



**TEMAGAMI
FIRST NATION**

April 17, 2020

**FIRST NATION CONTROL GROUP
WEEKLY REPORT**

COMMUNITY INFORMATION

**STATE OF EMERGENCY
LEVEL 3
COVID-19 PANDEMIC**



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Telehealth: 1-866-797-0000

*Emergency Information Coordinator:
Heidi Jobson
OFFICE: (705) 237-8943 EXT. 107
communication@temagamifirstnation.ca*

**CITIZEN INQUIRY SPOKESPERSON:
Wayne Potts
OFFICE: (705) 237-8900 EXT. 302
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TEMAGAMI FIRST NATION

BEAR ISLAND
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TEL 1.888.737.9884 or 705.237.8943
tfn@temagamifirstnation.ca
www.temagamifirstnation.ca

April 17, 2020

Community Residents:

Hope this finds everyone well. The status of Level 3 State of Emergency has increased; a Community Fire Ban (with the exception of ceremony fires) has been recommended by the First Nation Control Group (FNCG) at the last meeting held April 14th/2020. This will be supported by Chief & Council at the next council meeting to be held Wed. Apr. 22nd/2020.

I have been attending meetings via teleconference with the Municipality of Temagami's Emergency Operations Committee – we have shared interests in combating the Covid 19 Pandemic and lessening the risk of infection to members in our area. I have also been teleconferencing with Indigenous Services Canada and becoming familiar with strategies to address northern isolated communities as we endure this Pandemic. Currently, the messages from all governments is social distancing, self isolation and washing hands appears to be working. I have been lobbying the Federal government for test kits availability in our area; we have a significant population in Temiskaming and this would benefit all.

Chief & Council will continue to meet by teleconference in accordance with safe practice of social distancing. Our upcoming meetings scheduled for next week: Bear Island Education Authority and Chief & Council Joint Meeting to occur on Monday, April 20th; FNCG meeting on Tuesday, April 21st; and TFN Chief & Council Meeting on Wednesday, April 22nd; MOU and TFN Council on Thursday, April 23rd.

With the above said, continue to monitor the website, Facebook and email – as we have been keeping all information available digitally. By all means, feel free to contact the control group leaders should you have specific questions regarding health, social, infrastructure or emergency services. On behalf of Chief & Council, take care and continue to be safe and healthy.

Miigwetch.

Respectfully,

Arnold Paul
Chief
Temagami First Nation



FIRST NATION CONTROL GROUP COMMUNITY BRIEFING

April 14, 2020

The FNCG would like to thank the community in your efforts in “flattening the curve”. Your diligence and discipline will pay off in the weeks to come. To see Public Health Agency of Canada’s projections, go to <https://www.temagamifirstnation.ca/wp-content/uploads/2020/04/using-data-modeling-inform-eng.pdf>.

Deployment of the Level 3 Declaration of Emergency remains the same. All TFN facilities remain closed to the public at this time as per FNCG Facilities Protocol. Accessibility to the public is arranged by appointment only and limited staff are operating within facilities.

While there is no travel restriction in place for the community, we highly recommend limiting travel to necessary travel only.

The Timiskaming Health Unit released new information today in regards to initiatives increasing access to testing. Dr. Corneil states, “testing will be temporarily expanded to include symptomatic members of the public and not just those that fall under the high priority groupings”. Possible COVID-19 symptoms to include cough, fever, difficulty breathing, sore throat/hoarse voice, difficulty swallowing, a loss of sense of smell or taste, fatigue, muscle aches, runny nose, loss of appetite, diarrhea, and nausea or vomiting. Should you have symptoms, call the Timiskaming Health Unit COVID line at 705- 647-4305 or 1-866-747-4305, ext 7 to speak to someone regarding testing.

Health Services

The DPHC remains closed to the public but those needing to be seen can call to make an appointment and assessment and triage will be done on an individual basis 705-237-8900 ext.301.

