

From: COTTFN Administration

Date: Tuesday, March 17, 2020

Re: Coronavirus Disease (COVID-19) Update #2



Council and the Administration are working hard to respond to the challenges posed by Coronavirus Disease 2019 (COVID-19) within our community. Our utmost concern is the health, safety, and wellbeing of all our community members.

There are currently **no** confirmed cases in the community. The advice remains the same – wash your hands frequently, avoid crowds of people and try to stay home as much as possible.

A lot of work is going on behind the scenes. Each department is mobilizing and working together to support community members at this time. The Senior Management Team, which consists of the Directors from each department met on Monday March 16th and discussed the following. Please read the entire notice for important information.

Emergency Plan

The Nation has an Emergency Plan which was last updated in February 2020. The Emergency Plan contains a list of questions to determine whether to declare a local state of emergency. Council is monitoring the situation. The Plan may be activated at any time.

The Health Department also has an internal Pandemic Plan which it will continue to follow.

Health Centre

Staff from the Health Centre will be reaching out to those who use their services to do a wellness checkup. Those who already receive Home and Community Care Services will continue to receive care at this time after a pre-screening call. Otherwise, home visits are suspended for now. If you have any questions regarding health concerns please contact the **Community Health Nurse**, Heather Nicholas, RN at 519-289-5641 ext 226.

If you need medical supplies, you can call the pharmacist at Pharmasave (77 Anishinaabeg Drive) at (519) 289-3500.

Communications

We understand how confusing and scary this situation is. The Communications Coordinator will do her best to get all information out in a timely manner in the following ways:

- Posting to the Nation's Social Media Platforms (e.g. Facebook, Twitter)
- Posting to the COTTFN website
- On-reserve mailbox delivery

It is important that you take the time to read the information that is coming from the administration office and share it with others.

Community Services

All services will be **by appointment only**. Community members are now being asked to call ahead to each department rather than dropping in. Contact information is available on page 4 and on the website.

INAC has closed all non-essential services. That means there are currently no land transfers.

Reminder - All community events, groups, and programs are cancelled until April 30th, 2020. The Chippewa bus is also suspended until at least April 6th, 2020.

If you have a cheque to pick up this Friday March 20th, you must make an appointment first with Finance (call 519-289-5555 and ask for Finance). Otherwise, the cheque will be mailed out the following week.

Support for Community Members who are in need

We are working very hard to get the care packages ready. This will include a limited supply of food and cleaning supplies. **Food baskets** will be ready for pickup starting **Monday, March 23rd, 2020** from 10 a.m. until 3 p.m., at the school for on-reserve members. Off-reserve members are encouraged to utilize their local food bank. Please call the school (519-289-1000) or Tammy (519-289-1591) if you don't have access to transportation to the school next week.

If you are self-isolating, a senior or single parent and require emergency support (8:30am-8pm, 7 days a week), please text or call 519-870-5500. If you require medical advice or mental health supports, call the other numbers provided in this package.

Mental Health Supports

If you or a loved one is experience emotional distress, you can access supports over the phone.

Mental Health Helpline (24/7) – 1-866-531-2600

Kids Help Phone (24/7) - 1-800-668-6868

Southwestern First Nations Crisis Response team (Mon-Fri 8:30-4:30) - 1-866-289-0201

What are the symptoms of COVID-19?

- Fever, new cough or difficulty breathing (or a combination of these symptoms)
 - Muscles aches, fatigue, headache, sore throat, runny nose or diarrhea
- Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

What if I am experiencing symptoms?

1. If you access to the internet, you can do a self-assessment at <https://www.ontario.ca/page/2019-novel-coronavirus>
2. Call Telehealth Ontario at **1-866-797-0000** or your family doctor.
3. If you have symptoms, you may visit the Assessment Centre located in London at the Oakridge Arena (825 Valetta Street). Open 11am-7pm. You are encouraged to call Telehealth **first**. Testing is not being done on site.
4. Only go to a hospital if you are experiencing an emergency (e.g. difficulty breathing).

Who is at higher risk?

Those at higher risk are strongly encouraged to isolate themselves from those who are displaying symptoms and to stay at home as much as possible.

Higher risk individuals include:

- Older adults
- Those with chronic medical conditions (heart disease, lung disease, diabetes)
- Those who are immunocompromised or immunosuppressed

Building Directory

Building Name	Number
Administration Office	519-289-5555
Chief French	Bypass line: 519-289-5241
EA Mike Deleary	ext: 228
Comptroller	ext: 234
	ext: 238
Education Office	519-289-0621
Social Service Department	
Administration	519-289-1591
Early Years	519-289-0584
Ontario Works	519-289-5621
Youth Centre	519-289-1772
Health Centre	519-289-5641
Justice Building	519-488-1436
Police Receptionist	519-289-5577
Emergencies	911
Antler River Elementary School	519-289-1000
Antler River Seniors Centre	519-264-5577