



**TEMAGAMI  
FIRST NATION**

October 13, 2020

**FIRST NATION CONTROL GROUP  
BI WEEKLY REPORT**

# **COMMUNITY INFORMATION**

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





# BEAR ISLAND **EMERGENCY** CONTACTS

## EMERGENCY NUMBERS

|   |                   |
|---|-------------------|
| Bear Island Police / OPP                      | 1-888-310-1122    |
| Fire  | 1-866-762-0911    |
| Ambulance                                     | 705-569-3434      |
| Forest Fire                                   | 310-FIRE (3473)   |
| Telehealth                                    | 1-866-797-0000    |
| Timiskaming Health Unit                       | 1-866-747-4305    |
| Poison Control                                | 1-800-268-9017    |
| DPHC  | 705-237-8900 x301 |
| TFN   | 705-237-8943 x101 |
| Home Support                                  | 705-237-8900 x312 |
| FHWC  | 705-237-8022 x401 |
| <br>  |                   |
| Talk4Healing                                  | 1-855-554-4325    |
| <i>Indigenous Women</i>                       |                   |
| Kids Help Phone                               | 1-800-668-6868    |
| <i>Children</i>                               |                   |
| Hope for Wellness                             | 1-855-242-3310    |
| <i>First Nations and Inuit Help Line 24/7</i> |                   |

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**Telehealth: 1-866-797-0000**

*Emergency Information Coordinator:*

*Heidi Jobson*

*OFFICE: (705) 237-8943 EXT. 107*

*communication@temagamifirstnation.ca*

**[www.temagamifirstnation.ca](http://www.temagamifirstnation.ca)**

**CITIZEN INQUIRY SPOKESPERSON:**

*Wayne Potts*

*OFFICE: (705) 237-8900 EXT. 302*

*hsm@temagamifirstnation.ca*

# TFN First Nation Control Group Update

## **PUBLIC WORKS/ ELECTRICAL UTILITY REP/COMMUNITY EMERGENCY**

Shuttle boat is operating; Covid 19 Pandemic Protocol and Procedures in place – please be sure to wear a mask and use hand sanitizers that are available. Regular shuttle schedule is now in effect but still maintaining a limited capacity (5 people) and trips run mostly at capacity. **All trips must be booked in advance** by calling the office at ext. 101.

## **POLICE**

The police remain status quo and have been responding to calls and general inquiries and enforcing the restricted access to Bear Island.

## **FIRE CHIEF**

We are currently without a Fire Chief; if you know of any one that may be interested, please have them contact Human Resources. We are looking for a reliable person to check the equipment monthly; caches; and respond to calls if necessary.

## **EMERGENCY MEDICAL SERVICES REP**

Emergency services remain status quo; EFR have been responding to calls and practicing pandemic protocols and procedures.

## **MEDICAL/HEALTH REP**

Community Health Nurse, Delma Peshabo is taking appointments for Community Members to have COVID-19 testing done at the DPHC. **Appointments must be booked.** Please call the DPHC to book an appointment. 705-237-8900 ext. 301 and remember to bring your Health Card.

Medical Trans program continues to run in keeping with social distancing and safety protocols

## **SOCIAL SERVICES**

The FHWC continue to provide programing to community members. Hunt Camp is wrapping up tomorrow.

Kevin McPhee is available for in-person sessions. If you wish to have an in-person appointment with him, please call Linda Paul to book an appointment. 705-237-8022 ext. 403

## **MENTAL HEALTH**

Mental Health resources remain advertised in the newsletter, online and in the bi-weekly updates. Should you or any member of your household just need someone to talk to – there are workers available to do so. During these difficult times, mental health and wellness are of the utmost importance.

## **HCC - ELDER'S SUPPORT**

Elders drop-in program takes place Tuesdays from 1-3pm at the North Star Building and HCC workers have commenced with client in-home cleaning services.

## **FOOD SECURITY**

The Food Security Group will be reactivated. TFN Management is working toward delegating this important responsibility. The group will begin by restocking the inventory both for freeze-up and should a time come when community members either can't or choose not to go off-island for their shopping needs.

## **EDUCATION/LMLC REP**

LMLC Staff and students remain in operating in Phase 1 of their phased in approach to education during the pandemic. Please see the letter to parents on page 12 for full details on the BIEA's recommendations to parents and the reasonings for such

## **INFORMATION COORDINATOR**

Information has been made available through various media sources; The BI Blast; the Bi-Weekly Updates; Facebook, email – we continue to inform the community with those updates and how we are progressing through the pandemic. Continue to monitor the website and TFN facebook page for information.

## **REOPENING PROCEDURES AND PROTOCOLS**

Band offices remain **closed to the public** and the FNCG is working towards efforts to opening band buildings. Should you wish to attend band buildings for business, an appointment is required. All staff are following the established health & safety procedures. A working group has been established to better define the stages within the Level 3 State of Emergency. They are working towards giving specific, cohesive information on protocols and procedures that will reflect Temagami First Nation's COVID-19 policies.

## **SPOKESPERSON**

With the Level 3 State of Emergency still in place and the First Nation Control Group remaining in place; our team has been working diligently in efforts to keep our community members safe and free from Covid. We continue to keep the **community closed to the public**; we continue to keep the buildings closed to the public; this is the best practice to ensure the limited chance of exposure within our community.

FNCG reminds the community to continue to practice social distancing; wear masks when out in public; wash hands and use sanitizer when hand washing stations are unavailable. Self-monitor and keep yourselves safe from exposure.

## **OPERATIONS OFFICER**

FNCG operations remain status quo – the Level 3 State of Emergency has not heightened; we are ensuring we are addressing the overall needs of the community during this pandemic. The current Trespassing restriction remains in effect. We are working towards defining stages with the Level 3 State of Emergency and will have the information on that available to the community.

The staff have been closely monitoring our needs to meet the community demands. We shall continue to have the FNCG in place until the State of Emergency is lifted.







# TFN MENTAL WELLNESS RESOURCES

**THERAPY** Access to Kevin McPhee can be done through a referral via the Family Healing & Wellness Program at (705) 237-8022 to the attention of Linda Paul. Kevin is a therapist, who has been coming to Bear Island. Currently, due to Covid-19 access is offered though phone contact until the Ontario Emergency levels are lessened and TFN FNCG opens a change in policy for him to come to Bear Island again.