Food Security

We would like to remind the community that in order to maintain the necessary inventory, we ask that you order only what is needed in your household. There is plenty to go around but as in our **traditional approach, we take only what we need.** The food will be delivered on Tuesdays and Thursdays to those requesting the services. For those picking up the food, there will be a table placed on the deck in front of the gathering hall kitchen and that’s where your order will be for pick up. Please be advised that the Food Security Group is taking every precaution while getting the food for you. We ask that you also take the time to wipe down all packaging as an extra precaution. If you have any questions or concerns, or to place an order, contact Michelle 705-237-8698 ext 601 or Rachel 705-237-8900 ext 312 Monday - Friday from 9amp-5pm.

Updates on information surrounding the COVID-19 State of Emergency can be found at www.temagamifirstnation.ca

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Stop the Spread
Stay home.
Don't put others at risk.

==== Social Services ====

Mental Health counselling is available Wednesdays with Kevin McPhee. Please note: counselling services will be provided from your device. Please contact Linda Paul at 705-237-8022 ext. 403 to request appointment.

Support is also available should you wish to speak to a mental health counsellor. Please call the toll-free Help Line at 1-855-242-3310, connect to the on line chat at hopeforwellness.ca

MHCC hosts a vast list of mental health resources:
www.mentalhealthcommission.ca

BEAR ISLAND POLICE

Bear Island Police request that the community please refrain from nuisance calls to them as they are essential services and need to minimize themselves from contact with the general public as much as possible.



**COVID-19
Cases in the
Community**



**COVID-19
Cases in
Temagami**



FIRST NATION CONTROL GROUP COMMUNITY BRIEFING

April 16, 2020

CONFIRMED CASES IN NORTHERN ONTARIO

As of April 14, 2020

Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
10	39	38	14	10

HOW TO SAFELY WEAR A MASK:



- ✓ Do wash your hands before putting it on & taking it off
- ✓ Do make sure it fits to cover your mouth & nose
- ✓ Do wash your cloth mask in the laundry
- ✓ Do clean surfaces that a dirty mask touches
- ✗ Don't touch your face or mask while using it
- ✗ Don't use masks on children under 2 or those who can't breathe with them on
- ✗ Don't share your mask with others
- ✗ Don't wear medical masks, keep them for health care workers

The best protection is

- Stay home
- Keep a 6 foot distance
- Wash hands often

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Health Services

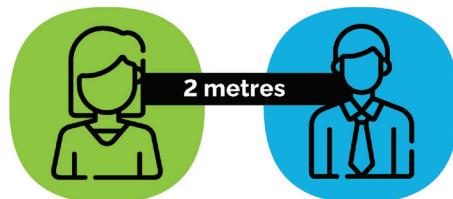
The DPHC remains closed to the public but those needing to be seen can call to make an appointment and assessment and triage will be done on an individual basis. If you have medical prescription needs please call (705) 237-8900 ext 301

Food Security

The food will be delivered on Tuesdays and Thursdays to those requesting the services. For those picking up the food, there will be a table placed on the deck in front of the gathering hall kitchen and that's where your order will be for pick up. Please be advised that the Food Security Group is taking every precaution while getting the food for you. We ask that you also take the time to wipe down all packaging as an extra precaution. If you have any questions or concerns, or to place an order, contact Michelle 705-237-8698 ext 601 or Rachel 705-237-8900 ext 312 Monday - Friday from 9am-5pm.

Bear Island Police

Bear Island Police request that the community please refrain from nuisance calls to them as they are essential services and need to minimize themselves from contact with the general public as much as possible.



Do your best to keep at least two metres away from others.

Possible COVID-19 symptoms to include cough, fever, difficulty breathing, sore throat/hoarse voice, difficulty swallowing, a loss of sense of smell or taste, fatigue, muscle aches, runny nose, loss of appetite, diarrhea, and nausea or vomiting. Should you have symptoms, call the Timiskaming Health Unit COVID line at 705-647-4305 or 1-866-747-4305, ext 7 to speak to someone regarding testing.

