

To: Thessalon First Nation Community
From: Thessalon First Nation Health Centre
Cc: Thessalon First Nation Chief and Council
Date: March 13, 2020
Re: Community Programming



Dear Thessalon First Nation Community Members,

As you may be aware, on March 11, the World Health Organization (WHO) declared the novel Coronavirus (COVID-19) outbreak a pandemic. As preventative measures, to keep our community safe, we have decided to take extra precautions associated with congregated gatherings.

Until further notice the following community events will be canceled:

- Elders Luncheon and Bingo
- After-school Tutoring
- Thessalon First Nation Library
- Mom and Tot's groups
- All March Break Programming
- Elders Language Conference
- Youth Night (March 13)
- Grocery Bingo (March 22)
- Lunch and Learn with Patricia Toulouse (March 23)
- First Nation Community Conservation Workshop (March 23)
- Diabetes lunch and learn (March 23)
- Fraud Workshop (March 24)
- All staff travel

We do apologize for any inconvenience and we will do our best to reschedule accordingly.

Please continue to follow infection control and prevention measures during this time:

- Wash your hands often with soap and warm running water, or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Cover your coughs and sneezes with a tissue or your sleeve, not your hands.
- Stay home if you are sick.
- Avoid visiting people in hospitals or long-term care centres if you are sick.

At this time, TFN offices and services will remain operational, preventative screening measures have been set in place for all patients, guests, and staff who visit the Band Office and Health Centre.

Should you have any questions relating to the list of program cancellations, please contact the Health Centre at 705-842-2670.

Attached is information relating to the Corona Virus and preventative measures from the Public Health Agency of Canada and Public Health Ontario.

Thank you in advance for your cooperation and assistance during this sensitive time.

KNOW THE FACTS

ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 seconds;
- avoid touching your eyes, nose or mouth, especially with unwashed hands;
- avoid close contact with people who are sick;
- cough and sneeze into your sleeve and not your hands; and
- stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus

info.aspc@canada.ca



Le gouvernement du Canada
Le ministère de la Santé
Le ministère de l'Environnement et du Changement climatique

Canada

COVER YOUR COUGH

Stop the spread of germs that can make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 15 seconds. If soap and water are not available, use an alcohol-based hand rub.

For more information please contact Public Health Ontario's Infection Prevention and Control Department at ipac@ohpp.ca or visit www.publichealthontario.ca