



JANUARY 6, 2022

COVID-19 NEWS

BIIGTIGONG NISHNAABEG



BE OMICRON AWARE

DUNCAN MICHANO, CHIEF



Mask-up



Wash-up



Vax-up



Stay home

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 Biigtigong 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.

COVID-19 PCR TESTS

When you call to make an appointment, identify that you live or work in Biigtigong Nishnaabeg

Marathon COVID-19 Assessment Centre

phone: 229-3243
email: appointments@mfht.org



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

Signs and Symptoms

If you have signs and symptoms below, you must immediately self-isolate.

Most common: <ul style="list-style-type: none">• Fever (over 37.8 C) and/or chills• Cough• Shortness of breath• Loss of smell or taste	Other in Adults over 18 years: <ul style="list-style-type: none">• Lack of energy & extreme tiredness• Muscle aches and pains Other in kids under 18 years: <ul style="list-style-type: none">• nausea or vomiting• diarrhea	Other less common: <ul style="list-style-type: none">• Sore throat• Runny nose• Abdominal pain• Headache• Pink eye• Lack of appetite
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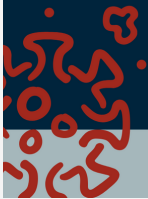
The Health Centre remains open for essential services. Many staff are working from home. The door will be locked but you can still call for service. COVID-19 screening will be required prior to in person service. Medical masks must be worn while in the health centre by staff and clients.

- ✓ 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 the 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

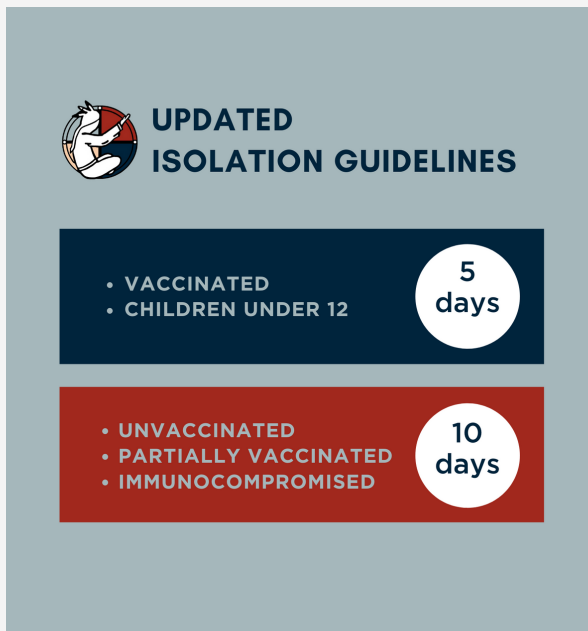





WHAT TO DO IF I'M EXPOSED?

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.



 **UPDATED ISOLATION GUIDELINES**

<ul style="list-style-type: none">• VACCINATED• CHILDREN UNDER 12	5 days
<ul style="list-style-type: none">• UNVACCINATED• PARTIALLY VACCINATED• IMMUNOCOMPROMISED	10 days

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

[Ontario.ca/exposed](https://ontario.ca/exposed)



SOCIAL GATHERINGS JANUARY 5-27, 2022

 OUTDOORS 10 people	 INDOORS 5 people
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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.