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SPOKESPERSON:

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Media Release



Community Spread of COVID-19 April 17, 2020 - For immediate release

After completing the investigation for case number 10 of COVID-19 in our district, The Timiskaming Health Unit is reporting its first transmission of COVID-19 through community spread. This means that in this case the virus was contracted from an unknown source and is not linked to travel or contact with a previously known individual who tested positive. This individual is in self-isolation and their close contacts have been contacted.

It is expected that transmission within the community will continue, which is why it is so important to continue to work together to stop the spread.

Dr. Glenn Corneil, Acting Medical Officer of Health/CEO for the Timiskaming Health Unit stated, *“Many people have been following safety precautions with the assumption that COVID-19 has already been spreading within our communities, and I thank them for that. Now, with confirmation that it is, everyone needs to be even more vigilant with their actions.”*

- Stay home as much as possible, whether you are sick or not, but especially if you are sick.
- Practice physical distancing of 2 metres/six feet at all times, and you must avoid groups of more than 5 people.
- Once established, keep the same people in your social “bubble”. This is often just your immediate family.
- Do not travel, including within, or out of, your own district, unless it is absolutely essential.
- Sneeze and cough into your sleeve.
- Wash your hands often with soap and warm water, use alcohol based hand sanitizers, and don’t touch your face, mouth or eyes.

Should you have symptoms, call the Timiskaming Health Unit COVID line at 705-647-4305 or 1-866-747-4305, extension 7, to speak to staff regarding testing.

On April 15, three Regional Assessment Centres opened in order to conduct swabbing. The drive-through centres are located at Heritage North in Kirkland Lake, the Englehart & District Family Health Team, and the north entrance of Temiskaming Hospital. The surveillance program will run Monday to Friday, from Wednesday April 15 to Thursday April 30, 2020. Since the Assessment Centres do not accept walk-ins, symptomatic people should call THU to be booked at the appropriate centre for a testing appointment.

Visit [Ontario’s website](#) to learn more about how the province continues to protect Ontarians from COVID-19.

For more information:

Media Contact:

Ryan Peters
Communications Manager
705-647-4305, Ext. 2250
Email petersr@timiskaminghu.com
timiskaminghu.com

**Adults and youth 15+,
reclaim your mental
health and well-being**

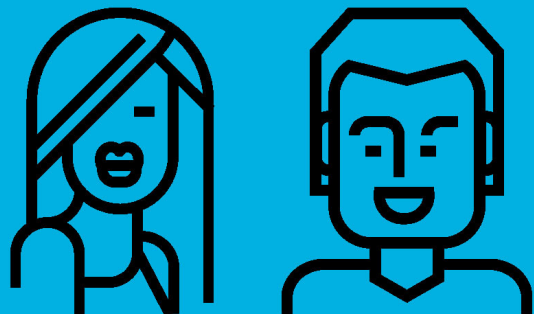
**Contact BounceBack at:
1-866-345-0224**



**Good2Talk: Mental health and
addictions support for
post-secondary students**

Call 1-866-925-5454

Text GOOD2TALKON to 686868



MENTAL WELLNESS SUPPORTS & AWARENESS

COVID-19 EFFECTS TO ONES WELL BEING

TEMAGAMI FIRST NATION

First Nation Control Group

Raymond Katt: Community Health Representative

April 15, 2020

The different dynamics of the ice break up this year is a test on our total being as we now need to contend with COVID-19 virus. This is challenging our need to be mindful in how we take care of ourselves and others.

In being given the role of addressing Mental Wellness, I have extensive experience in Mental Health & Addictions and am available to address any concerns in that regards. As well, our Community Health Nurse, Delma Peshabo and I will be doing our best to take care of this area. Please feel free to approach us for any concerns you may have.

My association with the Mental Health Commission of Canada have accredited me with Mental Health First Aid and am now certified to Co-Facilitate Training for First Nations effective January 2020.

The one area that may arise is stress and anxiety, which affects self care. To help take care of this area is to remain resilient in staying focus with the recommendations of keeping that safe barrier by staying home and limiting contact as much as possible. In looking back as to how our Ancestors survived many long cold winters, they took care of things well in advance, and now today we carry these teachings today to help future generations.

