



# FIRST NATION CONTROL GROUP COMMUNITY BRIEFING

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

April 8, 2022

Please be advised that as of Thursday, April 7 2022, the community of Bear Island is remaining in REOPENING. See details on BCR inside.

## Rapid Antigen Tests and N95 Masks Available at the DPHC.

Call **705-237-8900 ext. 316** if require any.

## NO TRESPASSING

### Due to Covid 19 Global Pandemic; Bear Island Reserve #1 remains **CLOSED TO GENERAL PUBLIC**

Exemptions will be made for; patrons to the Pier Market, Northstar Building, Temagami First Nation Citizens and their friends and family, Teme-Augama Anishnabai Citizens and their friends and family, community residents, off-island TFN essential service staff and those in need of emergency medical care.

## BEAR ISLAND'S

# FOOD SECURITY PROGRAM

April McKenzie, Food Security Coordinator can be reached by calling **705-237-8943 ext.121** or by email at [fsc@temagamifirstnation.ca](mailto:fsc@temagamifirstnation.ca)

Please Use Order Forms and return to [fsc@temagamifirstnation.ca](mailto:fsc@temagamifirstnation.ca) or drop it off to the Band Office reception or the Pier Market drop box.

The next food delivery will be on Wednesday, March 30th.

APRIL							
Su	Mo	Tu	We	Th	Fr	Sa	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

DELIVERY  
ORDERS DUE

## CURRENT ACTIVE CASES IN THE COMMUNITY OF BEAR ISLAND

CURRENT CASES	STATUS
2	New
4	Active
1	Resolved

AS OF APRIL 8, 2022 9:50 AM

## COVID-19 RAPID TESTING

Monday to Friday  
8:30am - 12:00pm, 1:00pm - 4:30pm  
Saturday & Sunday  
4:00pm-8:00pm

To book your appointment, call  
**705-237-8900 ext. 316**

### TFN RAPID TESTING STATISTICS AS OF APR. 4<sup>TH</sup>

TIME FRAME	TESTS CONDUCTED	RESULTS
MARCH 28 - APRIL 4	57	1 POSITIVE 56 NEGATIVE

### ANTIGEN TESTING: R.A.T.

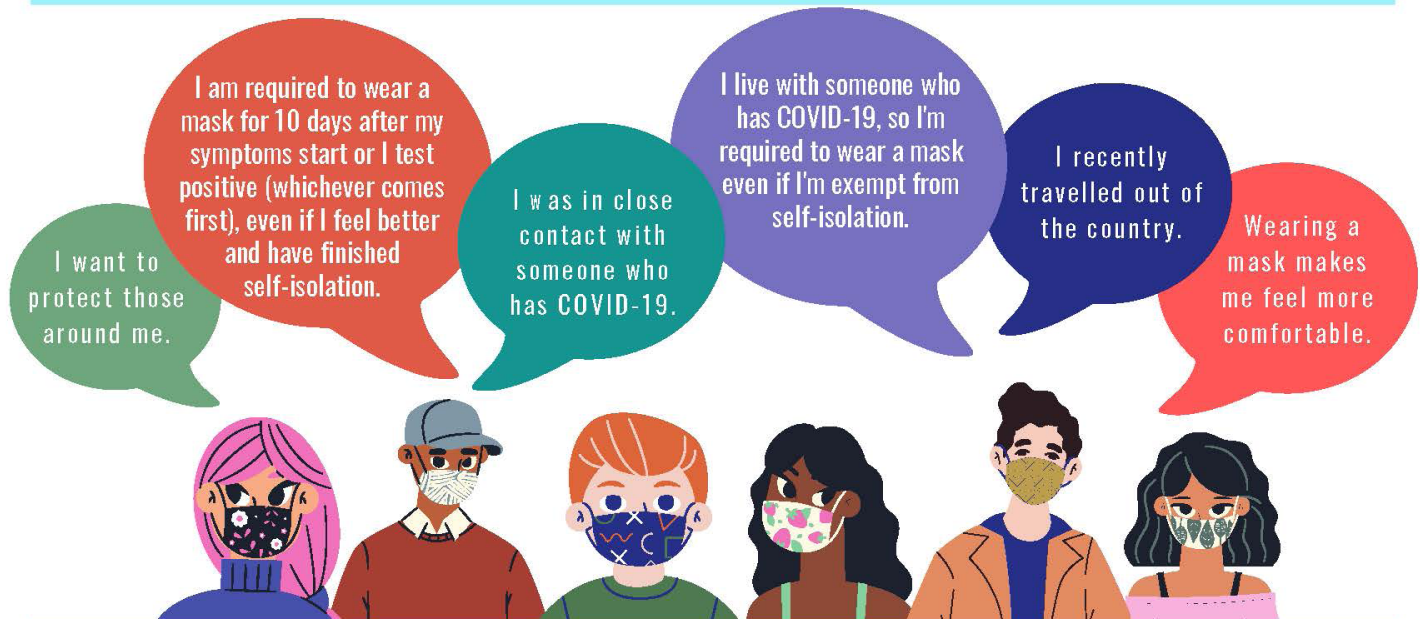
Total # of Positive Test Results Reported: 1