## **North Bay Indigenous Hub Traditional Healing Services**

The North Bay Indigenous Hub has many services available. To access these services you will need to speak with staff from FHWC or DPHC for a referral. FHWC 705-237-8022 ext 401 or DPHC 705-237-8900 ext. 301

**Mental Health Support for Indigenous**  
call or text - 1-855-242-3310

**Mental Health or Addictions Programs:**  
toll free number 1-866-531-2600

**Indigenous Women**  
call or text - 1-855-554-4325

**Children & Youth Support Line**  
1-800-668-6868

**Mental health and addictions support**  
[www.ontario.ca/page/mental-health-services](http://www.ontario.ca/page/mental-health-services)  
1-866-531-2600

**Good Talk Ages 17 – 25 yrs**  
1 (866) 925 5454

**Bounce Back**  
1 (866) 345 0224

**211 Ontario Live Chat**  
1 (877) 330 3213

**Hope for Wellness Helpline**  
1 (855) 242 3310

**TAKE CARE OF YOURSELVES**

# COVID Testing and Assessment Centres



| Assessment Centre           | Phone Number          | Location                         |
|-----------------------------|-----------------------|----------------------------------|
| Bear Island                 | 705-237-8900 ext. 301 | Doreen Potts Health Centre       |
| Temiskaming Shores and Area | 705-648-1844          | Temiskaming Hospital             |
| Temagami and Area           | 705-569-3244          | Temagami Family Health Team      |
| North Bay and Area          | 705-474-8600 ext 4110 | North Bay Regional Health Centre |

*Please call to book an appointment. Walk-ins may be turned away.*



**QUESTIONS: Call the Timiskaming Health Unit - COVID-19 Line  
705-647-4305, Ext.7 or 1-866-747-4305, Ext.7**

## IMPORTANT PHONE NUMBERS & WEBSITES

| WHERE                       | CONTACT   | NUMBER   |
|-----------------------------|---|--|
| Timiskaming Hospital        | Receptionist  | 705-647-8121                                   |
| North Bay Regional Hospital | Receptionist  | 705-474-8600                                   |
| TFN Band Office             | Receptionist<br>Virginia Paul - Executive Director  | 705-237-8943 ext. 101<br>705-237-8943 ext.102  |
| Doreen Potts Health Centre  | Wayne Potts - Health Manager<br>Delma Peshabo - Community Health Nurse  | 705-237-8900 ext. 302<br>705-237-8900 ext. 305 |
| Ontario Tele-health         | Free & Confidential Health Advice   | 1-866-797-0000                                 |
| Timiskaming Health Unit     | <a href="http://www.timiskaminghu.com">www.timiskaminghu.com</a>  | 1-866-747-4305 ext. 7.<br>705-647-4305 ext. 7  |
| World Health Organization   | <a href="http://who.int/emergencies/diseases/novel-coronavirus-2019">who.int/emergencies/diseases/novel-coronavirus-2019</a>  |  |
| Ontario Ministry of Health  | <a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</a> |  |

## Mental Health Supports



**Mental Health Support for Indigenous People**  
call or text - 1-855-242 3310

**Support for Indigenous Women**  
call or text - 1-855-554-4325

**Mental Health or Addictions Programs**  
1-866-531-2600

**Children & Youth Support Line**  
1-800-668-6868

**Good Talk for Ages 17-25 years**  
1-866-925-5454

**Hope for Wellness Helpline**  
1-855-242-3310

**211 Ontario Live Chat**  
1-977-330-3213

**TFN Family Healing & Wellness Centre**  
705-237-8022 ext 407

# You do NOT have to be showing COVID symptoms to be tested at Doreen Potts Health Centre \*

\*Due to constantly changing circumstances, please check with your local assessment. Call 705-237-8900 ext. 301

## COVID-19 symptoms

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups.

Some of the more **commonly reported symptoms** include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- feeling very unwell
- Children tend to have abdominal symptoms and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

You can infect others even if you aren't showing symptoms

The virus can be spread to others from someone who's infected but not showing symptoms. This includes people who:

- haven't yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

This kind of spread is known to happen among those who are in close contact or are in enclosed or crowded settings.

### **Showing Symptoms:**

Self-isolate and call an ASSESSMENT CENTRE to book an appointment for COVID TESTING

If you suspect you may have been exposed to COVID-19 but aren't showing symptoms:

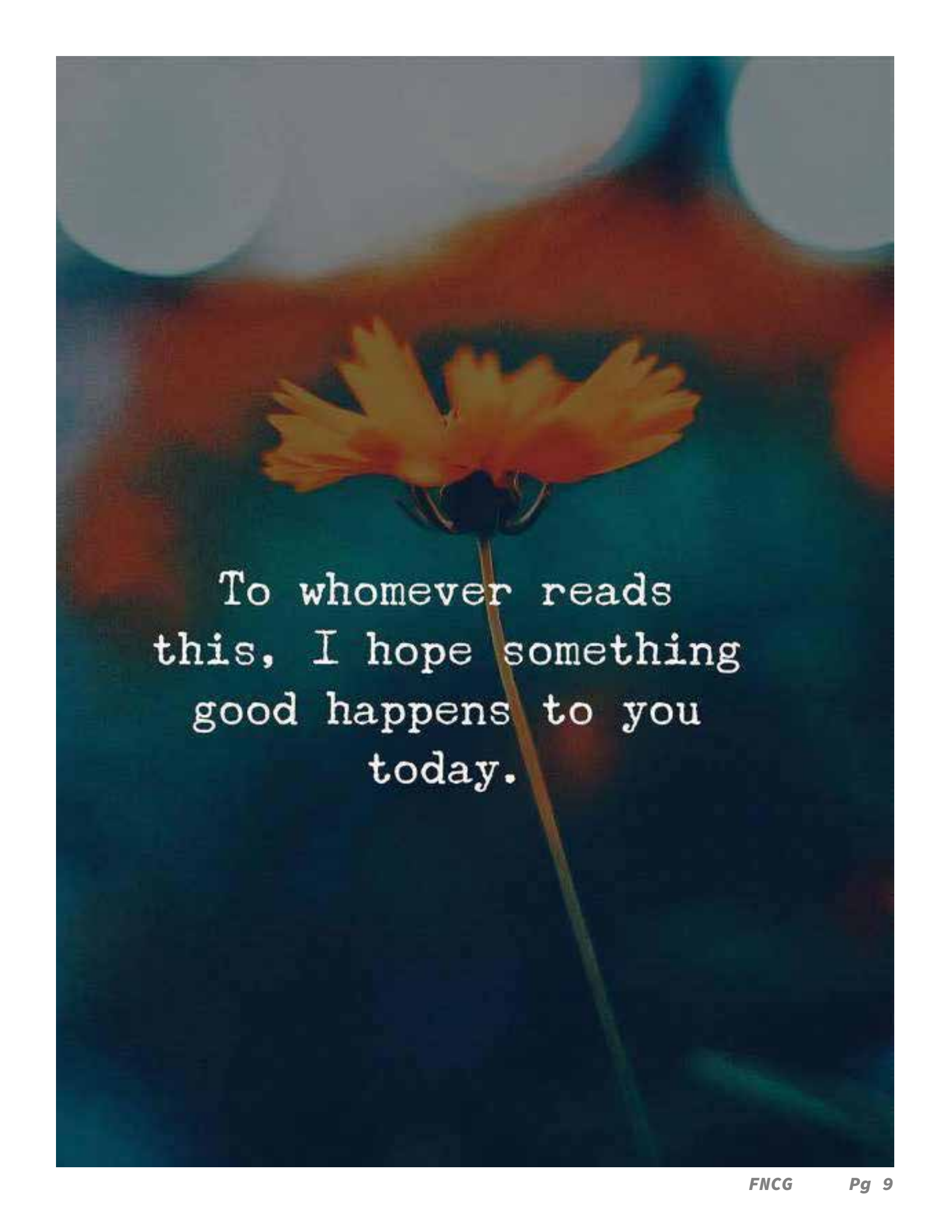
**Self-isolate and call the Timiskaming Health Unit if they haven't already been in touch with you.**

**705-647-4305, Ext.7  
1-866-747-4305, Ext.7**

### **IF YOU TEST POSITIVE**

**You're required to quarantine for 14 days AND until a negative COVID-19 test is received.**





To whomever reads  
this, I hope something  
good happens to you  
today.