Please feel free to check out some of the web sites that relate to Mental Wellness. Again, should there be any concerns, please let Delma or myself know and we will do our best to help resolve it.

www.mentalhealthcommission.ca

MANAGING ANXIETY AND FEAR

DURING COVID-19

Here are some helpful tips for positive coping, using three antidotes to fear and anxiety: **creativity, humour, and curiosity.**

CREATIVITY

Activities that draw on our creativity allow our emotions and actions to come together in order to help our emotions move and shift. This can be anything that has a beginning and an end, and allows us to use our senses to create something we enjoy.

EXAMPLES:

- crafts
- cooking
- baking
- puzzles
- building
- sewing
- organizing
- drawing
- making music
- scribbling
- dancing
- woodworking

HUMOUR

Spending time with anything that brings you joy – whether it's through your own activities or enjoying other people's expressions of joy – relaxes our minds and bodies.

Tell a joke, read a funny book, get silly with your family, or watch a comedy. Finding humour and engaging in joy is a healing activity!

CURIOSITY

When we are under a lot of stress, it is easy to catastrophize and have fearful thoughts take over. This is part of our mind's way of trying to protect us by getting ready for anything that might happen. This is when it is important to remember:

DON'T BELIEVE EVERYTHING YOU THINK!

Some strategies to help us stay curious:

- Catch the “what-ifs” and worries in your thoughts, and label them. They are just thoughts – label them as “anxiety,” “fear,” or “worry.”
- Use reality checking to sort out which thoughts to listen to, and which ones to let go.

Reality checking steps:

- Notice and name it: “anxiety,” “fear,” “worry.”
- Is this true? Even though something is possible, is it probable?
- What parts do I know are true, and what parts of it might not be true?
- What steps can I take? What is in my control?

MINDFUL BREATHING TIPS

Mindful breathing exercises (when practiced regularly) have been proven to reduce stress and promote a feeling of calm. They can be used anywhere and may be of significant benefit to individuals struggling with emotion regulation. Relaxed, abdominal breathing (as opposed to shallow, chest breathing) greatly increases the effectiveness of these exercises.

COUNTING BREATHING

Breathe in.....Breathe out, say, **“One.”**
Breathe in.....Breathe out, say, **“Two.”**

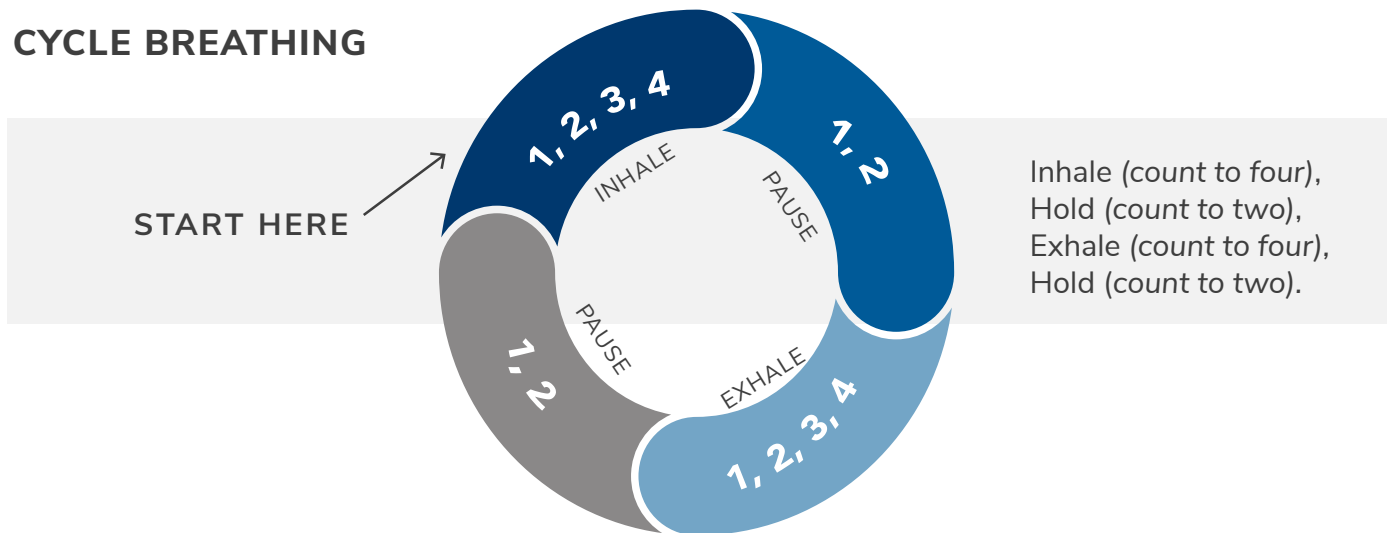
Continue until “ten” is reached, then start over.