## TEMAGAMI FIRST NATION VACCINATION STATISTICS REPORTED ON MARCH 24, 2022

AGE GROUP	POPULATION	1ST DOSE	2ND DOSE	3RD DOSE
18+	221	89%	86.8%	56.2%
12 - 17	25	88%	79%	29%
5 - 11	24	63%	42%	

Indicators used to determine may not be 100% accurate - individuals may reside on Bear Island BUT may not be a TFN member; or there may be TFN members with addresses or postal codes outside of BI. Therefore, coverage rates may be overestimated in some age groups \*\*\*

# I STILL WEAR A MASK BECAUSE...



THERE ARE MANY REASONS TO WEAR A MASK.  
**BE COVID KIND.**



While medical masks and respirators provide the highest level of protection, well-fitted non-medical masks can help limit the spread of COVID-19 (Government of Canada).

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## Provincial hospitalizations by vaccination status<sup>8,9</sup>

### Unvaccinated

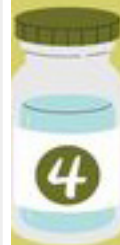
individuals are in **hospital** with COVID-19 at a

**4x greater** rate than individuals who are fully vaccinated.

### Unvaccinated

individuals are in **ICU** with COVID-19 at a

**6.6x greater** rate than individuals who are fully vaccinated



Starting April 7, the following groups will be eligible to book their fourth dose of the COVID-19 vaccine

- Individuals 60+
- First Nations, Inuit and Metis individuals aged 18+

**MORE INFORMATION TO COME**

### Respirator



- Includes N95 and KN95.
- Provides best fit and filtration when fitted properly.
- May be uncomfortable for prolonged use.
- Non-fit tested respirators can be used as a high quality mask in the community.
- Respirators with exhalation valves should not be used.

### Medical mask



- Can provide good fit and filtration.
- Includes surgical and procedure masks.
- Can be adjusted to fit face.
- Meets established filtration standards.

### Cloth mask



- May be less able to ensure good fit and filtration.
- May be more comfortable for prolonged use.
- Construction is variable but should be made of **3 layers** of high quality material.

## Why might people still wear a mask?



- Some places still require them.
- They are immunocompromised.
- Their family members are immunocompromised.
- Because they want to.



**Temagami First Nation**

Chronological no.

2022-014

**BAND COUNCIL RESOLUTION**

File reference no.

The council of the **TEMAGAMI FIRST NATION**

Date of duly convened meeting

D

M

Y

Province: ONTARIO

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7

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4

2

2

Do hereby resolve that as of Thursday, April 7 2022, the community of Bear Island is remaining in REOPENING.