TEMAGAMI  
FIRST NATION

# NO TRESPASSING

## BEAR ISLAND RESERVE #1

**Due to Covid 19 Global Pandemic;  
Bear Island Reserve #1 is**

**CLOSED TO GENERAL PUBLIC**

**With the exception of the Pier Market  
and to essential workers**

**(Hydro, Telecommunications, Water/Sewer,  
Contractors, Emergency Service Personnel)**

**and Temagami First Nation Members**

**& Teme-Augama Anishnabai Members and those  
visiting your dwelling.**

**POLICE WILL BE ENFORCING  
TRESPASSING LAWS.**

## COVID-19 TESTING

**AVAILABLE at DPHC by appointment only.**

**Call to book your appointments at  
705-237-8900 ext 301**

# COVID-19 CONCERNS

**If you think you have any symptoms of COVID-19 or are concerned that you have been exposed, please call your local Regional Assessment Center (RAC) for testing.**

(Booked appointment basis only)

Temiskaming Shores and area Regional Assessment Center – 705-648-1844

Doreen Potts Health Centre - 705-237-8900 ext.301

For more information or questions on Covid-19 call the THU COVID-19 line.

705-647-4305, Ext. 7 | 1-866-747-4305, Ext. 7

Monday to Friday - 8:30 a.m. - 4:30 p.m. | Saturday and Sunday - 9 a.m. - 12 p.m.

## **When should I call the Timiskaming Health Unit?**

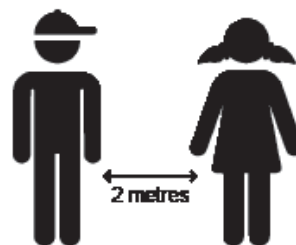
Anybody who has any of the following symptoms should call the THU COVID-19 line or DPHC for additional screening and testing arrangements if applicable.

Symptoms range from mild – like the flu and other common respiratory infections – to severe.

The most common symptoms include:

- Fever (37.8 or higher)
- Cough
- Shortness of breath
- Runny nose
- Nasal congestion
- Sore throat
- Difficulty swallowing
- Loss of sense of smell or taste
- Nausea/vomiting
- Diarrhea
- Abdominal pain

**COVID-19 ALERT**  
**AVIS DE COVID-19**  
Protect yourself and others  
*Protégez-vous et les autres*



**Practice physical distancing.**  
*Maintenir une distance physique.*



**Wash hands after being outdoors.**  
*Se laver les mains après avoir été à l'extérieur.*



Services de santé du  
**TIMISKAMING**  
Health Unit

[www.timiskaminghu.com](http://www.timiskaminghu.com)



# TEMAGAMI FIRST NATION

**BEAR ISLAND**  
**LAKE TEMAGAMI, ONTARIO P0H 1C0**  
1.888.737.9885 | 705.237.8943  
tfn@temagamifirstnation.ca  
www.temagamifirstnation.ca

October 9, 2020

Aanni Kwe Kwe LMLC Parents/Guardians,

On October 07, the new BIEA School Board met to discuss in detail the decision to move from Phase 1 –on line learning to Phase 2 – blended learning partial. As the Covid pandemic is still very much concerning, a decision was made to remain in Phase 1 at this time. A directive was given to LMLC to further communicate and survey parents on planning more details for Phase 2 and 3. The intention is to give more detail on time tabling, instructional hours, resources needed and accommodating student's needs. We also wish to determine what is working for Phase 1 for teaching and learning, also how families can be more supported.

We will meet again in 30 days to reassess the climate of the pandemic and evaluate feedback from parents. As the further planning for Phase 2 and 3 become available it will be shared with the school community. Please at anytime, contact school administration to answer any questions or share concerns. Let us keep our lines of communication open.

We continue to thank you for your patience and understanding as we continue to work in these unprecedented times. The health, safety and well-being of students, teachers, parents and staff is most important.

Miigwech,

In kindness,

Cindy Hare MA Ed.

Chairperson  
Bear Island Education Authority



**BEAR ISLAND EDUCATION AUTHORITY**  
**LAURA MCKENZIE LEARNING CENTRE**

705.237.8982

lmlc@temagamifirstnation.ca | www.temagamifirstnation.ca



# COVID-19 ASSESSMENT TOOL

## SHOULD MY CHILD ATTEND SCHOOL?

### 1 Does your child have one or more of these symptoms?

- Fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius; 100 degrees Fahrenheit or higher)
- Chills
- Cough that's new or worsening (continuous, more than usual)
- Barking cough, making a whistling noise when breathing (croup)
- Shortness of breath (out of breath, not related to known cause, e.g. asthma)
- Sore throat (not related to seasonal allergies or other known conditions)
- Difficulty swallowing
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes such as being outside in cold weather)
- Lost sense of taste or smell
- Pink eye (irritated, itchy or painful eye that may have crusting or discharge)
- Headache that's unusual or long lasting
- Digestive issues (long lasting stomach pain or 2 or more episodes of nausea/vomiting and/or diarrhea)
- Sore muscles (long lasting or unusual)
- Extreme tiredness that is unusual
- For young children and infants: sluggishness or lack of appetite



NO: Proceed to Question 4.

YES: Proceed to Question 2.

### 2 Is this a normal or usual symptom(s) for your child?

NO: Proceed to Question 3.

YES: Proceed to Question 4.



### 3 Does your child have seasonal allergies or an existing medical diagnosis (not COVID-19) that explains the symptom(s)?

NO: Child has symptoms consistent with COVID-19. They should **self-isolate** (stay home) and not leave except to get COVID-19 testing or for a medical emergency. On occasion, you may feel there is another explanation for the new symptom(s), requiring medical assessment. If so, contact your health care provider. Inform the school of your child's absence using the school's process.

YES Proceed to Question 4.



### 4 Has your child travelled outside of Canada in the last 14 days?

NO: Proceed to Question 5.

YES: **Quarantine (self-isolate)** for 14 days from the date your child returned to Canada. Inform school of your child's absence using the school's process.