BECOMING CALM BREATHING

Breathe in, think or say, **“I am.”**
Breathe out, think or say, **“becoming calm”**
or **“letting go.”**

Use any phrase that promotes relaxation.

CYCLE BREATHING



RAISED ARM BREATHING

Sit with a forearm resting on each leg, palms down.
Breathe in (bend elbows and raise back of hands to shoulders).
Breathe out (return arms to lap).

WALKING BREATHING

Walk very slowly, synchronizing your breath with your steps: one step for each inhalation, one step for each exhalation.

STRATEGIES FOR SUPPORTING CHILDREN

DURING COVID-19

ACKNOWLEDGE FEARS & BE REAL

- Be honest and give age-appropriate information
- Occasionally be open about your own emotions
- Help children see it is okay to have feelings AND show them that you can manage them

HELP MANAGE NEWS INTAKE

- Children look to the adults around them to learn how frightened they should be
- It's helpful if adults take in the news and then convey it to children, rather than children viewing news on their own
- Discuss news in the context of a supportive relationship and in manageable bits
- Help children learn about credible news sources

BE CURIOUS WITH THEM

- Ask about what they are hearing and thinking
- Respond to their questions with facts
- Use developmentally appropriate language and relatable examples
- Follow their lead of where their thoughts are going, and help them limit
- the amount of time spent focusing on them.

YOUR PRESENCE AND ATTENTION ARE KEY

- Be available for questions or expressions of emotion
- It's okay if you don't have all the answers; your presence can help them tolerate not knowing
- Find simple activities to keep busy and shift attention when they're ready

ROUTINE!

- Participate in regular activities as much as possible
- Eat, sleep, bathe, and play at regular times that children are used to
- Help children know what they can do – this builds self-efficacy (this may include chores around the house, creating new things, continuing to play, etc.)

HEALTHY HABIT LOG

Check off the days that you practice healthy behaviours until they truly become a habit. For example, moderate exercise, eating fruits and vegetables, good personal hygiene, self-massage, deep breathing, sufficient sleep, etc.

THINGS THAT MAKE MY BODY FEEL GOOD	M	T	W	TH	F	S	SU
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1 Healthy Behaviour:							
2 Healthy Behaviour:							
3 Healthy Behaviour:							
4 Healthy Behaviour:							
5 Healthy Behaviour:							
6 Healthy Behaviour:							

COVID-19 UPDATE

TEMAGAMI UPDATE #16 on COVID-19

April 16, 2020

CONFIRMED CASES IN NORTHERN ONTARIO				
Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
10	45	41	14	10

The Municipality of Temagami is continually monitoring COVID-19 and is working closely with the Timiskaming Health Unit and community partners to take preventative measures and respond appropriately.

Ontario’s Chief Medical Officer of Health has stated that given the greater risk of severe outcomes to Ontarians who are elderly, it is strongly recommended that individuals over 70 years of age self-isolate and stay home. This means only leaving home or seeing 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. This also applies to individuals who have compromised immune systems and/or underlying medical conditions.

To practice physical distancing, consider picking up your groceries once weekly and at off peak hours or ordering them online. If you need to pick up medications, call your pharmacy first before going in. Seniors and persons with weakened immune systems should look to have a healthy family member pick up their medication and drop it off at their door, or order their medication from a pharmacy that offers delivery.

