

Netamizaaggamig Nishnaabeg

COVID-19 VACCINE NEWSLETTER
JANUARY 2022



"We all need to do our part to mitigate the spread of the Omicron variant of COVID-19. I encourage you to do your part in helping reduce the spread of COVID-19."

~Chief Louis Kwissiwa

Good afternoon
Netmizaaggamig
Nishnaabeg membership
near and far. After
thoughtful consideration
about the COVID-19
vaccination over the past
year, I've come to the
conclusion to participate
in the vaccination
program, particularly the
booster vaccine.

Based on scientific
research conducted by top
scholars around the world,
I've learned the booster is
effective in decreasing
serious side effects of the
Omicron variant, including
hospitalization, serious
illness and ICU admission.
It also maximizes
effectiveness of protection
and prolonged durability. I
chose to get the booster to
protect those who are still
ineligible for vaccination,
specifically our children
under 5 years of age. I also
want to protect the elders
that I work with, who are
at risk of hospitalization or
worst case scenario, death.



Services

EFFECTIVE JANUARY 4, 2022

BAND OFFICE

Building closed to public

Service through phone. Call or leave a voice mail and someone will get back to you.

Reception:
822-2134

ONTARIO WORKS

Building closed to public

Services through phone. Food bank deliveries available.

Sandy:
228-3448

HOUSING

House visits- Emergency only

Shawn
228-2311

PUBLIC WORKS

Open

Safe water, road maintenance
Chris:
629-0957

SOCIAL SERVICES

Open- remote

Sacred fire at cultural centre. Band Rep Program, Family Services available by phone or in person as needed.

Rosiland:
228-0978

HEALTH SERVICES

*Open- reduced hours for public
1-3PM*

Medical transportation, medical appointments, addictions services, mental health, emergency dental, essential services

Reception:
822-2625

To reduce spread of Omicron in the community and within work places, in-person programming is PAUSED at this time. Please respect workers. Contact during work hours and through provided phone numbers. Miigwetch.

Mental Health

BALMORAL WITHDRAWAL MANAGEMENT

Thunder Bay
807-623-6515

KIDS HELP PHONE

1-800-668-6868

Chat:

KidsHealpPhone.ca

Text: 686868

SAULT AREA WITHDRAWAL MANAGEMENT

Sault Ste. Marie
705-942-1872

MENTAL WELLNESS AND CRISIS TEAM

1-866-209-9582

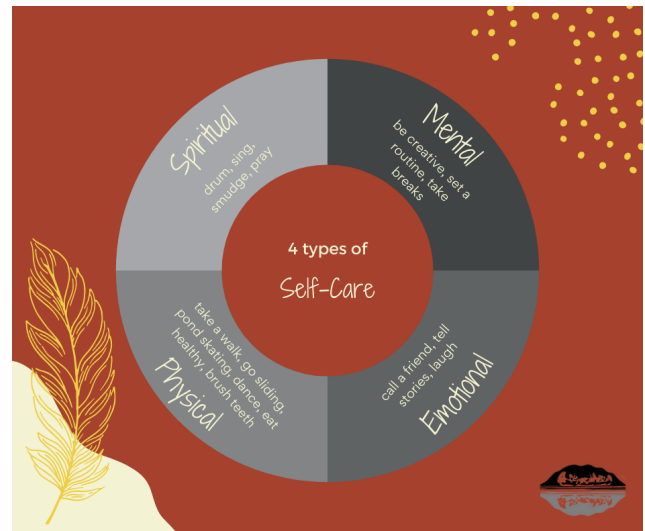
DILICO ADULT TREATMENT CENTRE

Thunder Bay
807-623-8511

ONLINE AA MEETINGS

www.aa.org
www.onlinegroupaa.org
www.12step.org
www.al-anon.org

Tracy Manuel (228-3687) and/or Randal Desmoulin (228-1327) can help navigate you to the right place. We're here to walk with you on your journey to wellness.



Health Services Contacts

Netmizaaggamig Nishnaabeg Health

HEALTH CENTRE STAFF DIRECTORY

*Need to get a hold of someone? Give us a call during **business hours** and we'll be happy to help!*

NAME	PHONE NUMBER & EMAIL	POSITION
Shelly Livingston	(807) 632-6543	Manager of Health
Jorge Urban	(807) 228-3544	Community Health Rep
Chelsea Boyd	(807) 228-4026	Home & Community Care
Tracy Manuel	(807) 228-3687	Mental Health Worker
Randal Desmoulin	(807) 228-1327	NNADAP Worker
Charlotte Norquay	(807) 228-1393	Referral Clerk
Andrea Richard	(807) 228-3767	COHI/Dental Hygienist

Health Centre Staff e-mail list

Shelly Livingston	healthmanager@picmobert.ca
Jorge Urban	healthrep@picmobert.ca
Chelsea Boyd	hcc@picmobert.ca
Tracy Manuel	mentalhealth@picmobert.ca
Randal Desmoulin	nnadapworker@picmobert.ca
Andrea Richard	dentalhygienist@picmobert.ca
Charlotte Norquay	referralclerk@picmobert.ca
Front Reception	healthcentre@picmobert.ca

