



## Henvey Inlet First Nation

Pickereil, ON P0G 1J0

Administration  
295 Pickereil River Road  
T 705-857-2331  
F 705-857-3021  
1-800-614-5533

Health Centre  
354A Pickereil River Road  
T 705-857-1221  
F 705-857-0730  
1-866-252-3330

Day Care  
354B Pickereil River Road  
T 705-857-0957  
F 705-857-1369

Chief  
M. Wayne McQuabbie  
Council  
Patrick Brennan  
Tony Solomon  
Lionel Fox  
Carl Ashawasagai  
Brenda Contin  
Maureen Kagagins

## Henvey Inlet First Nation Effective March 20, 2020

Due to unforeseen circumstances regarding the COVID-19 Pandemic Henvey Inlet First Nation Administration office, Day Care, Health Centre will be closed effective March 20, 2020, Until April 13, 2020 or until further notice.

Henvey Inlet Gas Bar will be open to community members on scheduled dates only.

(Tuesdays and Thursdays 9:00 am – 1:00 pm)

**Closed to the public.**

All community programming and events are cancelled until further notice.

We want to take extra precaution for the wellness of our community members and staff. We will be continuing to monitor health Canadas website for updates. Any new developments we will be updating the community members via [www.hifn.ca](http://www.hifn.ca).

Health Canada Website:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

We strongly encourage our community members, especially our elders, to stay home.

Chief M. Wayne McQuabbie

## Henvey Inlet First Nation Membership

March 19, 2020

We have set up a Emergency food bank for our on-reserve Membership who are in need during our Community closure. Our Ontario Works Administrator has issued payments on March 18, 2020 to those who are on ODSP and Ontario works this payment was issued for extra Groceries during this time.

The First Nation will help to those who are in need during our closure:

- Our elders
- ODSP Recipients
- Ontario Works Recipients
- Employment Insurance Recipients

Please note this is **Emergency Only Basis.**

Designated staff will be Distributing food **if needed.**

Community will be updated when supplies come in.

Please do NOT Come in, items will be delivered to your door.

You can Text or Call Lyndy McQuabbie to let us know if you need food.

Only text or call for this purpose.

Mondays from 9:00 am – 12:00 pm (705-988-4021)

**This will only be on a weekly basis, Mondays Only**

## HIFN EDUCATION

As you may know, the HIFN Education department has been deemed a non-essential service during the current COVID 19 shutdown however I will be available via email [education@henveyinlet.com](mailto:education@henveyinlet.com) .

If you wish to apply for post-secondary funding, please go to our website and download the HIFN Post-Secondary Policy and Application. You will find them at: <https://www.hifn.ca>, click on Departments then go to Education. If you have any questions regarding this process please don't hesitate to contact me.

For updates regarding potential changes to school closure dates, please visit the following websites:

Britt and Parry Sound: NNDSB <https://www.nearnorthschools.ca>

Updates will be posted to NNDSB every Tuesday and Thursday.

Sudbury: <https://www.sudburycatholicschools.ca> or

<https://www.rainbowschools.ca>

## 10 tips for talking about COVID-19 with your kids

**Health** Mar 16, 2020 5:13 PM EDT

First it was gun violence. Then it was climate change.

Now it's an honest-to-goodness pandemic that has infiltrated our communities and collective consciousness — leaving us stammering, yet again, for the right words to explain terrible things to our children.

If you are a parent or caregiver and feeling unsure about what to share, how much to say, and ways to navigate COVID-19 when so much is uncertain, you're not alone. Families the world over are with you on this one.

Here are some tips to get you through as the outbreak continues.

lot less of the people in our lives. We know that we're going to have to find creative ways to pass the time at home. We know that we aren't going to have access to all the foods we like, and that we'll have to work harder to keep ourselves, and our homes, clean. And we know that Covid-19 can resemble a typical cold. While there is a potential to get very sick and even die, many people — especially children — have reported only mild symptoms — fever, runny nose and cough.

**5. Empathy, empathy, empathy.**

So much good can be done when we allow our kids to express the full range of their emotions, and when we receive those feelings with empathy. If their fears and frustrations are minimized or dismissed, Hatfield says, they likely will show up in other ways — fighting with siblings, throwing tantrums or being generally uncooperative. For small children with big emotions, she says, get on their level and say something affirming like, "I imagine you are worried about getting sick. I wonder if you are frightened about all the things that are suddenly changing." For kids feeling the pinch of isolation, you could say, "It's so frustrating to not compete in your dance team program. You had looked forward to that for months!" You don't have to agree with a child's thoughts or feelings to acknowledge them without judgment or minimizing.