It is **important to stay connected** with your loved ones. If available, use technology to communicate with your friends and family who live outside of your household; Whether it is by telephone, Skype or FaceTime.

PLEASE REMEMBER THAT EVEN PEOPLE WHO MAY NOT HAVE SYMPTOMS CAN SPREAD THE INFECTION.

COPING WITH STRESS AND ANXIETY DURING COVID-19: If you feel significant distress around COVID-19 and feel you are not coping well, you may need extra support managing your mental health. The following organizations can offer online or telephone support:

- Bounce Back – www.bouncebackontario.ca
- Big White Wall – www.bigwhitewall.com
- Seniors Centre Without Walls: 1-800-361-5820

The Emergency Control Group will be addressing concerns regarding the use of seasonal access points to area lakes. Watch for an update next week.

PLEASE STAY HOME, AT YOUR PRIMARY RESIDENCE, ONLY ESSENTIAL OUTINGS PLEASE.

THANK YOU FOR YOUR SUPPORT AND EFFORTS TOWARDS FLATTENING THE CURVE OF COVID-19.

WEDNESDAY
APRIL 22ND

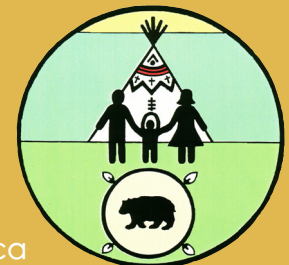
COMMUNITY
SACRED FIRE

12PM
TO
5PM

You're invited to participate in this Community Sacred Fire being held in the backyard of the Family Healing & Wellness Centre.

In efforts in practicing physical distancing, the building will be closed and we encourage a safe distancing while offering your tobacco and cedar in your prayers.

Contact:
Boshk Aguonia
FHC, Cultural Coordinator
705-237-8022 ext.406
Boshk.Aguonia@temagamifirstnation.ca



NOTICE FROM FAMILY HEALING & WELLNESS CENTRE

Anyone looking for moose meat are to contact FHWC will be Alex Paul extension 404 and if they are not able to reach him to press 0 to reach someone at the FWHC that can help. There will be someone contacting each household to see who is wanting moose meat and they will be cutting meat next week.

705-237-8022 ext. 404

Have you heard of the Canada Emergency Response Benefit?

If you have stopped working because of COVID-19, the Canada Emergency Response Benefit (CERB) may provide you with temporary income support. The CERB provides \$500 a week for up to 16 weeks.

Are you eligible?

The benefit will be available to workers:

- Residing in Canada, who are at least 15 years old;
- Who have stopped working because of COVID-19 and have not voluntarily quit their job or are eligible for EI regular or sickness benefits;
- Who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and
- Who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period. For subsequent benefit periods, they expect to have no employment or self-employment income.

How to apply

To deliver payments to Canadians in a fast and easy way, the CERB is being jointly delivered by Service Canada and the Canada Revenue Agency. To begin the application process, please answer a few simple questions online. The answers you provide will help us direct you to the service option that best fits your situation. Click on the following link to get started now: [Canada Emergency Response Benefit](#)

Whether you apply online or by phone, we want to provide the best service possible to everyone. To help manage this, we have set up specific days for you to apply. Please use the following guidelines:

Days to apply for the Canada Emergency Response Benefit		
If you were born in the month of:	Apply for CERB on:	Your best day to apply is:
January, February or March	Mondays	April 6
April, May, or June	Tuesdays	April 7
July, August, or September	Wednesdays	April 8
October, November, or December	Thursdays	April 9
Any month	Fridays, Saturdays and Sundays	

For more information

Don't hesitate to visit [the Questions and Answers on the Canada Emergency Response Benefit webpage](#) for more details.



FOOD CONTROL GROUP UPDATE

We would like to thank the community for having patience with us as we work out the kinks with the food orders and delivery service. Just a reminder to have your orders to us before noon on Tuesdays and Thursdays for your food order that day. You can email Rachel or Michelle your order, or call Rachel 705-237-8900 ext 312.

