congregate living settings, and health care workers providing care to immunocompromised people. Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are not considered equivalent to fully vaccinated.



### You've been exposed to someone who has tested positive for COVID-19 on PCR, rapid molecular, or rapid antigen test. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting\*



- <u>Self-monitor</u> for symptoms for 10 days.
- If leaving home, you should maintain masking, physical distancing and all other public health measures. You should **NOT** visit any highest risk settings\* or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from your last exposure.
- Report your exposure to your employer and follow any work restrictions.

  If you develop any symptoms, self-isolate

immediately, get tested if eligible and

follow the guidance for cases.

- at least 5 days following your symptom onset. and until your symptoms have been improving for at least 24 hours (48 hours if gastrointestinal symptoms), whichever is longer.

  If you are eligible for testing, get tested and follow the guidance for cases.
- Self-isolate immediately for:

   5 days since your last exposure if you are fully vaccinated or under

Self-isolate immediately for

- 12 years of age

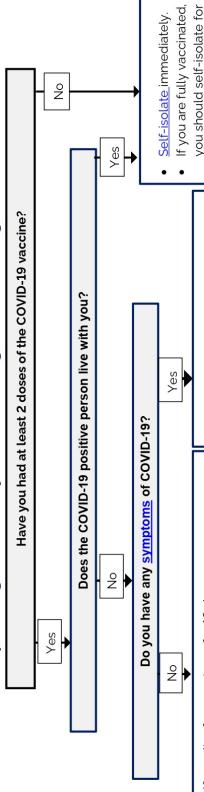
   10 days since your last exposure if you are partially vaccinated or unvaccinated or immune
  - compromised. Self-monitor for symptoms for 10 days.
- If you develop symptoms continue to self-isolate and get tested if you are eligible. Follow the guidance for cases.

'Highest risk settings include hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, congregate living settings

**Note:** In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are **not** considered equivalent to fully vaccinated



### You've been exposed to someone who has tested positive for COVID-19 on PCR, rapid molecular, or rapid antigen test and you work in a highest risk setting.\* Now what?



- Self-monitor for symptoms for 10 days.
- Get tested if recommended by the public health unit.
- If your test is **positive** you must self-isolate. Follow the guidance for cases.
- If leaving home, you should maintain masking, physical distancing and all other public health measures.
- You should **NOT** attend work for 10 days from your last exposure.
- Report your exposure to your employer and follow any work restrictions. If there is a critical staff shortage, you may be able to attend work under work-self isolation (WSI). Follow WSI guidelines.
  - If you develop any symptoms, get tested as soon as possible and <u>self-isolate</u> until you get your result.

- Self-isolate immediately.
- Get tested as soon as possible.
- If your test is **negative** you can discontinue self-isolation once symptoms have been improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms).

compromised, you should

self-isolate for 10 days.

unvaccinated or immune

partially vaccinated or

**5 days** since your last exposure." If you are

- If your test is **positive** you must self-isolate. Follow the guidance for cases.
  - Notify your employer and follow any work restrictions and early clearance guidance.
- Notify your employer and follow any work restrictions and early clearance guidance.
   If you develop symptoms, get tested and follow the guidance for cases.
- 'Highest risk settings include paramedics, hospitals, Long-Term Care, retirement homes, health care workers providing care to immunocompromised, congregate living settings
- \*\* After 5 days of self-isolation, do NOT attend work until 10 days from your last exposure. Report your exposure to your employer and follow any work restrictions.

Note: In the context of Omicron, individuals who are previously positive in the last 90 days and not fully vaccinated are not considered equivalent to fully vaccinated.