### 5 In the last 14 days, has your child tested positive for COVID-19 or been in close physical contact\* with someone who tested positive for COVID-19?

NO: Proceed to question 6.

YES: **Self-isolate** (stay home) and call the **Timiskaming Health Unit** if they haven't already been in touch with you.

Inform the school of your child's absence using the school's process.

*\* A close physical contact is someone who was closer than 2 metres away in the same room or area, or living in the same home. It may also include being in the same classroom, if advised by THU.*



### 6 Has a doctor, health care provider, or public health unit asked your child to self-isolate (staying at home)?

NO: Child may attend school.

YES: Follow the advice of your health care provider and **self-isolate** (stay home) except to leave to get tested or for a medical emergency. Contact public health to understand next steps and then follow the directions given to you by public health about when your child can return to school. Inform the school of your child's absence using the school's process.



To find a local assessment centre visit: [www.timiskaminghu.com](http://www.timiskaminghu.com)

DATE: SEPTEMBER 18, 2020

Adapted from Leeds, Grenville and Lanark District Health Unit and Simcoe Muskoka District Health Unit



Services de santé du  
**TIMISKAMING**  
Health Unit

For assistance with school-specific inquiries related to COVID-19: (705) 647-4305/1-866-747-4305 ext 2267

The situation is changing rapidly. Visit our website for regular updates:

[www.timiskaminghu.com](http://www.timiskaminghu.com)





## Coronavirus Disease 2019 (COVID-19)

# Preventing COVID-19: Tips for Children Attending School

This fact sheet provides infection prevention and control information for parents, guardians and caregivers to help reduce the risk of COVID-19 transmission in elementary schools. Children with any [COVID-19 symptoms](#) or who are self-isolating should not attend school.

### Talk to your child

- Teach your child the best way to prevent COVID-19 by:
  - Washing their hands at least 5 times a day; before and after eating, playing, and after using the toilet. Hands are to be washed for at least 15 seconds, using an alcohol-based hand sanitizer or soap and water (teach them to sing the ABC song or Happy Birthday while washing their hands to get an idea of how long this should be)
  - Coughing or sneezing into their elbow, sleeve or a tissue
  - Avoiding touching their face and/or mask as much as possible
  - Following their school and teacher's instructions on giving space to others (e.g., staying 2 metres apart when possible)
- Talk to your child about changes that they may see when they return to school, such as their teachers wearing a mask and not sharing food, books, papers and other items with classmates.



### Think about Alcohol-based Hand Sanitizer

- Your child's school may allow you to provide your child with personal hand sanitizer. If sending your child to school with hand sanitizer:
  - Avoid hand sanitizer that does not contain alcohol and those containing technical grade ethanol.<sup>1</sup> Ensure hand sanitizer contains at least 60% alcohol.
  - Purchase an approved, commercially-made hand sanitizer. Do not attempt to make your own or buy other home-made hand sanitizers.
  - Do not add essential oils or other products to the hand sanitizer.
  - Label hand sanitizer with your child's name.
- Do not top up the hand sanitizer. Throw the empty container away.
- Do not send your child to school with disinfectant spray, liquid or wipes.



## Encourage wearing a mask or other face covering

Depending on your child's grade, a mask or face covering may be required or encouraged to be worn while on a school bus and/or at school. Teach your child:

- How to properly put on and remove their mask or face covering, handling only the straps and avoiding touching the outside of the mask.
- To clean their hands before putting on and after taking off their mask.
- Not to trade or share their mask with other children.
- To store their mask in a labelled, clean and dry bag or container (e.g. paper bag or pencil case) when taking it off for lunch, break or other periods of the day.
- To change their mask when damp or visibly soiled. Store your clean and used masks separately.

## Tips for choosing and wearing a non-medical mask or face covering

- Children who are unable to wear or remove a mask, or who have a medical condition that prevents their use, do not have to wear a mask.
- Choose a mask that fits the child's face with no gaps around the nose, cheeks and chin.
- Choose a mask that is made of two or more layers of tightly woven material (such as cotton or linen). Adjust (e.g., twist or tie) ear loops to ensure a snug fit.
- If your child wears glasses, wear them on top of the mask to prevent fogging.
- Consider sending several masks and keep dirty and clean masks separate
- Launder reusable masks daily, using the warmest possible temperature setting and normal laundry detergent. Dry masks thoroughly.
- Launder or clean mask containers daily using soap and water.

### References:

1. Health Canada. Technical-grade ethanol for the manufacture of hand sanitizers and hard-surface disinfectants during the COVID-19 pandemic: risk assessment summary report [Internet]. Ottawa, ON: Government of Canada; 2020 [modified 2020 Jul 09; cited 2020 Aug 20]. Available from: <https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/legislation-guidelines/covid19-technical-grade-ethanol-hand-sanitizer/risk-assessment-summary-report.html>

### Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

For more information please contact: **Timiskaming Health Unit 1-866-747-4305, Ext.7**

The information in this document is current as of September 14, 2020

# You were tested for COVID-19: What you should know

## What to do while you're waiting for your test results:

Isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19.

If you do not have symptoms and have not been exposed to COVID-19, continue physical distancing and monitor for symptoms while you wait for results.

## You may have been exposed to COVID-19 if any of these apply to you:

- Close contact with an infected person in your household
- Close contact with an infected person outside your household (e.g., workplace)
- Travel in the last 14 days

## How to self-isolate:

- Stay home
- Avoid contact with others - keep your distance by at least 2 metres
- Wash your hands
- Cover your coughs and sneezes
- If you cannot maintain a 2 metre distance from others wear a mask over your nose and mouth when around others

## What to do if:

### Your test result is negative and you:

- **had an exposure to COVID-19;** self-isolate for 14 days from your last exposure, regardless of the result.
- **Have traveled outside of Canada in the last 14 days;** self-isolate for 14 days after your return, regardless of result. Self-isolation (quarantine) is required under the federal *Quarantine Act*.
- **have not had an exposure and are ill;** self-isolate until you are feeling well.
- **have not had an exposure and you are well;** continue physical distancing. If you develop symptoms, self-isolate right away.

### Your test result is positive and you:

- **have symptoms;** self-isolate for 14 days following the day your symptoms started.
- **do not have symptoms;** self-isolate for 14 days following the day you were tested.

If you test positive, your local public health unit will contact you. You will be asked for information to help determine who you were in contact with while you may have been contagious or where you may have acquired COVID-19. They will also advise you when you can stop self-isolating.