**WHEREAS** the spread of COVID-19 has been declared a pandemic by the World Health Organization on March 11, 2020.

**WHEREAS** the Covid 19 situation is changing very rapidly.

**WHEREAS** TFN will remain in REOPENING until Friday, April 22, 2022.

**WHEREAS** Chief & Council of the Temagami First Nation have the authority and jurisdiction pursuant to the Indian Act; sections 81 (1)(a), (c), (d), (p), (q), and (r) to enact emergency effort to prevent the spread of contagions and infectious diseases.

**NOW THEREFORE** The Temagami First Nation Chief & Council hereby execute the following BCR for the protection of public health and safety of Bear Island.

**Emergency Protective Measures:**

1. Under the rules of law, a strict No-Trespassing restriction will remain in effect. Exemptions will be made for; patrons to the Pier Market, Northstar Building, Bear Island Residents and their friends and family, Temagami First Nation and Teme-Augama Anishnabai Citizens and their friends and family, community residents, off-island TFN essential service staff and those in need of emergency medical care.
2. The wearing of masks and hand-sanitizing is mandatory in all indoor public places.
3. Community residents are encouraged to remain in their household bubble.
4. Band owned buildings are open to the public by appointment only.
5. All employees are to work remotely with the exception of essential workers.
6. Food security program will be phased out but is still operating bi-weekly.
7. Medical Transportation services will resume with safety measures in place as approved by the Health Services Manager.
8. Limit indoor gatherings to 50% capacity and limit outdoor gatherings to 100 people.

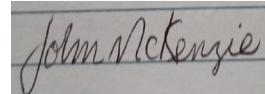
9. The LMLC will remain open.
10. The daycare will remain open.
11. For those who have travelled outside of the community recently, it is recommended they receive a rapid test upon return.
12. Covid rapid testing is operational at the clinic, residents and staff are strongly encouraged to utilize this service. If you are showing any symptoms or have been potentially exposed to the covid-19 virus, we encourage you to follow the 1-3-5-7 Rapid Testing Regime and/or self-isolate for 10 days.
13. Police Services are available and will enforce the no trespassing order.
14. Emergency/Essential Services are available.

#### Temporary Effectiveness

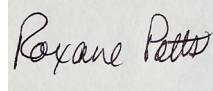
As per Council **MOTION #2022-0407-008** passed on April 7 2022, this BCR will remain in force until April 22, 2022 , unless that time period is extended or abridged by a resolution by Council.



Chief Shelly Moore-Frappier

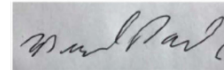


2<sup>nd</sup> Chief John McKenzie



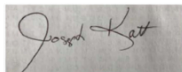
Councillor Roxane Potts

Councillor Tom Mathias



Councillor Michael Paul

Councillor Jamie Saville



Councillor Joseph Katt

Councillor Douglas H. McKenzie

## CONTACT INFORMATION

**PANDEMIC SAFETY COORDINATOR**  
PAULA POTTS  
705-237-8900 EXT. 304

**COVID-19 RAPID TESTING**  
705-237-8900 EXT. 316  
(LEAVE A MESSAGE IF NO ANSWER)

**FOOD SECURITY COORDINATOR**  
APRIL MCKENZIE  
705-237-8943 EXT. 121



# Pandemic Food Security Notice to the Community of Bear Island

The Temagami First Nation Pandemic Team thought it appropriate to give everyone an update regarding the Pandemic Food Security Program.

The Food Security Program will continue until the commencement of open water. Most likely in May of 2022 (weather permitting of course). In the meantime, it has become our practice to remove non-essential items from the list as we run out of these products. The Food Security Coordinator has been assessing which items are considered essential and as the weeks go by, these items will still be made available. We thought that it was important to inform you in advance before the program ends, so that you can budget and plan accordingly.