**6. Keep your child's developmental stage and temperament in mind.**

Let's be honest: Your explorative, tactile kid won't suddenly start keeping his "hands to home" just because the stakes are higher. Your perpetually forgetful preschooler won't suddenly memorize the steps to correct hand-washing just because you've told her in "your serious voice" how to do it. Depending on their ages, stages and temperaments, some children will require more reassurance or more time to transition than others. The situation is unique, and so is your child. Keep your expectations in check. If things go sideways in unexpected ways, it might be a good time to say "isn't that interesting?" and let it go.

**7. Try to maintain a normal routine.**

It's not easy to "stick to routine" when school closures have upended our routines massively. But try to establish a new routine, as best you can. As we all know,

Do whatever you can to calm your own nerves so that you have the bandwidth to handle your children's difficult questions and challenging behavior.

The days ahead will be different for us all, and difficult for some of us. But this need not be a bad time for your family.

"Take this opportunity to reflect and make some positive changes to your new normal," Hatfield suggests. "Slow down and play games, read books, snuggle and cuddle, cook together, authentically connect and play together."

You and your child will get through this — and, if you're lucky, you may even be a little better for it in the end.

*By —*

**Wendy Thomas Russell**

Wendy Thomas Russell is an award-winning journalist and co-author of the "ParentShift: Ten Universal Truths That Will Change the Way You Raise Your Kids." She lives in Long Beach, California, with her husband and daughter.

### **ADDITIONAL RESOURCES**

It's easy to react to information on Facebook but remember to check other sources. The following websites can provide more accurate and up-to-date information.

[Coronavirus disease \(COVID-19\): Being prepared - Canada.ca](https://www.canada.ca/diseases)  
<https://www.canada.ca/diseases>

[The 2019 Novel Coronavirus \(COVID-19\) | Ontario.ca](https://www.ontario.ca/page/2019-novel-coronavirus)  
<https://www.ontario.ca/page/2019-novel-coronavirus>

In the meantime, please stay safe and enjoy spending time with your children. If we all do our part we should be back to school and work in no time.

Miigwech

Genevieve Solomon Dubois  
HIFN Education Counsellor



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## HIFN HEALTH CENTRE EFFECTIVE MARCH 20, 2020

The growing concern surrounding COVID – 19 has our community members, staff and visitors feeling apprehensive, especially as the province of Ontario introduces the declaration of a **State of Emergency**, which has led to the closure of bars, theatres, libraries, recreational programs, daycare centers and places of worship. On March 17, 2020, the Health Centre, Band Office, Lands, and Daycare met to discuss the impact and implications that COVID – 19 could have on our community. As a result of this meeting, **ALL programs from the Health Centre have been cancelled until April 10<sup>th</sup>, 2020**, at which time the evolving circumstances will be assessed for either ongoing closure or the possibility of getting back to business as usual.

We continue to monitor the COVID – 19 PANDEMIC and follow the guidance and recommendations of our Chief Medical Officer of Health, as well as the local North Bay Parry Sound Health Unit. The risk to Canadians and those within our small community still remains low and there are no positive COVID – 19 cases and no known community spread.

To encourage social distancing, the Henvey Inlet Health Centre is putting in precautionary measures to protect our elders, children, families, and staff, and to prevent and slow the spread of COVID – 19 from person – person. As a result, **THE HENVEY INLET HEALTH CENTRE will be closed until April 13<sup>th</sup>, 2020**, with the exception of essential personnel, such as the Health Director, CHN, HCN, Medical Transportation, Finance, Ontario Works, as well as the Chief & Council. The above essential personnel will be in their offices on **Tuesday/Thursdays only**, but there will be **no public access to any Henvey Inlet First Nation building. ALL PROGRAMS & SERVICES, with the exception of Nursing Services are cancelled until further notice.**

**Elders and high risk clients will be under surveillance and checked on a regular basis by the Home Care Nurse.**

## COMMUNITY HEALTH NEWS UPDATE

Dear community members

Please take some time to read the following bulletin, which contains important information about the current health news.

It is essential that everyone takes good care – of themselves, of their loved ones AND of their community. There is a LOT of information circulating about COVID-19, and we want to keep you informed and prepared ...so please follow the guidelines we outline here. The more we know, the safer we will all be!