## After a positive test, your public health unit will ask you about:

- **Symptoms:** What symptoms have you experienced and what have been your symptoms over time?
  - Examples of symptoms of COVID-19 include: fever (37.8 degrees C or greater), new or worsening cough, shortness of breath, sore throat, difficulty swallowing, change in taste or smell, nausea/ vomiting/ diarrhea/ abdominal pain, runny nose or nasal congestion
- **Places:** Where have you been in the 14 days prior to when your symptoms started or, if you don't have symptoms, in the 14 days prior to the day you were tested? Make a list of places you have been and include the date, time and address.
  - Examples include: workplace, school/childcare/camp, places you may have stayed (rooming house, hotel etc.)
- **Contacts:** Who were you less than 2 metres apart from within the 48 hours before you started feeling ill or, if you don't have symptoms, in the 48 hours before you were tested? Make a list of the names, phone numbers, and dates and times of last contact with anyone who:
  - Lives in your home
  - Works in the same place
  - Has been less than 2 metres away for longer than a brief time (i.e., had a chat). Walking by someone is not considered a close contact.

**By identifying where you have been and who you were physically close to you can help to contain the spread of the virus in our community. This is called Contact Tracing.**

## Next steps:

- See your results online at <https://covid19results.ehealthontario.ca:4443/agree>
- If your test is positive you can help to contain the spread of the virus by entering the names of anyone you have been in contact with and places you have visited. Look for the **CONTACT +** tab on the results webpage and follow the instructions.

If you have any questions or need additional information contact your local health unit. For a list of public health units visit: [www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx)

## When to seek medical care:

- If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).
- In a medical emergency, call 911 immediately.

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# TEMAGAMI FIRST NATION

**BEAR ISLAND**  
**LAKE TEMAGAMI, ONTARIO P0H 1C0**  
TEL 1.888.737.9884 or 705.237.8943  
tfn@temagamifirstnation.ca  
www.temagamifirstnation.ca

## COVID 19 BUILDING ACCESS ASSESSMENT

In order to gain access to the TFN Buildings, visitors must not be actively showing symptoms or be on active quarantine. Employees are required to complete this short assessment before granting access to any visitor. Employees are also required to complete sections 1 – 4 of the assessment when gaining access to work on a weekly basis.

1. Have you or any visitors to your home, travelled to any of the below higher risk locations within the last week:

|                           |                              |                             |
|---------------------------|------------------------------|-----------------------------|
| <b>New Liskeard</b>       | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| <b>Sudbury</b>            | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| <b>North Bay</b>          | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| <b>South of North Bay</b> | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Other - indicate where: \_\_\_\_\_

- a. What facilities did you visit (i.e. grocery store, mall, doctor's office etc.)?

\_\_\_\_\_

- b. What facilities did you use (i.e. gas pumps, public washrooms etc.)?

\_\_\_\_\_

- c. What personal precautions were taken: (i.e. facemask, gowns etc.):

\_\_\_\_\_

2. Are you or anyone in your home showing any of the following symptoms:

|  |                              |             |                             |             |
|--|------------------------------|-------------|-----------------------------|-------------|
| a. High fever                                  | Yes <input type="checkbox"/> | <i>fail</i> | No <input type="checkbox"/> | <i>pass</i> |
| b. Worrisome Cough                             | Yes <input type="checkbox"/> | <i>fail</i> | No <input type="checkbox"/> | <i>pass</i> |
| c. Difficulty breathing or shortness of breath | Yes <input type="checkbox"/> | <i>fail</i> | No <input type="checkbox"/> | <i>pass</i> |

If yes to any of the previous symptoms, have you or the individual with the symptoms been tested for COVID 19 and/or been advised to self-isolate/quarantine? *If the individual fails, they shall not be granted entry into the building.*

Yes – received testing  (indicate test date) \_\_\_\_\_ *fail*

Yes – advised to self-isolate  *fail*

No – no testing  *fail*

No – not advised to self-isolate  *pass*

3. If you are experiencing any of the above detailed symptoms, or are unsure if you may be experiencing Covid-19 related symptoms, please visit <https://covid-19.ontario.ca/self-assessment/> to complete a self-assessment.

- 4. DAILY TEMPERATURE CHECKS TO BE COMPLETED AT THE BEGINNING OF EACH WORKDAY** – *this assessment shall be stored in individually provided binders and submitted to a Chairperson of the Health & Safety Committee on a weekly basis.*





## Best Practices at Home During COVID-19

### Hand washing

Remember to Clean your hands often, as this is one of the best ways to help prevent the spread of COVID-19.

Key times to clean hands:

- Immediately after removing gloves and after contact with a person who is sick.
- After blowing one's nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)
- When returning home after a public outing

\*Remember to Wash your hands often with soap and water for 20 seconds.\*

Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.

### Cleaning and Disinfection Products

Household cleaners (eg. Soap and water) should be used prior to disinfectants as this removes dirt, oils, grease and other organic materials on the surface.

Diluted household bleach solutions can be used if appropriate for the surface, such as non-porous and hard surfaces. Expired household bleach will NOT be effective against coronaviruses, and should not be used as a disinfection agent.

Considerations:

- Use bleach containing 5.25–8.25% sodium hypochlorite. Do not use a bleach product if the percentage is not in this range or is not specified.
- Follow the manufacturer's application instructions for the surface, ensuring a contact time of at least 1 minute.
- Ensure proper ventilation during and after application.

- Check to ensure the product is not past its expiration date.
- Never mix household bleach with ammonia or any other cleanser. This can cause fumes that may be very dangerous to breathe in.

### **How to Prepare a Bleach Solution for Disinfection**

5 tablespoons (1/3rd cup) of 5.25–8.25% bleach per gallon of room temperature water or

4 teaspoons of 5.25–8.25% bleach per quart of room temperature water

- Bleach solutions will be effective for disinfection up to 24 hours.
- Alcohol solutions with at least 70% alcohol may also be used.

### **Cleaning of High Touch Surfaces in your Home**

High touch surfaces in your home are of key importance when it comes to regular sanitation, especially during the COVID-19 pandemic, as these surfaces are capable of harboring viruses and other harmful bacteria. It is important to regularly, at least once a week, sanitize these high touch surfaces to help prevent the spread of illness in general, and specifically COVID-19.

High touch surfaces in your home can include:

- Door handles and around the handles
- Light switches
- Kitchens knobs and handles (cupboard, drawer, fridge, microwave, oven)
- Bathroom taps and handles (sink faucet and handles, toilet handle, drawer, cabinets)
- Counter tops (kitchen, dining room)
- Railings
- Chairs and tables
- Electronics (further explained below)

### **Electronic Devices**

Something to consider is cleaning your electronics, as most of them go just about everywhere with you, and are considered to be a “high touch” surface. Where possible, consider putting a wipeable cover on electronics to make cleaning more easily accessible. Make sure to follow manufacturer’s instruction for cleaning and disinfecting and If no guidance is provided, use alcohol-based wipes or sprays containing at least 70% alcohol to clean the surfaces. Remember to dry the surface thoroughly after cleaning, as this is a key step in disinfection.

These electronics may include:

- Cellphones
- Tablets
- Touch screens
- Keyboards
- Gaming consoles and controllers
- Remote controllers



# WILD GAME WANTED

Hunters,  
Trappers and  
Fishermen...