Miigwetch to all the people who have been helping with the food. The community infrastructure crew for picking up the food and delivering it to the island. Miigwetch to Lynn White, Terry McKenzie, and Mike Polson for helping get the orders ready. Miigwetch to Travis Becker and Jamie Saville for delivering the orders. We really appreciate everyone's help.

If you have any questions or concerns about the food, please feel free to contact Rachel or Michelle. Miigwetch

CHICKEN THIGH THURSDAY

When we placed the order for food we didn't realize that the chicken thighs would be frozen together. The only way we can get the chicken apart is to thaw it out. The food group has decided to dedicate Thursday for the day to pick up or have your chicken thighs delivered. For those who would like chicken thighs for dinner on Thursday or Friday, please let us know by Tuesday, so that we have enough chicken thawed out for those who requested it.



FOOD DONATION

Miigwetch to Appleby Collge for their generous donation of food from their camp on the lake. We will be putting together a list of items that they donated and will have the list ready for distribution to the community next week. Thank you to Doug Stamper and his son for delivering the food to the island and Jason Ball, Jamie Saville, and Mike Polson for hauling the food to the gathering hall.



FIRST NATION CONTROL GROUP

ROLES AND CONTACT INFO

CONTACT INFORMATION: RECEPTIONIST AT (705) 237-8943 EXT. 101

Position & Description	Main Contact	Designate
Chief <i>Providing overall leadership in responding to an emergency</i>	Arnold Paul OFFICE: (705) 237-8943 EXT. 105 chief@temagamifirstnation.ca	John Turner OFFICE: 1 (705) 237-8982 EXT. 504 2ndchieffn@temagamifirstnation.ca
Operations Officer <i>Chairing the FNCG</i>	Virginia Paul OFFICE: (705) 237-8943 EXT. 102 ed@temagamifirstnation.ca	Robin Koistinen OFFICE: (705) 237-8943 EXT. 204 robin.koistinen@temagamifirstnation.ca
Community Emergency Management Coordinator <i>Ensuring that all members of the FNCG have necessary plans, resources, supplies, maps, and equipment</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 cim@temagamifirstnation.ca jamie.koistinen@temagamifirstnation.ca	Tom Mathias OFFICE: (705) 237-8631 EXT. 705 pwsuper@temagamifirstnation.ca
Police Representative <i>Notifying necessary emergency and community services, as required;</i>	Brad Kerr OFFICE: (705) 237-8963 DISPATCH: 1 (888) 310-1122 brad.e.kerr@opp.ca	Tom Saville OFFICE: (705) 237-8963 DISPATCH: 1 (888) 310-1122 thomas.saville@opp.ca
Fire Chief <i>Activating the emergency notification system through the Community Emergency Coordinator;</i>	Jamie Saville DISPATCH: 1 (866) 762-0911 5fncouncillor@temagamifirstnation.ca	Louis LeFrancois DISPATCH: 1 (866) 762-0911 2fire.chief@temagamifirstnation.ca
Public Works Rep <i>Providing and maintaining all equipment necessary as well as keeping the water/sewer services running</i>	Derek Green OFFICE: (705) 237-8631 EXT. 701 derek.green@temagamifirstnation.ca	Tom Mathias OFFICE: (705) 237-8631 EXT. 705 pwsuper@temagamifirstnation.ca
Medical/Health Rep <i>Acting as a coordinating link for all emergency health services at the FNCG and ensuring liaison with Health Canada;</i>	Wayne Potts OFFICE: (705) 237-8900 EXT. 302 hsm@temagamifirstnation.ca	Donna Mattias OFFICE: (705) 237-8900 EXT. 301 dphc@temagamifirstnation.ca donna.mattias@temagamifirstnation.ca
Social Services Rep <i>Ensuring the well-being of residents who have been displaced from their homes by arranging emergency lodging, clothing, feeding, registration and inquiries and personal services;</i>	Annette Paul OFFICE: (705) 237-8022 EXT. 401 sss@temagamifirstnation.ca	Alice Moore OFFICE: (705) 237-8022 EXT. 402 3fncouncillor@temagamifirstnation.ca hbhc@temagamifirstnation.ca
Emergency Medical Service Rep <i>Ensuring emergency medical services at the emergency site</i>	Marie Paul DISPATCH: (705) 569-3434 efr@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 305 delma.peshabo@temagamifirstnation.ca
Electrical Utility Rep <i>Monitoring the status of power outages and customers without services;</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 cim@temagamifirstnation.ca jamie.koistinen@temagamifirstnation.ca	Tom Mathias OFFICE: (705) 237-8631 EXT. 705 pwsuper@temagamifirstnation.ca
Emergency Information Coordinator <i>The Emergency Information Coordinator is responsible for the dissemination of news and information to the media for the public</i>	Heidi Jobson OFFICE: 1 (705) 237-8943 EXT. 107 communication@temagamifirstnation.ca	Courtney Saville OFFICE: 1 (705) 237-8943 EXT. 110 courtney.saville@temagamifirstnation.ca

