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## CORONAVIRUS – COMMUNITY UPDATE

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As many of us are aware, there is a worldwide spread of the Coronavirus. Many members of our community have inquired as to the risk of the coronavirus to our community. Some are very fearful as a result of “fake news” seen on social media.

At the present time, the risk of Coronavirus to M'Chigeeng First Nation is **very, very low**. M'Chigeeng Health Personnel are monitoring updates received daily from various partner agencies and are also keeping me up to date with the communication received.

So, what is the Coronavirus?

**Coronaviruses are a large family of viruses with symptoms like the common cold or flu but can worsen. In some cases it can become a severe respiratory illness or even death.**

What are the symptoms?

**Symptoms range from common to severe respiratory illnesses and include:**

- **Fever**
- **Cough**
- **Runny nose**
- **Headache**
- **Sore throat**
- **Difficulty breathing**
- **Pneumonia, kidney failure and in severe cases, death**

What are tips for staying healthy and protecting your community?

**The best way to prevent the spread of any respiratory viruses is to:**

- **Stay home if you are sick;**
- **Avoid other people who are sick;**
- **Cover coughs and sneezes with your sleeve;**
- **Keep your fingers out of your mouth, eyes and nose;**
- **Wash your hands with soap and water or with alcohol-based hand rub**
- **Use hand sanitizer regularly**

**Again, the risk to M'Chigeeng First Nation is very, very low.** In general, it is very important that we always strive to practice ways to prevent the spread of any illness such as the common flu and colds. We can do this by always practicing the above ways to stay healthy and protect our community. I attach a factsheet from the Centre of Disease Control for your information.

For any questions regarding the Coronavirus, please do not hesitate in contacting our Health Centre at 705.377.5347.

Miigwech,

Ogimaa Kwe Linda Debassige

# Novel Coronavirus (2019-nCoV) and You



## What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get 2019-nCoV?

The 2019-nCoV is spreading from person-to-person in China and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with 2019-nCoV. CDC continues to closely monitor the situation.

## Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to this virus.

## There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

## Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.