



Netmizaaggamig Nishnaabeg

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COVID-19 PANDEMIC UPDATE

Council will be providing weekly updates on current activities and measures during the current pandemic and state of emergency.

The Council and staff team understand that some of the measures that have been implemented have caused frustration and inconveniences,

COMMENTS OR QUESTIONS? PLEASE EMAIL COVIDhelp@picmobert.ca

We have set up a new email for you to submit questions and comments concerning the pandemic and the current protective measures in place.

We will reply as quickly as possible or contact you for further information.

Please submit to COVIDhelp@picmobert.ca

EXTENSION OF STATE OF EMERGENCY

The Ontario Government as extended the provincial state of emergency to May 12, 2020.

The Council has therefore decided to extend the current COVID pandemic measures, including the community lock-down, to May 12, 2020.

We will continue to monitor the situation and if the situation changes this decision, we will report back.

In some areas, the number of new cases and deaths are decreasing, so there are some signs of hope, but for now we need to stay with the current measures and keep the virus out of Mobert!

PLEASE CONTACT US BEFORE YOU ATTEMPT TO COME TO MOBERT

Under our current by-laws and the state of emergency:

If you are currently in Mobert, you are not permitted to return if you leave the community (except for specific exemptions like going to the hospital); and

1. Most people who are currently outside of Mobert and who want to return home, will not be allowed to enter the community.

If you are not presently in Mobert and you feel that our by-law allows you to return, you **MUST** contact us by sending an email to COVIDhelp@picmobert.ca before you attempt to return to community.

Your enquiry will be considered promptly and you will be contacted by our Appeal Panel for further information if required.

Please **DO NOT** arrive at the Mobert gate without prior approval. **You will not be allowed to enter Mobert, and we will not be responsible for making or paying for any arrangements for you.**

ALL DELIVERIES MAY BE INSPECTED

Many of you are now having family or friends deliver groceries and other supplies to the gate.

We are pleased to provide this service.

Please do not put any unsafe or illegal items in your packages.

All deliveries may be searched by our security personnel and may be rejected if there are any unsafe or illegal items. If any of these are discovered, they will be turned over to the Police.

WHAT TO DO IF YOU THINK THAT YOU HAVE THE COVID VIRUS?

There are currently no confirmed cases of COVID in Mobert or the surrounding communities.

However, you have travelled outside of the area, have come in contact with anyone who is has tested positive,

or

If YOU or ANYONE you know develops new fever, or new cold symptoms, or new shortness of breath, or new persistent sore throat, or new unexplained nausea/diarrhea, or new sudden loss of the ability to smell:

1. Please call the Marathon Family Health Team at **807-229-3243** to book an appointment at the assessment centre in Marathon. Community members do not need a documented exposure to someone with COVID or a travel history to get swabbed.
2. Contact **(807) 228-0772** to arrange for the medical van to take you to Marathon. Testing is available from 1:10-3:45 p.m. every day, so people can call in the morning and get seen in the afternoon.
3. The person being assessed and the van driver must wear masks for their protection while travelling and while at the testing centre.
4. It can take 4 days or more to get your test results, although we expect that timeframes will be shortened to less than a day soon.
5. You may be admitted to the hospital if you are very ill. Otherwise, you will be released to go home after your appointment.
6. You will be required to self-quarantine when you go home and continue to wear masks with all interactions with people until the swab result is back.
7. Our Pandemic and Health Teams are working to prepare the Aftercare Centre to support persons who need to self-quarantine and/or want to stay away from their family until they are cleared or are well. Further details on this will follow soon.

The Marathon Hospital presently is operating well below capacity and has also made arrangements for overflow beds in Marathon for patients who need to be in or near the hospital.

FEELING ANXIOUS OR STRESSED? CALL THESE NUMBERS

Marathon Hospital 807-229-1740

Marathon Family Health Team 807-229-3243

Medical Emergencies 1-877-351-2345 from a land line and 911 from a cell phone.

North East Mental Wellness and Crisis Team, immediate one on one support with every call 1-866-209-9582

Good to talk Mental Health and Addictions support for post secondary students 1-866-925-5454
Kids Help Phone 1-800668-6868 Text CONNECT at 686868

Hope for wellness help line 27/7 phone and on-line chat www.hopeforwellness.ca
Call 1-855-242-3310

Indian Residential School Crisis Line 1-866-925-4419

Dilico Mental Health 1-807-629-7554

North of Superior Counselling 1-807-229-0607 after hours 1-888-269-3100

Northern Neighbours tele mental health support 1-807-822-2320

IN THE ROOMS Online recovery meeting and supports. www.intherooms.com

There is also further information available on the Face Book page “Pic Mobert Community Health Centre Bulletin”

FOOD DISTRIBUTION

The Food distribution team has been very busy receiving and delivering food to every household in the community. Food continues to come in almost daily. We are doing our best to get perishables to you as soon as it arrives.

The following items will only be distributed on an as needed basis:

- Flour
- Baking Powder
- salt
- ketchup
- mustard
- Oatmeal
- rice
- sugar
- Toilette paper
- Kleenex
- Tide
- Javex
- dish soap
- bar soap
- Garbage bags
- diapers various sizes
- Baby Wipes
- Baby Milk (Various types)

Please contact Donna Sutherland or Jocelyn McWatch if you have any questions or in need of a grocery item and we will do our best to get it to you.

Also Note: Items provided by PMFN cover most essential dietary and household needs. Persons looking for other items not provided are encouraged to reach out to family or friends living outside of the community to purchase and have groceries delivered to the gate. PMFN COVID-19 Security team will

ensure it arrives to your home from the gate. All Purchase and delivery of these items are at your expense.

CHI MIIGWETCH!

To Shawn, Donna and our entire team on the ground

To Judie and all those who provided the wonderful Easter deliveries to the children this past weekend.

To everyone who is staying safe, practicing social distancing (6' apart!) and cooperating with the Council in keeping our community safe.

NEXT UPDATE WILL BE ISSUED ON THURSDAY, APRIL 23, 2020 or IF CONDITIONS CHANGE