



**TEMAGAMI**  
FIRST NATION

# FIRST NATION CONTROL GROUP COMMUNITY BRIEFING

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

## MASKS STILL STRONGLY RECOMMENDED BUT NOT MANDATORY

Kwe kwe community members!  
As you've all probably recognized, the FNCG has been pulling back on services and restrictions pertaining to the COVID-19 pandemic. We've been lucky to have not seen many new COVID-19 cases in the community. This is likely largely due to the extended freeze-up season that we've had and not a lot of movement on or off the island. Now though, with the snowmobile trail being well used, we shouldn't get complacent. COVID-19 continues to be a threat so the FNCG wishes to remind everyone to continue to practice your usual safety measures. Chief and Council have agreed that masks within public spaces are no longer a requirement but they and our medical advisor reminds community that it continues to be one of our best protective measures against the virus. There continues to be a triple threat of respiratory infections in Ontario: RSV, COVID & Influenza A. We know that serious infections

put a strain on the health and hospital system.

We want to ensure that if anyone is showing any flu-like symptoms, they stay at home and test for COVID-19 either by the Rapid Antigen Tests or by calling the clinic for testing at 705-237-8900 ext.316.

Further to COVID-19 testing, the DPHC can now test for other respiratory viruses, namely, RSV, Influenza A and Influenza B. When you call the clinic and describe symptoms, we can now first rule out COVID-19 and then potentially find out which virus you're being affected by.

Take good care.

### 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
168	Total # of Cases Since Jan. 2022

AS OF JANUARY 20, 2023 9:00 A.M.

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 \*\*\*

# VACCINE CLINICS

## New Liskeard



**Clinics for people aged 12+** (all doses, including the bivalent COVID-19 vaccine)

**Cliniques pour les personnes âgées de 12 ans et plus** (toutes les doses, y compris le vaccin bivalent contre la COVID-19)

20230117

Date	Community   Communauté	Time   Heures
Tuesday, January 24   mardi 24 janvier	New Liskeard - Old Movie Gallery**	1 - 4 p.m.   13 h à 16 h

**Clinics for children aged 6 months to 11 years**

**Cliniques pour les enfants de 6 mois à 11 ans**

Date	Community   Communauté	Time   Heures
Thursday, January 26   jeudi 26 janvier	New Liskeard - Timiskaming Health Unit Office	9 a.m. to 12 p.m. & 1 to 4 p.m. 9 h à 12 h et 13 h à 16 h

## North Bay

Date	Location	Time
Thursday, January 26	Elks Lodge	Noon to 4 p.m.
Tuesday, February 7	Elks Lodge	Noon to 4 p.m.
Thursday, February 23	<b>Elks Lodge</b>	Noon to 4 p.m.

**Booking is encouraged due to limited walk-in capacity. Book using the provincial booking system:**  
**Réservation encouragée en raison de la disponibilité limitée pour les personnes sans rendez-vous.**

<https://covid-19.ontario.ca/book-vaccine/> or call | ou appelez 866-747-4305, Ext./poste 6.

**BOOSTER!**

**BOOSTER DOSES ARE RECOMMENDED TO EVERYONE AGED 5+**

TIMISKAMINGHU.COM

**Stomach 'flu'**

Stomach flu is an infection of the stomach and intestines. It is not the same as seasonal influenza.

**It is still contagious**

- Stay home!
- Clean and disinfect in the bathroom after each use
- Wash your hands often
- Wash soiled laundry in hot, soapy water.

**Get comfy at home**

- Rest!
- Drink fluids to rehydrate and replace lost fluids
- When you feel like eating, start with plain foods like toast, bananas, or plain rice.

Make sure to stay home until your symptoms have been resolved for at least 48 hours.

## 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