Consider making a donation of your wild game to the FNCG Food Security Team. Your community members would appreciate the traditional food option.

Call 705-237-8943 ext. 101

## WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

Keep a distance of 6 feet from others when going for walks or shopping for groceries.

[www.timiskaminghu.com](http://www.timiskaminghu.com)

# Assess the risk level

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and the controls put in place at the establishment or setting to further reduce risk. Some examples of low, medium, high risk are provided below but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, coughing).

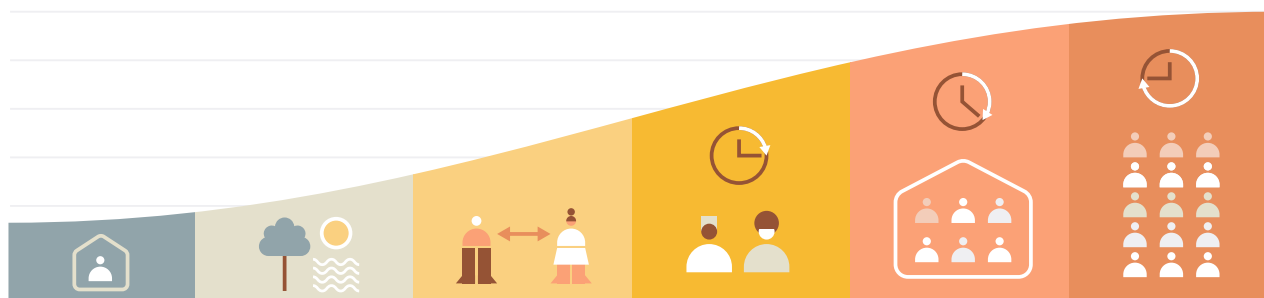
## Low risk

## Medium risk

## High risk

|  Getting mail and packages                                     |  Hair salon / barbershop                                      |  Bars and nightclubs   |
|---|--|---|
|  Grocery and retail shopping with public health measures       |  Medical, health and dental appointments                      |  Gyms and athletic studios   |
|  Camping   |  Hotel / BnB  |  Cruise ships and resorts  |
|  Driving Car (solo or with household contacts)                 |  Taxi / ride shares   |  Hugging, kissing or shaking hands                                 |
|  Going for a walk  |  Working in an office  |  Large religious / cultural gatherings                             |
|  Backyard BBQ with your 'bubble' contacts                    |  Playing on play structures                                 |  Watching sporting events in arenas and stadiums                 |
|  Restaurant takeout  |  Movie theatre  |  Casinos   |
|  Community / Outdoor parks and beaches                       |  Outdoor restaurant/patio                                   |  Crowded public transportation (bus, subway)                     |
|  Running / hiking / biking solo or at a distance from others |  School / camp / daycare                                    |  Crowded indoor restaurant / buffet                              |
|  Socially distanced picnic                                   |  Public pools   |  Amusement parks   |
|  Playing "distanced" sports outside (tennis/golf)            |  Malls / museums / galleries                                |  High-contact sports with shared equipment (football/basketball) |
|   |  Weddings and funerals of limited size                      |  Conferences   |
|   |  Visiting elderly or at-risk family / friends in their home |  Music concerts, or places where people are singing or shouting  |
|   |  |  Sexual activity with new people                                 |
|   |  |  Indoor party  |

# Understand risk factors



**Home alone**  
or with household contacts

**Outdoors**  
with housemates or social bubble

**Outdoors**  
with physical distancing

**Outdoor / Indoor**  
Short amount of time in close proximity

**Indoors**  
Large groups  
Long time

**Outdoors / Indoors**  
Crowded  
Longer time



**Help limit the spread.**

Download the COVID Alert app.



For more information on COVID-19:

[canada.ca/coronavirus](https://canada.ca/coronavirus)

1-833-784-4397



Government of Canada

Gouvernement du Canada

Canada



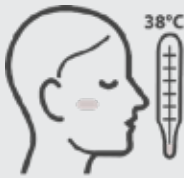


# Coronavirus Disease 2019 (COVID-19)

## How to Self-Monitor

**Follow the advice that you have received from your health care provider.**  
**If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.**

### Monitor for symptoms for 14 days after exposure



**Fever**



**Cough**



**Difficulty breathing**

### Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others (a minimum of two metres) if you become ill.
- If you are unable to maintain a two metre distance, wear a non-medical mask or face covering to protect others from your potentially infectious droplets.

### 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](#)
  - 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 keep a two metre distance from others or use the back seat if in a car.

### Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health’s website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

For more information please contact: \_\_\_\_\_

The information in this document is current as of July 31, 2020

## Coronavirus Disease 2019 (COVID-19)

# How to Self-Isolate

**You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).**

### Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



### Avoid contact with others

- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



### Keep your distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask or face covering that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



### Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## 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 safer.
- Clean your hands after emptying the wastebasket.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two metres distance from people and cover your cough and sneezes. See [physical distancing](#).



## What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](https://covid-19.ontario.ca/self-assessment/). <https://covid-19.ontario.ca/self-assessment/>
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

For more information please contact: **TImiskaming Health Unit 1-866-747-4305, Ext.7**

The information in this document is current as of July 31, 2020

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Ontario 

# Going out? Do it safely.

Your actions matter.

Make informed choices to keep yourself and others safe.

## ✘ Avoid



**Closed spaces**

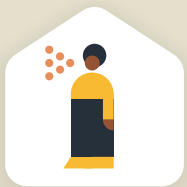


**Crowded places**



**Close contact**

## ✔ Always



**Stay home** and away from others if you feel sick



Follow **local public health advice**



Stick to a **small and consistent social circle**

**AT PRESENT, WE ARE ENCOURAGED BY HEALTH OFFICIALS TO STAY WITHIN OUR DISTRICTS. PLEASE OPT TO FIND YOUR NECESSITIES IN NEW LISKEARD RATHER THAN TRAVELING TO OTHER DISTRICTS**



Supported by  
**FNCG**

# Northeastern Ontario Situation Report

<https://www.cbc.ca/news/canada/sudbury/covid-19-numbers-northeastern-ontario-1.5509386>

As of **October 13, 2020**, there have been 254 confirmed cases of COVID-19 in northeastern Ontario.