As always, the Britt Nursing Station staff have our community's health and wellbeing top of mind, and are working to keeping all of us safe and healthy.

*Ann Palam NP*  
Nurse Practitioner, NPLC

### Simple precautions to protect against illness



Wash hands thoroughly & often.



Keep alcohol-based hand sanitizer handy.



Cough or sneeze into sleeve or tissue.



Keep surfaces & items disinfected.



**Please stop here and wait to be screened.**

**If you have a cough please put on a mask.**

Thank you for your support and cooperation. We are taking extra steps for the safety of our patients and staff.

### VISITING THE BRITT NURSING STATION

Our nursing station (currently) remains open for those needing health care. We are operating with regular business hours (Mon-Fri 8am to 4pm, closed for lunch between 12 pm and 1 pm).

We are limiting office visits to those who require immediate assistance, to those whose health requires regular monitoring. If you feel you need to be seen by the NP, please be aware of the following procedures:

Please **CALL** the nursing station to schedule your appointment. During this phone call, you will be asked some screening questions to ensure you are receiving the care you need, but also to ensure you will not be compromising our staff and other community members. Our NP and staff can guide you in your health care via telephone and can recommend next steps in your care.

**IF YOU HAVE BEEN OUT OF THE COUNTRY IN THE PAST 14 DAYS, OR YOU HAVE COME INTO CONTACT WITH ANYONE WHO HAS BEEN OUT OF THE COUNTRY IN THE PAST 14 DAYS, YOU WILL NOT BE ADMITTED TO THE NURSING STATION.** This protocol is in place to minimize the spread of the virus to nursing station staff and community members.

Please practice social distancing, wash your hands thoroughly and often, and stay tuned for updates.

(See over for North Bay Parry Sound District Health Unit Bulletin )



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# **Notice To parents and community members**

**The protection order  
on the Henvey Inlet  
First Nation Daycare  
had been lifted.**

**However, due to  
COVID-19 pandemic  
the Daycare will  
remain closed until  
April 13<sup>th</sup>, 2020 or  
until further notice.**





# Community Band Council Meeting

**NO BAND COUNCIL  
MEETING FOR MONTH  
OF APRIL!**



**Attn: Youth & Parents**

**There will be no**

**Right to Play**

**programs**

**until further**

**notice.**

# ROUND DANCE

How about your Ancestors  
Gdooch piltenmaanaanig  
Job-aankonaaganenaanig

**March 21, 2020**

Henvey Inlet First Nation's Fire Hall  
295 Pickerel River Rd  
Pickerel, ON

- 2:00pm Lighting of Fire
- 4:30pm Round Dance Teachings By Harvey Dreaver
- 5:00pm Ceremony & Feast
- 6:45pm Round Dance Presentation
- 7:00pm Round Dance
- 9:30pm Nutrition Break
- 11:00pm Giveaway & Closing

M.C.s  
Gary Parker &  
Crystal Osawamick

PIPE MAN  
Stan Moses

STICKMAN  
Harvey Dreaver

## INVITED SINGERS

Jayden Wemigwans Tyler Eagle Gabe Gaudet  
Darren Nakogee Wayne Moberley  
Rodney Stanger Lorne Pawis Elijah Stevens

# 2019 Novel Coronavirus (COVID-19)

## What you need to know to help you and your family stay healthy



**Wash your hands with soap  
and water thoroughly and often.**

**Cough and sneeze into your  
sleeve or a tissue. Dispose of tissue  
immediately and wash your hands.**



**Keep surfaces clean and disinfected.**

**Stay home when you are sick.**



If you have symptoms, call Telehealth Ontario at:  
1-866-797-0000  
TTY: 1-866-797-0007  
Or contact your public health unit.

For more information,  
visit [Ontario.ca/coronavirus](https://www.ontario.ca/coronavirus)

Ontario 

# 2019 novel coronavirus (COVID-19) self-assessment

If you think you have 2019 novel coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine if you need to seek further care.

**If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.**

This information is not intended to provide medical advice. If you have medical questions, consult a health practitioner or your local public health unit.

