



TEMAGAMI
FIRST NATION

FIRST NATION CONTROL GROUP
COMMUNITY BRIEFING

www.temagamifirstnation.ca

RESPIRATORY INFECTIONS: TRIPLE THREAT

As of late, Bear Island community members have been staving off more COVID-19 infections. However, we mustn't get complacent. The FNCG warns that although COVID-19 is on the decline, Influenza A and RSV is circulating.

Our medical advisors state that children and elderly are at a higher risk of more severe symptoms which can lead to hospitalization. Community members are reminded that travel conditions are worsening at this time of year and emergency calls to hospital may be delayed due to weather. In addition to limited emergency services, we need to be aware that hospitals are overwhelmed and over-capacity so avoiding any illnesses is our best protection. Masks continue to be mandatory in public indoor spaces on Bear Island. In fact, we are seeing that medical advisors are strongly recommending that people put their masks back on in public settings, elsewhere.

We want to, again, acknowledge community members for continuing to practice prevention and safety measures. Your practices are helping to keep community safe and healthy.

**Please
Stay Home
When You Have
Any Flu-Like
Symptoms**

Positive result on a rapid test at home?

Call the
Community Health Nurse,
Delma Peshabo
705-237-8900 ext. 305

**She will let you know
what to do next.**

Test early on as soon as symptoms start. If you do have COVID-19 and your symptoms are mild, you could be eligible for COVID-19 medicines or treatments. Ask your nurse about it!



**CURRENT ACTIVE CASES
IN THE COMMUNITY OF BEAR ISLAND**

CASES	STATUS
0	Active
166	Total # of Cases Since Jan. 2022

AS OF DECEMBER 9, 2022 9:30 AM
PLEASE REPORT ANY POSITIVE RAPID ANTIGEN TESTS TO DELMA
AT 705-237-8900 EXT. 305

**RAPID
TESTING
HOURS**

Monday to Friday
8:45am - 4:15pm

call to book an
appointment

705-237-8900 x 316

TEMAGAMI FIRST NATION VACCINATION STATISTICS REPORTED ON NOVEMBER 25, 2022

AGE GROUP	POPULATION	1ST DOSE	2ND DOSE	BOOSTER DOSE
18+	221	89.6%	86.8%	61.2%
12 -17	25	88%	83%	42%
5 - 11	24	63%	46%	13%

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 ***

REPORT YOUR POSITIVE R.A.T. TESTS BECAUSE...




1. The FNCG is committed to meeting the needs of those infected with COVID-19
2. The Nurse or Pandemic Coordinator can assess your household members needs
3. For Contact Tracing purposes

CALL 705-237-8900 EXT. 304 OR 305



Available at the DPHC

COVID-19 Case and Contact Management Guidelines for Temagami First Nation (Updated September 21, 2022)

Scenario	I Must ...
<p>I have symptoms of COVID-19</p> 	<p>Self-isolate immediately and arrange testing with the Rapid Testing Services or use a self-testing rapid antigen test (RAT) if you have it.</p> <ul style="list-style-type: none"> + If you test positive follow the instructions for someone who tested positive. - If you test negative, stay home until you have no fever and until other symptoms are improving for at least 24 hours (or 48 hours for symptoms like vomiting and diarrhea). If using a self-testing rapid antigen test (RAT) you must have two negative tests 24 to 48 hours apart to be considered negative.
<p>I tested positive (+) for COVID-19</p> <p>Testing includes use of a self-testing rapid-antigen test (RAT) or molecular testing with our Rapid Testing Services.</p>	<ul style="list-style-type: none"> ✓ Self-isolate for 5 days, only leave self-isolation if you have no fever and your symptoms have been improving for at least 24 hours (48 hours for nausea, vomiting, diarrhea)* You must wear a mask in public until day 10. <p>The day of your positive test or the day you started symptoms, whichever came first, is day 0</p> <ul style="list-style-type: none"> ✓ Notify your household members to isolate for the same amount of time as you. ✓ Notify your close contacts. ✓ Notify our Community Nurse at 705-237-8900 x305. ✓ Notify your employer. <p>*A Nurse or Nurse Practitioner will contact you to assess your health and provide additional health care.</p> 
<p>I live with someone who tested positive for COVID-19</p>	<p>Self-isolate for the same amount of time as the person who tested positive regardless of your vaccination status. If you do not have symptoms and tested positive for COVID-19 in the last 90 days, you do not need to self-isolate.</p> <p>You are encouraged to self-test using a rapid antigen test (RAT) on day 1, 3, 5 and 7. If you test positive or develop symptoms, follow the instructions for someone who tested positive for COVID-19 (your isolation end date will reset) and get a molecular test done by the Rapid Testing Services.</p> <p>If you test negative, continue to self-isolate (and self-monitor for symptoms) until your end date.</p> 
<p>I am a close contact of someone who has COVID-19 but I do not live with the person who has COVID-19.</p>	<p>You do not have to self-isolate. You must self-monitor for symptoms for 10 days. Wear a well-fitted mask in public, physical distance and maintain other public health measures. You should NOT visit any highest risk setting such as a hospital, long-term care home, elder care lodge, or individuals who may be at higher risk of illness (i.e. seniors or immunocompromised) for 10 days from your last exposure.</p> <p>Your start date (day 0) is the day you last came in to contact with the person who tested positive for COVID-19. You are encouraged to self-test using a rapid antigen test (RAT) on day 1, 3, 5 and 7. If you test positive or develop any symptoms, follow the instructions for someone who tests positive and get a molecular test done by the Rapid Testing Services.</p>

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)

COMMUNITY HEALTH NURSE
DELMA PESHABO
705-237-8900 EXT. 305