FIRST NATION CONTROL GROUP ROLES AND CONTACT INFO CONTINUED

Telecommunications Coordinator <i>Ensuring that all communication methods continue to stay up and running</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 cim@temagamifirstnation.ca jamie.koistinen@temagamifirstnation.ca	Patrick Cormier OFFICE: (705) 237-8943 EXT. 109 projectadmin@temagamifirstnation.ca
Education/LMLC Rep <i>Providing any school (as appropriate and available) for use as an evacuation or reception centre and a representative(s) to co-ordinate the maintenance, use and operation of the facilities being utilized as evacuation or reception centres;</i>	Lynn Mongrain OFFICE: (705) 237-8943 EXT. 501 lynn.mongrain@temagamifirstnation.ca	Michelle Polson OFFICE: (705) 237-8698 EXT.601 michelle.polson@temagamifirstnation.ca
Health Centre Administrator <i>Implementing the health centre/nursing stations emergency plan;</i>	Wayne Potts OFFICE: (705) 237-8900 EXT. 302 hsm@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 delma.peshabo@temagamifirstnation.ca
Community Spokesperson <i>The voice of the community for outside organizations; provides updates and constant communication for media etc.</i>	Arnold Paul OFFICE: (705) 237-8943 EXT. 105 chief@temagamifirstnation.ca	John Turner OFFICE: 1 (705) 237-8982 EXT. 504 2ndchieftfn@temagamifirstnation.ca
Citizen Inquiry Spokesperson <i>Point of contact for community members that may have questions or require an update on developing situations.</i>	Wayne Potts OFFICE: (705) 237-8900 EXT. 302 hsm@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 delma.peshabo@temagamifirstnation.ca
Food Service Lead <i>Ensuring that the most vulnerable population within the community will have their basic needs met during the duration of the emergency plan.</i>	Michelle Polson OFFICE: (705) 237-8698 EXT.601 michelle.polson@temagamifirstnation.ca	Rachel McKee OFFICE: (705) 237-8900 EXT. 312 hcc@temagamifirstnation.ca
Finance Lead <i>Provides essential financial services such as Ontario Works cheques and other payments as required.</i>	Vicky Blake OFFICE: (705) 237-8943 EXT. 113 vicky.blake@temagamifirstnation.ca	Beverley St.Denis OFFICE: (705) 237-8943 EXT. 111 beverly.stdenis@temagamifirstnation.ca
Mental Health Rep <i>Providing support for the community's health and wellness during the duration of an emergency plan enactment.</i>	Raymond Katt OFFICE: (705) 237-8900 EXT. 307 chr@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 delma.peshabo@temagamifirstnation.ca

STAY HOME. SAVE LIVES!

Pretend, for a moment, that you have just tested positive for COVID-19. The Health Unit calls to ask who you have been in contact with.

How many names would you list?

COVID-19 causes minimal symptoms in many people, who can then unknowingly transmit the infection to their family, friends, and neighbors through close contact.

The safest way to stop the spread is to stay home, not visit those who do not live in your home, and maintain 2 meters of distance between yourself and the next person when you must leave the house for essential tasks.

Stay home. Save lives!