**North Bay**  
345 Oak Street West  
705-474-1400

**Parry Sound**  
70 Joseph Street Unit #302  
705-746-5801

**Burk's Falls**  
17 Copeland Street (by appointment only)  
1-800-563-2808

## **If you are feeling unwell with any of the following symptoms:**

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

## **And have experienced any of the following:**

- Have you travelled outside of Canada in the last 14 days?
- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

## **If you answered yes to these questions, you should seek clinical assessment for COVID-19 over the phone.**

The majority of COVID-19 illnesses are mild. A clinician can help guide whether you will require further care or potential testing in person. Please use one of the following options:

- Contact your primary care provider (for example, nurse practitioner or family doctor). Let them know that you have used this self-assessment tool.
- Contact Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000) and speak with a registered nurse. Let them know that you have used this self-assessment tool.

**If you start to experience worsening symptoms, please visit your local emergency department. Call before you go and let them know you have used this self-assessment tool.**

## **If you answered no to these questions, it is unlikely that you have COVID-19.**

- Continue to monitor your health for a full 14 days after your return to Ontario or have contact with someone who is ill. If you develop any new symptoms, please seek clinical assessment and testing for COVID-19.
- Learn more about [self-monitoring](#). If you start to feel worse or have questions or concerns about your health, call your local public health unit, primary care provider (for example, nurse practitioner or family doctor) or Telehealth Ontario at [1-866-797-0000](tel:1-866-797-0000).



**HENVEY INLET FIRST NATION  
IMPORTANT PHONE NUMBERS AND WEBSITES FOR UPDATES**

***NORTH BAY & PARRY SOUND DISTRICTS***

North Bay Parry Sound District Health  
Unit

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

Responding to calls from 8:30am to 4:30pm call (705)474-1400 or 1-800-563-2808 ext. 5229

North Bay Regional Health Centre

<http://www.nbrhc.on.ca/patients-visitors/visiting-us/covid-19-coronavirus-resources-and-information/>

West Parry Sound Health Centre - Contact the Receptionist at

705-746-9321

Parry Sound Health Unit- #302-70 Joseph Street

(705) 746-5801

Medical Associates Parry Sound: (705)746-9382

(Rugged Shores) Parry Sound 705-746 -2181

Henvey Inlet First Nation: Community Health Nurse (CHN)

Brenda Contin, please contact Brenda should you have any concerns 705-857-1221 Ext. 226 or contact the Britt Nursing station: (705)383-2375

***SUDBURY DISTRICTS***

Public Health Sudbury and Districts

<https://www.phsd.ca/health-topics-programs/diseases-infections/coronavirus>

705-522-9200 press 1 or Toll-Free 1-866-522-9200

Health Science North

<https://www.hsnsudbury.ca/portalen/Patients-andVisitors/COVID-19>

Residents meeting the symptom criteria must call (705) 671-7373 between 9 am and 5 pm, 7 days per week, to be screened by phone, then given an appointment, if appropriate.

*Ontario Telehealth for medical advice at:*

1866.797.0000

*Important websites/information:*

World Health Organization <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Ontario Ministry of Health <https://www.ontario.ca/page/2019-novel-coronavirus#section-0>

Public Health Agency of Canada <https://www.canada.ca/en/public-health-services/diseases/coronavirus-disease-covid-19.html>

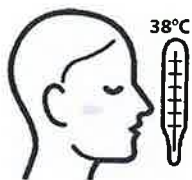
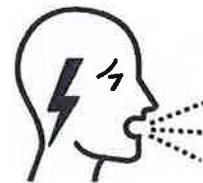
**Do not call 911 unless it is an emergency.**

## 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:

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### 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](https://ontario.ca/coronavirus)

## Coronavirus Disease 2019 (COVID-19)

# How to self-isolate

**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 local public health unit.**

## Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



## Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



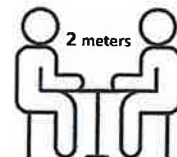
## Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



## Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.





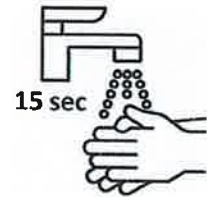
## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.  
Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.



## Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



## Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



### Contact your public health unit:

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### 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.

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The information in this document is current as of February 14, 2020

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## Coronavirus Disease 2019 (COVID-19)

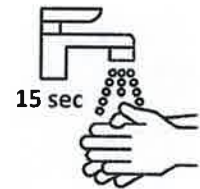
# Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

## Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



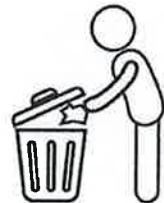
## Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).



## Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



## Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.



## Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



## Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



## Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



## Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



### Contact your public health unit:

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### 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.

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