



IMPORTANT NOTICE

PLEASE READ

Date: September 7th, 2022

From: COVID-19 Task Team and HFN Council

Re: COVID-19 Update # 34

Aaniin Hiawatha Citizens,

The COVID-19 Pandemic is not over and we are currently in the 7th wave.

Peterborough Public Health (PPH) has recently launched the local [Community COVID-19 Risk Index Tool](#) to communicate risk for COVID-19 transmission across the communities in Peterborough County.

Currently the risk index is sitting at “**high**”; this tool is updated every Wednesday.

On August 31 2022, Ontario’s Chief Medical Officer of Health announced an update in public health guidance to manage COVID-19 during the respiratory illness season this fall, which included dropping the five-day isolation period.

Please note that out of an abundance of caution for the health and safety of the community Hiawatha First Nation is **maintaining the five-day isolation period** for staff and members that attend programming.

The Hiawatha First Nation Participation Policy Section 4.1 has been amended to stipulate that in order for a person to be eligible to participate in functions organized by Hiawatha First Nation Staff, the person must follow the guidelines below:

 *HFN members that test positive for COVID-19 or have a positive case in the household may attend programming when all of the following apply:*

- a. *You do not have a fever*
- b. *You have completed your isolation period (**FIVE DAYS after symptom onset or date of specimen collection, whichever is earlier/applicable**) and your symptoms have been improving for 24 hours (48 hours if you have nausea, vomiting and/or diarrhea).*

🌈 For a total of 10 days (or 20 days for immunocompromised individuals) after symptom onset (or date of specimen collection, whichever is earlier/applicable) individuals must:

- Continue to wear a well-fitted mask at programming
- Individuals should maintain masking as much as possible in public settings
- Reasonable exceptions would include temporary removal for essential activities like eating (e.g., when eating in shared space at school/work while maintaining as much distancing from others as possible)

Self-Assessments:

Self-assessments will remain in place prior to entering the buildings, attending events or meetings until further notice. Please do not attend events, meetings, etc. if you have felt unwell, have any COVID-19 symptoms or have been a close contact to a positive COVID case.

Rapid Molecular (RMT) Testing:

This testing is available at the L.I.F.E. Services Centre upon appointment.

If you do contract COVID and require any supplies due to self-isolation please contact Director of Operations, Trisha Shearer at 705-295-4421 or Health and Social Services Manager, Tina Howard at 705-295-4421.

We are communal people and it is never about the individual, but the wellness of all our Citizens, especially that of the most vulnerable is our top priority. As we move into cold and flu season, we must remain vigilant. Although, we are learning to live with the virus we must also be prepared to take the steps necessary to prevent the spread. Masking, hand hygiene and routine screening are proven methods of prevention the same as we ask people to do when they have the flu type symptoms.

“Miigwetch for your ongoing cooperation!”