- There are currently **98 active cases** in northeastern Ontario — two in Public Health Sudbury & Districts, one in the Porcupine Health District, five in the Algoma Health Unit district and one in the North Bay Parry Sound Public Health district.
- There have been a total of **293 confirmed** cases, since the pandemic began.
- According to health unit data, there are at least **272 recovered** cases in the region.
- A total of **12 people have died** from COVID-19 in northeastern Ontario.
- Northeast health units are reporting that at least **174,066 tests** have been conducted for the COVID-19 virus.

| Cases by health unit:                         |     |
|---|-----|
| • Public Health Sudbury & Districts:          | 110 |
| • Porcupine Health Unit:                      | 86  |
| • Timiskaming Health Unit:                    | 17  |
| • Algoma Health Unit:                         | 39  |
| • North Bay Parry Sound District Health Unit: | 41  |

**TRAVELERS MUST BOOK IN ADVANCE DURING OFFICE HOURS (8:30AM-5:00PM)  
BY CALLING: 705-237-8943 EXT 101**

## SHUTTLE BOAT SCHEDULE - OCTOBER 2020

| SCHEDULE A<br>MONDAY TO FRIDAY                                 |   | OCTOBER |                                  |      |     |       |     |     |  |
|--|---|---------|----------------------------------|------|-----|-------|-----|-----|--|
| Depart<br>Bear Island<br>WEEK DAY<br>(MON-FRI)                 | Depart<br>Minerod<br>WEEK DAY<br>(MON-FRI)                      | Sun     | Mon                              | Tues | Wed | Thurs | Fri | Sat |  |
|  |   |         |                                  |      |     | 1     | 2   | 3   | NOTE: MUST BOOK IN ADVANCE DURING OFFICE HOURS (8:30AM-5:00PM) BY CALLING: 705-237-8943 EXT 101<br><br>PLEASE NOTE THAT THERE WILL BE NO SHUTTLE SERVICE ON OCTOBER 12, 2020 (Thanksgiving).                                       |
| *7:30 a<br>*8:00 a<br>*8:30 a<br>*9:00 a<br>*9:30 a<br>*10:00  | *7:45 a<br>*8:15 a<br>*8:45 a<br>*9:15 a<br>*9:45 a<br>*10:15 a | 4       | 5                                | 6    | 7   | 8     | 9   | 10  | PLEASE NOTE THAT EMERGENCY SERVICES CALLS MAY PRE-EMPT THIS SCHEDULE.  |
| *1:15 p<br>*3:00 p<br>*3:30 p<br>*4:00 p<br>*4:30 p<br>*5:00 p | *1:30 p<br>*3:15 p<br>*3:45 p<br>*4:15 p<br>*4:45 p<br>*5:15 p  | 11      | No Service<br>Thanksgiving<br>12 | 13   | 14  | 15    | 16  | 17  | COVID 19 GLOBAL PANDEMIC: PROTOCOL & PROCEDURES:<br>1. HAND SANITIZER PRIOR TO BOARDING IS AVAILABLE.<br>2. FACE MASKS ARE MANDATORY PRIOR TO BOARDING.<br>3. FIVE (5) PASSENGER MAXIMUM PLUS DRIVER.<br>4. GARBAGE BIN AVAILABLE. |
|  |   | 18      | 19                               | 20   | 21  | 22    | 23  | 24  |  |
|  |   | 25      | 26                               | 27   | 28  | 29    | 30  | 31  |  |

**NOTE: ALL TRIPS MUST BE BOOKED MONDAY-FRIDAY (8:30AM-5:00PM) AT LEAST TWO (2) HOURS IN ADVANCE. PLEASE LEAVE A MESSAGE FOR BOOKING & CANCELLED TRIPS.**

**THIS SCHEDULE MAY CHANGE WITHOUT NOTICE ~ WEATHER PERMITTING**  
**FOR MORE INFORMATION, CALL THE BAND OFFICE AT (705) 237-8943 EXT 101**

- Programs & Services; \$25/person up to \$100 max.
- Two Regular Bin Size Limit; \$10 per passenger.
- Cash, EMT Available [yicky.blake@temagamifirstnation.ca](mailto:yicky.blake@temagamifirstnation.ca)

TEMAGAMI FIRST NATION SHUTTLE BOAT SCHEDULE



# EMPLOYMENT ESSENTIALS

Starting  
Monday October 19  
9-12

Miziwe Biik Aboriginal Employment and Training is offering a six-week program that will provide tools and resources to assist participants with job searching and finding their next steps.

Supported by Ontario Works.



**Eligibility criteria:** Indigenous, Ontario Works recipient, and available for duration of program.

## Program Components:

- True Colours & Essential Skills
- Communication
- Career Exploration
- Life Skills & Self-Management
- Job Search
- Career Awareness & Research

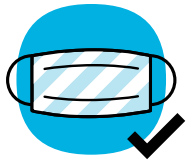
\*Some programming will be offered remotely through online video conferencing.

Program Screening will be conducted via Zoom or Telephone appointment.  
Email [brenna@miziwebiik.com](mailto:brenna@miziwebiik.com) or call 647-325-4686 to register.



# Wear a face covering when physical distancing is a challenge.

## Do:



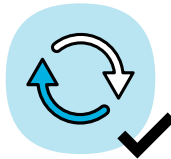
Wear a non-medical face covering like a cloth mask.



Wash your hands before putting it on and immediately after taking it off.



Make sure it fits well and covers your nose and mouth.



Change your face covering when it gets slightly wet or dirty.



Wash your face covering in hot water with detergent after each use.



Dispose of single-use face coverings into a lined garbage bin and wash your hands.

## Do not:



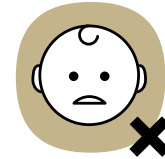
Do not wear a medical-grade mask as these should be reserved for our health care workers.



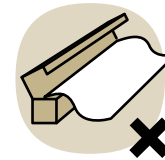
Do not share face coverings with others.



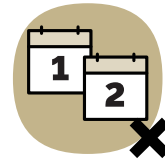
Do not touch or move your face covering when wearing it.



Do not place on children under the age of two years or on anyone who can't take it off on their own.



Do not use plastic or other materials that you can't breathe through as a face covering.



Do not re-use face coverings that cannot be cleaned.

**It is recommended you wear a face covering when physical distancing is a challenge. Stop the spread of COVID-19.**

The best way to protect yourself is to continue to stay home as much as possible, wash your hands thoroughly and often, and stay 2 metres apart from others.

Visit [ontario.ca/coronavirus](https://ontario.ca/coronavirus)

