



**TEMAGAMI**  
FIRST NATION

FIRST NATION CONTROL GROUP  
**COMMUNITY BRIEFING**

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

# WORLD HEALTH ORGANIZATION DOWNGRADES COVID PANDEMIC, SAYS IT'S NO LONGER A GLOBAL EMERGENCY

Kwe Kwe everyone,

Please be advised that there are changes to our Pandemic Safety Program that we would like to inform community members of. Going forward, as recommended by FNCG to the Chief and Council, Bear Island will follow the [Ontario Ministry of Health guidelines Management of Cases and Contacts of Covid-19](#), as dated March 27, 2023.

The Pandemic Safety Coordinator position is no longer necessary at this time. Please report any positive COVID-19 test result to our Community Health Nurse, Delma Peshabo at 705-237-8900 ext. 305. The TFN FNCG team still consists of medical advisor, Nurse Practitioner, Mae Katt; Community Health Nurse, Delma Peshabo; Health Services Manager, Annette Paul and Social Service Supervisor, Virginia Paul. Home rapid antigen tests are available at the Doreen Potts Health Centre, please do not hesitate to pick some up and use them.

As a community we are fortunate to have an acceptable vaccine rate, access to the Paxlovid medication, and a clear understanding of how to best protect ourselves and our loved ones from this virus.

Miigwetch and 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
2	Active

TOTAL NUMBER OF CASES SINCE JAN 9/22 - 196

AS OF MAY 12, 2023 9:50 A.M.

PLEASE REPORT ANY POSITIVE RAPID ANTIGEN TESTS TO DELMA AT 705-237-8900 EXT. 305

**RAPID TESTING HOURS**

ON REQUEST call to book an appointment

**705-237-8900 x 316**

# FIND THE FULL ISOLATION AND MANAGEMENT GUIDANCE AT THIS LINK:

[https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact\\_mngmt/management\\_cases\\_contacts.pdf](https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts.pdf)

## ISOLATION PERIOD FOR TEST-POSITIVE CASES AND INDIVIDUALS WITH COVID-19 SYMPTOMS

Population	Isolation Period	Additional Precautions after Self-Isolation Period
<p><b>All other individuals not listed above</b> who have <a href="#">COVID-19 symptoms</a> OR a positive COVID-19 test (PCR, rapid molecular or rapid antigen test)</p>	<ul style="list-style-type: none"> <li>• Until symptoms have been improving for 24 hours (or 48 hours if gastrointestinal symptoms) and no fever present.</li> <li>• Asymptomatic individuals with a positive test result do not need to self-isolate unless symptoms develop. If symptoms develop, they should self-isolate immediately</li> </ul>	<ul style="list-style-type: none"> <li>• For a total of <b>10 days</b> after the date of specimen collection or symptom onset (whichever is earlier/applicable), individuals should:               <ul style="list-style-type: none"> <li>○ Continue to wear a well-fitted mask in all public settings (including schools and childcare, unless under 2 years old) and avoid non-essential activities where mask removal is necessary (e.g., dining out, playing a wind instrument, high contact sports where masks cannot be safely worn) <sup>4</sup></li> <li>○ Not visit anyone who is immunocompromised or at higher risk of illness (e.g., seniors)</li> <li>○ Avoid non-essential visits to highest risk settings such as hospitals and long-term care homes</li> </ul> </li> </ul>

## GUIDELINES FOR CLOSE CONTACTS OF CONFIRMED POSITIVE COVID-19 CASE

- In general, this refers to individuals who have had a high-risk exposure (see Table 2) with the case (or symptomatic person):
  - During the case's infectious period – i.e., within the 48 hours prior to the case's symptom onset if symptomatic or 48 hours prior to the specimen collection date (whichever is earlier/applicable) and until the case has completed their self-isolation period; AND
  - Were in close proximity (less than 2 meters) for at least 15 minutes or for multiple short periods of time without measures such as masking, distancing, and/or use of personal protective equipment depending on the nature of contact.

### Household and Non-Household Close Contacts

- For a total of 10 days after the last exposure to the COVID-19 positive case or individual with COVID-19 symptoms, the individual notified by a case should:
  - Self-monitor for symptoms. They should self-isolate immediately if they develop any symptom of COVID-19;
  - Wear a well fitted mask in all public settings:
    - Individuals should maintain masking as much as possible in public settings (including school and child care, unless under 2 years old). Reasonable exceptions would include removal for essential activities like eating, while maintaining as much distancing as possible;
    - Participation in activities where masking can be maintained throughout may be resumed, but individuals should avoid activities where mask removal would be necessary (e.g., dining out; playing a wind instrument; high contact sports where masks cannot be safely worn); and
    - Individuals who are unable to mask (e.g., children under two years of age, etc.) may return to public settings without masking.
  - Avoid non-essential visits to anyone who is immunocompromised or at higher risk of illness (e.g., seniors); and
  - Avoid non-essential visits to highest risk settings such as hospitals and long-term care homes. Where essential visit cannot be avoided, close contacts should wear a medical mask, maintain physical distancing, and notify the highest risk setting of their recent exposure.