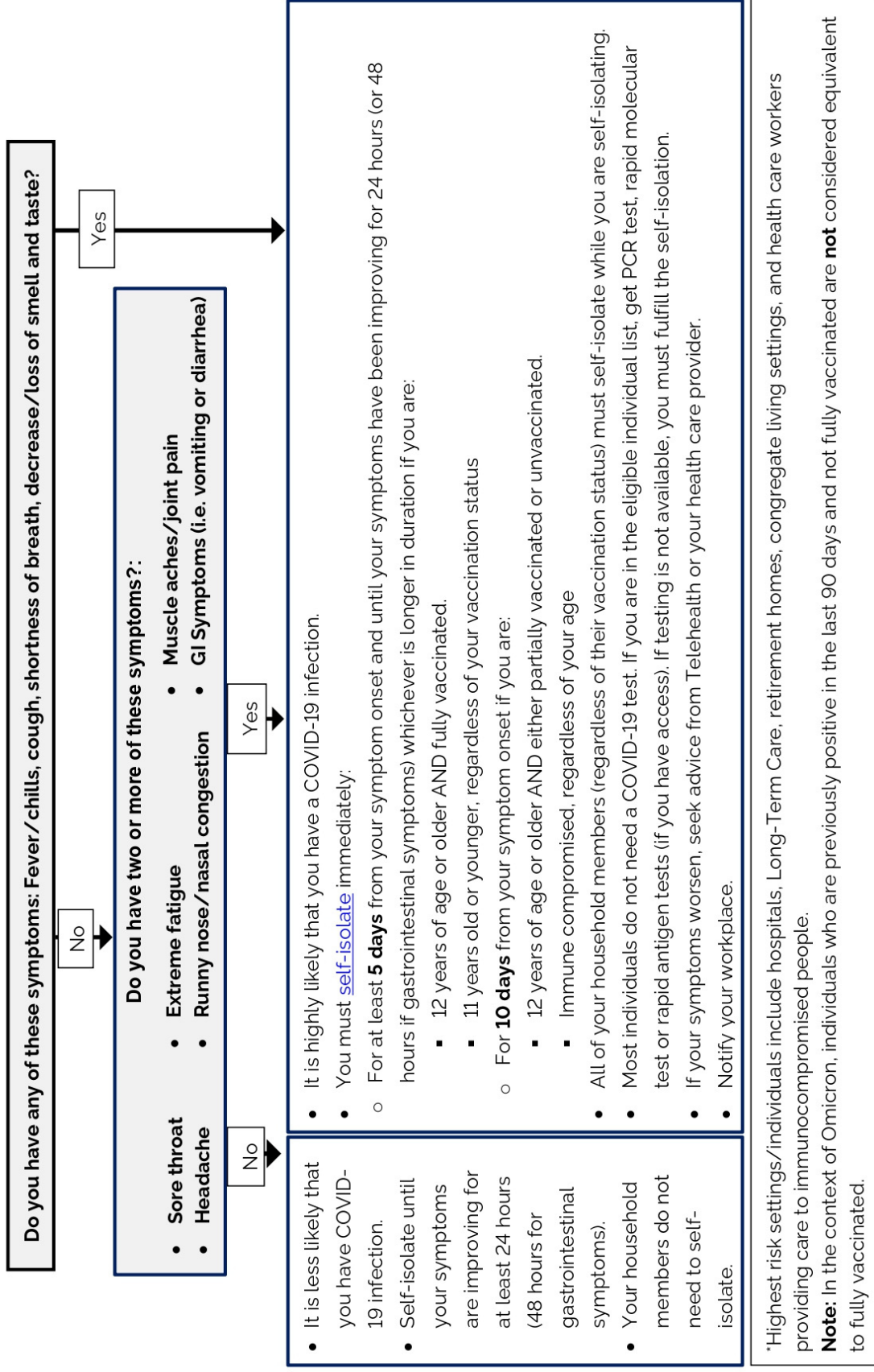
Choose a medical mask if you are out in public.

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



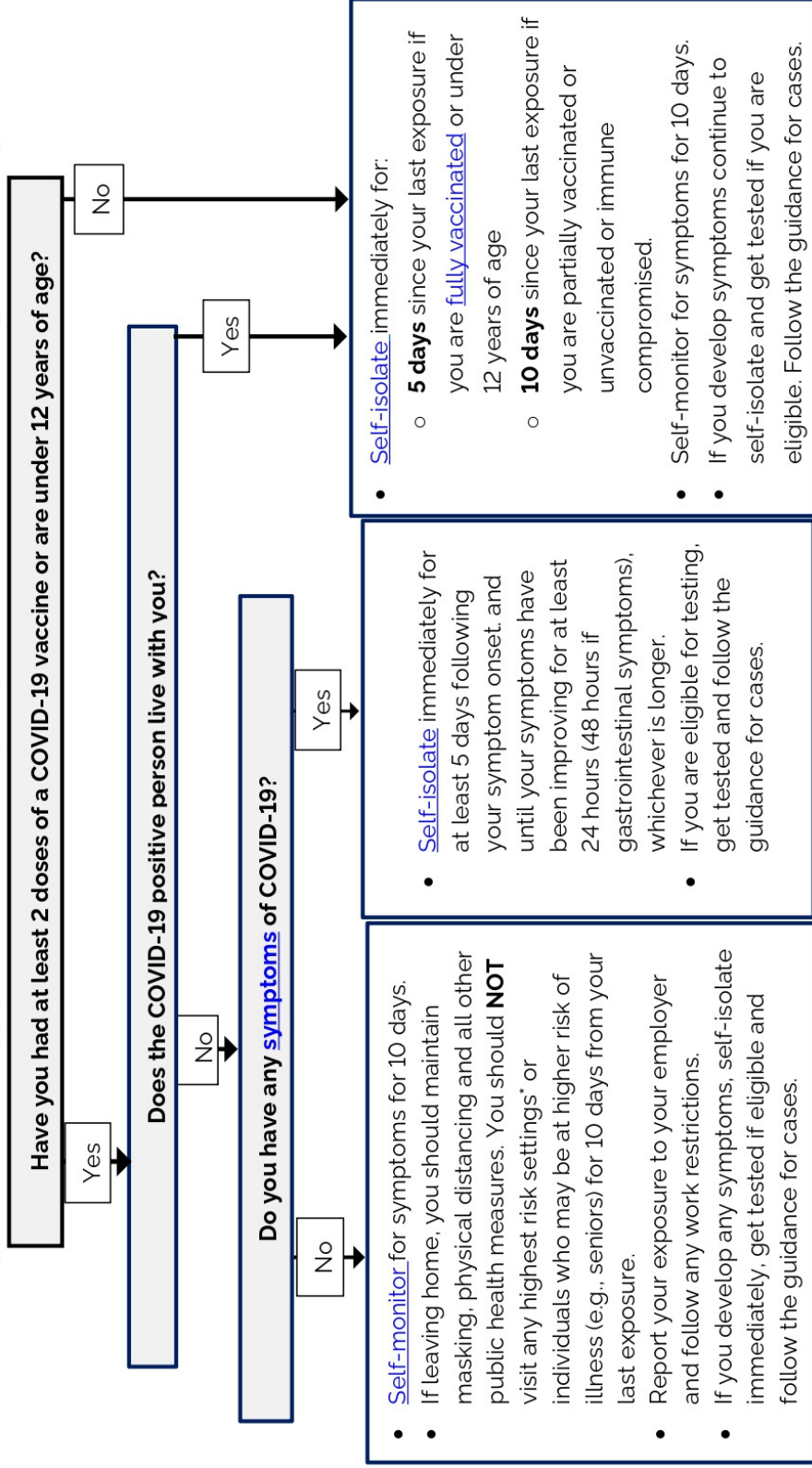
You have symptoms and are concerned you may have COVID-19. Now what?