The reason we thought that this was important is due to the rising price of fuel which has resulted in an increase in grocery prices. It is very important to be prepared for this price increase.

The Temagami First Nation Control Group  
April McKenzie, Food Security Coordinator

[fsc@temagamifirstnation.ca](mailto:fsc@temagamifirstnation.ca)

P 705-237-8943 ext.121

# DID YOU KNOW...

Medical Experts are now directing people to use the Rapid Antigen Tests slightly differently. It is now recommended to swab the cheeks then the nasal area using the same swab because the Omicron variant can often live in the throat. This will give you a more accurate reading when testing.

## COVID-19 Rapid Antigen Tests: How to Collect a Sample

To collect a sample for a rapid antigen test (RATs), users should follow the instructions described in the kit insert.

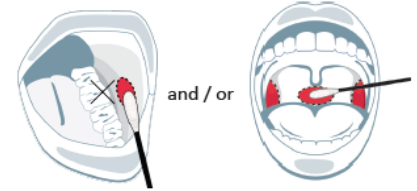
In addition to the collection method option approved by Health Canada (as described in the kit insert), users may choose to perform combined oral and nasal sampling as it may increase test sensitivity.

The following highlights general steps for collecting a sample using either the combined oral and nasal method or the nasal method.

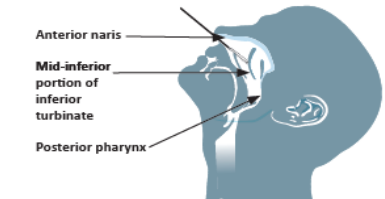
### If swabbing your mouth and nose (combined oral and nasal method)

1. Do NOT eat, drink, chew gum, smoke, or vape for at least 30 minutes before collecting the sample.
2. If you have access to a facial tissue, blow your nose before the test.
3. Wash your hands and only hold the end of the swab opposite the soft swab tip
4. Insert the soft swab tip between both inner cheeks and lower gums and turn the swab a few times.
5. Then, rub the soft swab tip on your tongue as far back in your throat as you feel comfortable.
  - Optional: Instead of swabbing your inner cheeks and tongue, you may choose to swab the back of your throat and tonsils. You can use a mirror to help see where to rub your swab.
6. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
7. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
8. Remove the swab from your nose and using the same swab, repeat for the other nostril.
9. Immediately place the swab into the test tube following the kit instructions.

### Steps 4 - 5

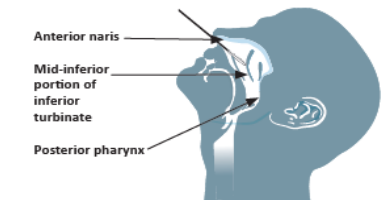


### Step 6



### If only swabbing your nose (nasal method)

1. If you have access to a facial tissue, blow your nose before the test.
2. Wash your hands and only hold the end of the swab opposite the soft swab tip.
3. Tilt your head back and fully insert the soft swab tip straight back (not up) into your nose until you hit resistance (up to 2.5 cm). Make sure the soft swab tip is fully inside the nose.
4. Rotate the swab several times against the wall of the nose and let it sit for a few seconds to absorb nasal secretions.
5. Remove the swab from your nose and using the same swab, repeat for the other nostril.
6. Immediately place the swab into the test tube following the kit instructions.



The information in this document is current as of February 9, 2022  
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### How do I calculate 10 days of isolation?

The day of your positive test or symptoms (which ever came first) is day zero. You leave isolation after 10 full days provided you do not have a fever and your symptoms have been improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea). See sample calendar below.

- Symptom Onset or Positive Test Result (if no symptoms) **ISOLATE**
- ISOLATE**
- Leave isolation

Before leaving isolation, you must be fever-free (without the use of medication) and symptoms must be improving for 24 hours (48 hours for nausea, vomiting and/or diarrhea).

M	T	W	T	F	S	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						