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Ontario 

# FIRST NATION CONTROL GROUP

## ROLES AND CONTACT INFO

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

| <b>Position &amp; Description</b>   | <b>Main Contact</b>  | <b>Designate</b>   |
|---|--|--|
| <b>Chief</b><br><i>Providing overall leadership in responding to an emergency</i>   | Shelly Moore-Frappier<br>OFFICE: (705) 237-8943 EXT. 105<br><a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a>   | John McKenzie<br><br><a href="mailto:2ndchieftfn@temagamifirstnation.ca">2ndchieftfn@temagamifirstnation.ca</a>  |
| <b>Operations Officer</b><br><i>Chairing the FNCG</i>   | Virginia Paul<br>OFFICE: (705) 237-8943 EXT. 102<br><a href="mailto:ed@temagamifirstnation.ca">ed@temagamifirstnation.ca</a>   | Robin Koistinen<br>OFFICE: (705) 237-8943 EXT. 204<br><a href="mailto:robin.koistinen@temagamifirstnation.ca">robin.koistinen@temagamifirstnation.ca</a>   |
| <b>Community Emergency Management Coordinator</b><br><i>Ensuring that all members of the FNCG have necessary plans, resources, supplies, maps, and equipment</i>  | Jamie Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Tom Mathias<br>OFFICE: (705) 237-8631 EXT. 705<br><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a>   |
| <b>Police Representative</b><br><i>Notifying necessary emergency and community services, as required;</i>   | Brad Kerr<br>OFFICE: (705) 237-8963<br>DISPATCH: 1 (888) 310-1122<br><a href="mailto:brad.e.kerr@opp.ca">brad.e.kerr@opp.ca</a>  | Tom Saville<br>OFFICE: (705) 237-8963<br>DISPATCH: 1 (888) 310-1122<br><a href="mailto:thomas.saville@opp.ca">thomas.saville@opp.ca</a>  |
| <b>Fire Chief</b><br><i>Activating the emergency notification system through the Community Emergency Coordinator;</i>   | Louis LeFrancois<br>DISPATCH: 1 (866) 762-0911<br><a href="mailto:2fire.chief@temagamifirstnation.ca">2fire.chief@temagamifirstnation.ca</a>   |  |
| <b>Public Works Rep</b><br><i>Providing and maintaining all equipment necessary as well as keeping the water/sewer services running</i>   | Derek Green<br>OFFICE: (705) 237-8631 EXT. 701<br><a href="mailto:derek.green@temagamifirstnation.ca">derek.green@temagamifirstnation.ca</a>   | Tom Mathias<br>OFFICE: (705) 237-8631 EXT. 705<br><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a>   |
| <b>Medical/Health Rep</b><br><i>Acting as a coordinating link for all emergency health services at the FNCG and ensuring liaison with Health Canada;</i>  | Wayne Potts<br>OFFICE: (705) 237-8900 EXT. 302<br><a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a>   | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 305<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>   |
| <b>Social Services Rep</b><br><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<br>OFFICE: (705) 237-8022 EXT. 401<br><a href="mailto:sss@temagamifirstnation.ca">sss@temagamifirstnation.ca</a>  | Alice Moore<br>OFFICE: (705) 237-8022 EXT. 402<br><a href="mailto:31fncouncillor@temagamifirstnation.ca">31fncouncillor@temagamifirstnation.ca</a><br><a href="mailto:hbhc@temagamifirstnation.ca">hbhc@temagamifirstnation.ca</a> |
| <b>Emergency Medical Service Rep</b><br><i>Ensuring emergency medical services at the emergency site</i>  | Marie Paul<br>DISPATCH: (705) 569-3434<br><a href="mailto:efr@temagamifirstnation.ca">efr@temagamifirstnation.ca</a>   | Delma Peshabo<br>OFFICE: (705) 237-8900 EXT. 305<br><a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>   |
| <b>Electrical Utility Rep</b><br><i>Monitoring the status of power outages and customers without services;</i>  | Jamie Koistinen<br>OFFICE: (705) 237-8943 EXT. 103<br><a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a><br><a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a> | Tom Mathias<br>OFFICE: (705) 237-8631 EXT. 705<br><a href="mailto:pwsuper@temagamifirstnation.ca">pwsuper@temagamifirstnation.ca</a>   |
| <b>Emergency Information Coordinator</b><br><i>The Emergency Information Coordinator is responsible for the dissemination of news and information to the media for the public</i>                                       | Heidi Jobson<br>OFFICE: 1 (705) 237-8943 EXT. 107<br><a href="mailto:communication@temagamifirstnation.ca">communication@temagamifirstnation.ca</a>  | Courtney Saville<br>OFFICE: 1 (705) 237-8943 EXT. 110<br><a href="mailto:courtney.saville@temagamifirstnation.ca">courtney.saville@temagamifirstnation.ca</a>  |

## FIRST NATION CONTROL GROUP ROLES AND CONTACT INFO CONTINUED

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| <p><b>Telecommunications Coordinator</b><br/> <i>Ensuring that all communication methods continue to stay up and running</i></p>   | <p>Jamie Koistinen<br/> OFFICE: (705) 237-8943 EXT. 103<br/> <a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a><br/> <a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a></p> |  |
| <p><b>Education/LMLC Rep</b><br/> <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></p> | <p>Lynn Mongrain<br/> OFFICE: (705) 237-8943 EXT. 501<br/> <a href="mailto:lynn.mongrain@temagamifirstnation.ca">lynn.mongrain@temagamifirstnation.ca</a></p>   | <p>Michelle Polson<br/> OFFICE: (705) 237-8698 EXT.601<br/> <a href="mailto:michelle.polson@temagamifirstnation.ca">michelle.polson@temagamifirstnation.ca</a></p>   |
| <p><b>Health Centre Administrator</b><br/> <i>Implementing the health centre/nursing stations emergency plan;</i></p>  | <p>Wayne Potts<br/> OFFICE: (705) 237-8900 EXT. 302<br/> <a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a></p>   | <p>Delma Peshabo<br/> OFFICE: (705) 237-8900 EXT. 304<br/> <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>        |
| <p><b>Community Spokesperson</b><br/> <i>The voice of the community for outside organizations; provides updates and constant communication for media etc.</i></p>  | <p>Shelly Moore-Frappier<br/> OFFICE: (705) 237-8943 EXT. 105<br/> <a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a></p>   | <p>John McKenzie<br/> <a href="mailto:2ndchieftfn@temagamifirstnation.ca">2ndchieftfn@temagamifirstnation.ca</a></p>   |
| <p><b>Citizen Inquiry Spokesperson</b><br/> <i>Point of contact for community members that may have questions or require an update on developing situations.</i></p>   | <p>Wayne Potts<br/> OFFICE: (705) 237-8900 EXT. 302<br/> <a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a></p>   | <p>Delma Peshabo<br/> OFFICE: (705) 237-8900 EXT. 304<br/> <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>        |
| <p><b>Food Service Lead</b><br/> <i>Ensuring that the most vulnerable population within the community will have their basic needs met during the duration of the emergency plan.</i></p>   | <p>Rachel McKee<br/> OFFICE: (705) 237-8900 EXT. 312<br/> <a href="mailto:hcc@temagamifirstnation.ca">hcc@temagamifirstnation.ca</a></p>  |  |
| <p><b>Finance Lead</b><br/> <i>Provides essential financial services such as Ontario Works cheques and other payments as required.</i></p>   | <p>Vicky Blake<br/> OFFICE: (705) 237-8943 EXT. 113<br/> <a href="mailto:vicky.blake@temagamifirstnation.ca">vicky.blake@temagamifirstnation.ca</a></p>   | <p>Beverly St.Denis<br/> OFFICE: (705) 237-8943 EXT. 111<br/> <a href="mailto:beverly.stdenis@temagamifirstnation.ca">beverly.stdenis@temagamifirstnation.ca</a></p> |

