



COVID-19 COMMUNITY INFORMATION PACKAGE

NIPISSING FIRST NATION HEALTH SERVICES

The NFN Health Services Pandemic Committee prepared this information package for distribution to NFN households. The information is also available on the NFN website at www.nfn.ca

On March 11, 2020 the World Health Organization (WHO) declared COVID-19 a global pandemic. As of March 12, 2020, the risk to individuals for contracting COVID-19 virus in Nipissing First Nation and surrounding area remains **LOW**.

The best protection remains regular handwashing with soap for 20 seconds or using alcohol based hand sanitizers, not touching your face, covering your cough or sneeze with a tissue, upper sleeve or elbow and staying home if sick.

If you are concerned that you may have been exposed to, or are experiencing symptoms of COVID-19 (fever, cough or difficulty breathing), separate yourself from others and call one of the following:

- ❖ **Telehealth at 1-866-797-0000**
- ❖ **Health Unit at 1-800-563-2808 ext. 5229**
- ❖ **Your Primary Care Provider (Doctor or NP)**

If you do need immediate medical attention, such as having severe difficulty breathing, call 911 and mention your travel history and symptoms.

You are being referred to the above as NFN Health Services is not a testing site for COVID-19. If this changes an update will be issued.

Please refer to these websites for information on COVID-19:

<https://www.publichealthontario.ca/>

<https://www.who.int/>

<https://www.myhealthunit.ca/en/index.asp>

If you have questions, please call (705) 753-3312 and ask to speak to the Community Health Nurse or the Director of Health Services.

Coronavirus (COVID-19) and You ...

Symptoms of COVID-19

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:

- fever
- cough
- difficulty breathing



Novel coronavirus vs. flu symptoms

Novel Coronavirus (Covid 19) Symptoms

- Fever
- Cough
- Difficulty breathing
- Shortness of breath

If you are feeling ill and **have recently traveled to China** or have been in **close contact with someone who has COVID-19**, please contact your doctor immediately.

Flu Symptoms

- Fever/feeling feverish
- Headache
- Muscle and body aches
- Feeling very tired (fatigue)
- Cough
- Sore throat
- Runny or stuffy nose

If you have the following symptoms, go to the nearest emergency room:

- Difficulty breathing or if breathing is painful while resting.
- Cough up thick sputum that is not clear or is bloody.
- You start feeling better, then suddenly develop a high fever and feel ill again.
- There are no specific treatments for coronaviruses and there is no vaccine that protects against coronaviruses.
- Most people with common human coronavirus illnesses will recover on their own.

You should:

- Drink plenty of fluids.
- Get rest and sleep as much as possible.
- Try a humidifier or a hot shower to help with a sore throat or cough.

In a true emergency situation, call 911 and mention your travel history and symptoms.

**Please refer to the Nipissing First Nation Health Services
COVID-19 package for more information.**

**If you still have symptoms and are unsure of what to do, contact Telehealth @ 1-866-797-0000
or NIPISSING FIRST NATION HEALTH SERVICES @ 705-753-3312**

Ministry of Health

2019 novel coronavirus (COVID-19)

On December 31, 2019, cases of an undiagnosed viral pneumonia were reported by health authorities in Wuhan, China. The cause was confirmed to be a new coronavirus, known as the 2019 novel coronavirus or COVID-19, which had not previously been identified in humans.

What is the 2019 novel coronavirus (COVID-19)?

Coronaviruses are a large family of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

The first presumptive case of this infection in Ontario was identified on January 25, 2020.

To learn more about the 2019 novel coronavirus, visit [Ontario.ca/coronavirus](https://ontario.ca/coronavirus).

What are the symptoms?

Symptoms range from mild – like the flu and other common respiratory infections – to severe, and can include:

- fever
- cough
- difficulty breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

If your symptoms feel worse than a common cold (for example, fever, cough, difficulty breathing) **and** you have travelled to an affected area¹ within 14 days of symptom onset, call Telehealth Ontario at 1-866-797-0000 or contact your local public health unit (health.gov.on.ca/en/common/system/services/phu/locations.aspx). Be sure to mention your symptoms and your travel history, including the countries you visited.

If you return from an affected area, you may need to self-isolate for 14 days. You may have been exposed to the 2019 novel coronavirus during your travels and staying home and limiting contact with others can help prevent further spread. Please contact your local public health unit (health.gov.on.ca/en/common/system/services/phu/locations.aspx) for advice.

If you need immediate medical attention you should call 911 and mention your travel history and symptoms.

How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care centre.

How can I protect myself against the 2019 novel coronavirus?

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses. Take these everyday steps to reduce exposure to the virus and protect your health:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth

¹ Please refer to Ontario.ca/coronavirus for current affected areas.

- avoid contact with people who are sick
- stay home if you are sick

If you are travelling to an area known to have cases of coronavirus, be sure to avoid:

- high-risk areas such as farms, live animal markets and areas where animals may be slaughtered
- contact with animals (alive or dead), including pigs, chickens, ducks and wild birds
- surfaces with animal droppings or secretions on them

Can I receive treatment for the 2019 novel coronavirus?

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

You should:

- drink plenty of fluids
- get rest and sleep as much as possible
- try a humidifier or a hot shower to help with a sore throat or cough

What if I feel sick while travelling or after I get back?

If you become sick when you are travelling or after you return, avoid contact with others and call Telehealth Ontario at 1-866-797-0000 or contact your local public health unit (health.gov.on.ca/en/common/system/services/phu/locations.aspx).

Tell them:

- your symptoms
 - where you have been travelling or living
-

- if you have had direct contact with animals (for example, visited a live animal market) or close contact with a sick person

If you feel sick during your flight to Canada or upon arrival, inform the flight attendant or a Canadian border services officer.

Learn about travel advisories related to the 2019 novel coronavirus at travel.gc.ca/travelling/advisories/pneumonia-china.

What should I do if I think I have the virus?

If you develop symptoms of the 2019 novel coronavirus, call Telehealth Ontario for medical advice at 1-866-797-0000 or contact your local public health unit (health.gov.on.ca/en/common/system/services/phu/locations.aspx).

Be sure to mention your symptoms and your travel history, including the countries you visited.

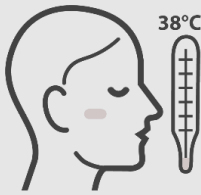
If you need immediate medical attention, call 911 and mention your travel history and symptoms.

Coronavirus Disease 2019 (COVID-19)

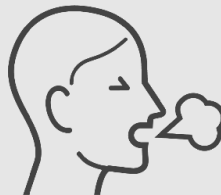
How to self-monitor

Follow the advice that you have received from your health care provider.
If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

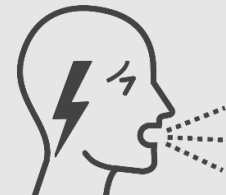
Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

Contact your public health unit:

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
Organization

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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