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



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

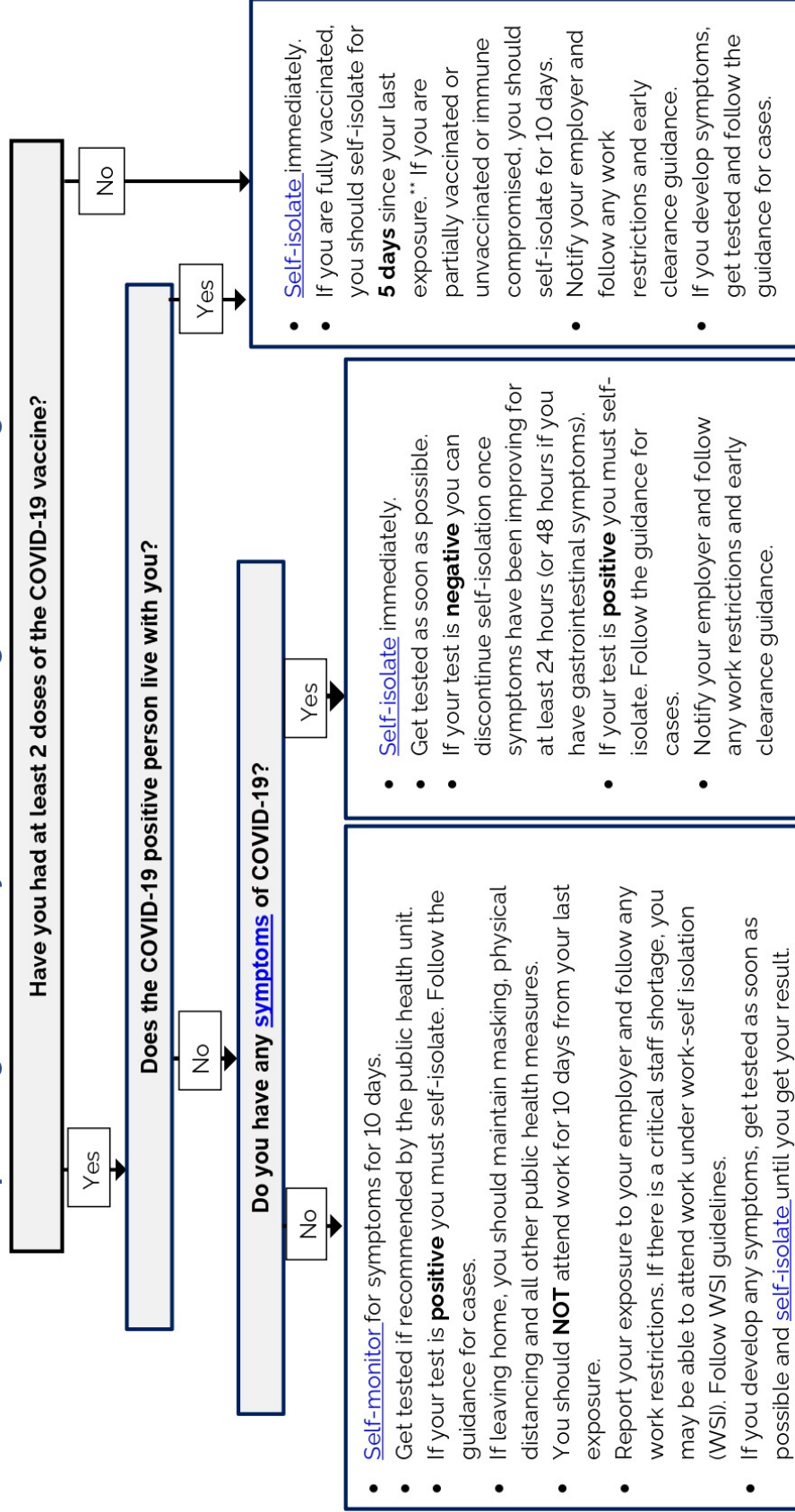
This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting*



*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?



*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.