



COVID-19 COMMUNITY INFORMATION PACKAGE

March 14, 2020

GARDEN RIVER FIRST NATION HEALTH SERVICES

The Garden River First Nation Wellness Centre prepared this information package for distribution to community households. This information is also available on the GRWC website at [www.grwc.ca](http://www.grwc.ca). **The package also contains important information on how to access services in the event the offices are closed. Important screening measures are now being implemented.**

On March 11, 2020 the World Health Organization (WHO) declared COVID-19 a global pandemic. As of March 14, 2020, the risk to individuals for contracting the COVID-19 virus in Garden River First Nation and surrounding area remains LOW.

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

Ontario has directed the cancellation of all Public Schools for 2 weeks following the March Break and implemented social distancing practices such as cancelling events with 250 or more people in attendance. Although a drastic measure, they are hoping lessons learned from outbreaks in other Countries, and the measures being implemented, will help reduce the spread of the virus in Ontario.

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 and call one of the following:

- Telehealth at 1-866-797-0000
- Algoma Public Health at 705-759-5404
- Your Doctor or Nurse Practitioner

If you need immediate medical attention, (such as severe difficulty breathing) call 911

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

If you have questions, please call (705) 946-5710 and ask to speak to the Infection Control Nurse or the Manager, Health Services.

Thank you,

Pam Nolan, Manager Health Services