



# FWFN Community information

## WHAT IS THE 2019 NOVEL CORONAVIRUS (COVID-19) ?

Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

The first presumptive case of this infection in Ontario was identified on January 25, 2020.

To learn more about the 2019 novel coronavirus, visit [Ontario.ca/coronavirus](https://Ontario.ca/coronavirus).

## WHAT ARE THE SYMPTOMS?

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:

- Fever
- Cough
- Difficulty Breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

If your symptoms feel worse than a common cold (for example, fever, cough, difficulty breathing) **and** you have travelled to an affected area<sup>1</sup> within 14 days of symptom onset, call Telehealth Ontario at 1-866-797-0000 or contact your local public health unit ([health.gov.on.ca/en/common/system/services/phu/locations.aspx](https://health.gov.on.ca/en/common/system/services/phu/locations.aspx)). Be sure to mention your symptoms and your travel history, including the countries you visited.

If you need immediate medical attention you should call 911 and mention your travel history and symptoms.

## HOW DOES THE VIRUS SPREAD?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.



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## HOW CAN I PROTECT MYSELF AGAINST THE 2019 NOVEL CORONAVIRUS?

Take these every day steps to reduce exposure to the virus and protect your health:

- Wash your hands often with soap and water or alcohol-based hand sanitizer
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth
- Avoid contact with people who are sick
- Stay home if you are sick
- If you are going out of your home, social distancing (see social distancing fact sheet)
- Limit the number of visitors to your home

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

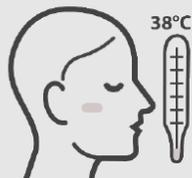
You should:

- Drink plenty of fluids
- Get rest and sleep as much as possible
- Try a humidifier or hot shower to help with sore throat or cough

## HOW TO SELF-MONITOR

Follow the advice you receive from your health care provider

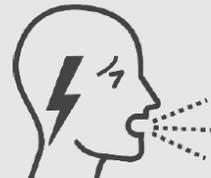
### Monitor for symptoms for 14 days after exposure



**Fever**



**Cough**



**Difficulty breathing**



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## Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

## What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on how to self-isolate
  - Supply of procedure/surgical masks (enough for 14 days)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

## HOW TO SELF-ISOLATE

### 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).





# FWFN Community information

## 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.



## WHAT SHOULD I DO IF I THINK I HAVE THE VIRUS

If you develop symptoms of the 2019 novel coronavirus, call Telehealth Ontario for medical advice at 1-866-797-0000 or contact your local public health unit ([health.gov.on.ca/en/common/system/services/phu/locations.aspx](https://health.gov.on.ca/en/common/system/services/phu/locations.aspx)).

Be sure to mention your symptoms and your travel history, including the countries you visited.

If you need immediate medical attention, call 911 and mention your travel history and symptoms.

## SELF-IDENTIFICATION

As Fort William First Nation continuously works to ensure the safety of our members. At this time, we are asking that members both on and off reserve, in the following categories please contact the Health Department and provide Name, Address, Phone Number, Email Address (if you have one). This information will be used to ensure services are delivered in an appropriate and timely manner.

- Members who are on oxygen treatments at home
- Elderly members who are 60 years plus
- Those with chronic illnesses (especially with respiratory illnesses, heart disease and compromised immune systems)
- Those with Disabilities
- Those that are pregnant
- Those on the Methadone Maintenance Program or Suboxone Program

The above information can be provided by calling the Health Department at (807)622-8802 or e-mail [healthreception@fwfn.com](mailto:healthreception@fwfn.com).



# FWFN Community information

## Wash Your Hands Often

**Handwashing** is one of the best ways to protect yourself and your family from getting sick.

Learn when and how you should wash your hands to stay healthy.

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick with vomiting or diarrhea.
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

If soap and water not available, use an alcohol-base hand sanitizer.

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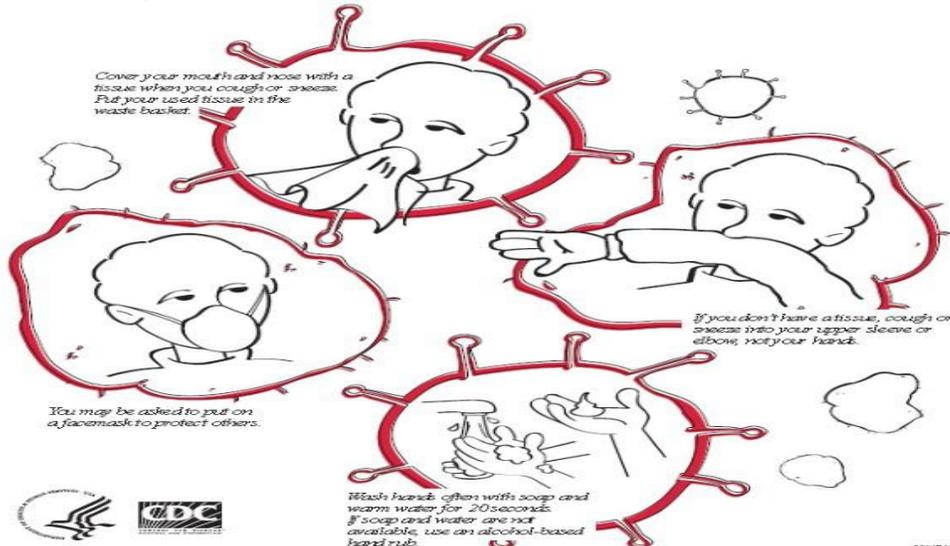
### What is the correct way to sneeze or cough to avoid spreading germs?

1. Always carry a tissue or handkerchief to cover your mouth or nose.
2. Cough or sneeze into your elbow, if you don't have a tissue.
3. Turn away from people when coughing or sneezing to avoid contaminating others.
4. If you are in a crowd and cannot turn away, cough or sneeze downwards towards your feet.
5. If you are having a coughing or sneezing episode, excuse yourself from the room until it subsides.

In addition, washing hands and/or use of antibacterial hand gel immediately after blowing one's nose is critical to help stop the spread of germs.

## Cover your Cough

Stop the spread of germs that can make you and others sick!





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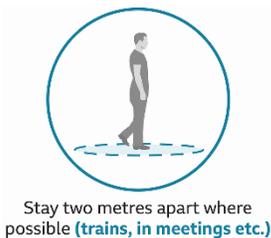
## Social Distancing

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Social distancing is making a conscious effort to keep a physical distance between each other and is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

### What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:



Stay two metres apart where possible (trains, in meetings etc.)

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 meters) from others, as much as possible

### Here's how you can practice social distancing:

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family



No handshakes, hugs or kisses unless you live together



Keep in touch with one another

*If possible,*

- use food delivery services or online shopping
- exercise at home or outside
- work from home

### Remember to:

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often



# FWFN Community information

## Cleaning and Disinfecting

1. Commonly used cleaners and disinfectants are effective against COVID-19 (Coronavirus).
2. Frequently touched surfaces are most likely to be contaminated and therefore should be disinfected twice per day. Examples include doorknobs, light switches, toilet handles, counters, hand rails, touch screen surfaces and Keypads.



When seeking information on the Coronavirus please make sure you are accessing accurate websites or calling emergency response numbers that are reputable.

[www.Ontario.ca/coronavirus](http://www.Ontario.ca/coronavirus) for more information

Telehealth Ontario 1-866-797-0000

Public Health Agency of Canada COVID-19 toll free at 1-833-784-4397

**More information will be provided as it becomes available, please check in with FWFN website for newsletters and updates from Chief and Council.**

**Together we can work to break the chain of infection.**