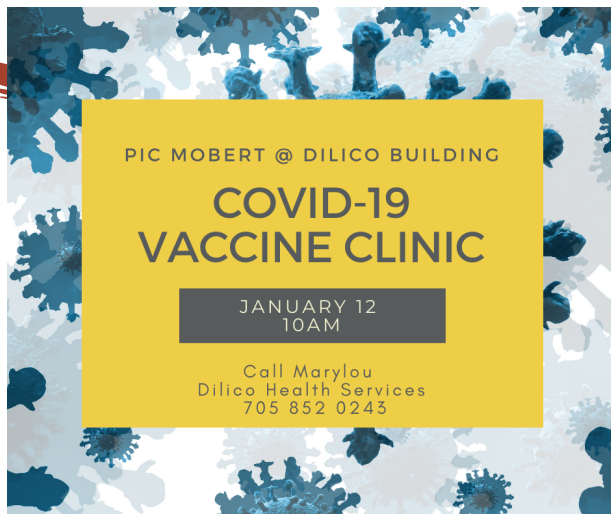
COVID-19 BOOSTERS

Chief and Council would like to thank community members who have already received their two doses of the COVID-19 vaccine and to those who have already received a booster.

If you are not sure about the vaccine and have questions, please reach out to a trusted health care provider. We hope that this newsletter will answer some questions you may have.

You can also find trusted information at www.tbdhu.com

It is our goal to leave no family member behind through this pandemic.



WHY SHOULD I GET MY COVID BOOSTER?

- Two doses of the COVID-19 vaccine do not offer as much protection against Omicron variant compared to other variants. But it still offers protection against serious illness and hospitalization.
- Having the booster gives significantly more protection against Omicron.



NEXT COVID-19 VACCINE CLINICS IN MARATHON?

- January 5
- January 12
- January 19
- January 26

To book an appointment for Marathon:

1-833-943-3900

or

www.covid19.ontariohealth.ca

**"I chose to vaccinate my children to protect future generations."
~Judie Desmoulin, Councillor**

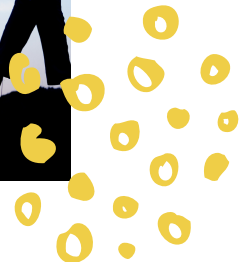


COVID-19 VACCINE FOR CHILDREN. IS IT SAFE AND EFFECTIVE?

Yes it is safe. Health Canada reviewed this vaccine and it has been approved for children 5 and up. It will provide your child with strong protection against serious illness and hospitalization and protect them against rapidly spreading variants such as the Omicron and Delta. It is estimated to be over 90% effective after 2 doses. Millions of children in Canada have received the vaccine to date.

WHAT IS THE DOSE FOR CHILDREN 5-11

It is a lower dose than the adult dose. Children in the age group will get two doses of the Pfizer vaccine. The doses are scheduled 8 weeks apart.



ARE THERE ANY RISKS?

- Common side effects are sore arm, headache, fever and feeling tired.
- Myocarditis (inflammation of the heart muscle) and/or pericarditis (inflammation of the heart lining) remain a RARE adverse event. Myocarditis and pericarditis are 16 times more likely to occur after a COVID-19 infection than after COVID-19 vaccines.
- Officials will continue to monitor the safety and effectiveness of the vaccine.

I decided to take the COVID vaccine, mostly to have a line of protection from COVID-19 for my children and grandchildren, and to help our community stay safe against this deadly virus. I decided to get my children vaccinated for the same reasons, and to have a safe mindset that we are better protected from this virus. We still make sure to use all the safety precautions put in place to better protect ourselves, and our community.

~Basil Sabourin, Councillor

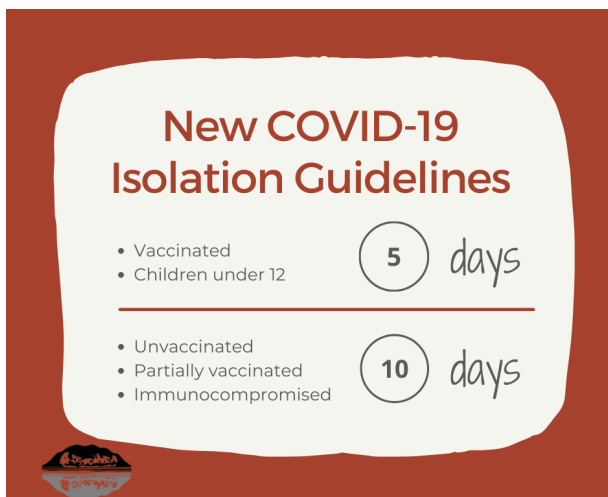


SYMPTOMS OF COVID?

If you have symptoms of COVID, you and anyone you live with must isolate. **Keep to your house. Do not visit others.**

STEP 1: Isolate. Assume you have COVID-19.

STEP 2: Call Dilico Health Services to get a COVID-19 test. Tests provided at Dilico are more accurate than the rapid test done at home.



New COVID-19 Isolation Guidelines

<ul style="list-style-type: none">VaccinatedChildren under 12	5 days
<ul style="list-style-type: none">UnvaccinatedPartially vaccinatedImmunocompromised	10 days

Dilico Health Services logo

I MIGHT HAVE BEEN EXPOSED, NOW WHAT?

There is an online tool that will tell you exactly what to do:

www.COVID-19.ontario.ca/exposed



Effective January 5-27, 2022

SOCIAL GATHERING LIMITS

Indoors: 5 people
Outdoors: 10 people

Dilico Health Services logo

MASK UP

- A cloth mask will not protect you from Omicron.
- Consider double masking when out in public. For example a cloth mask over a medical mask.



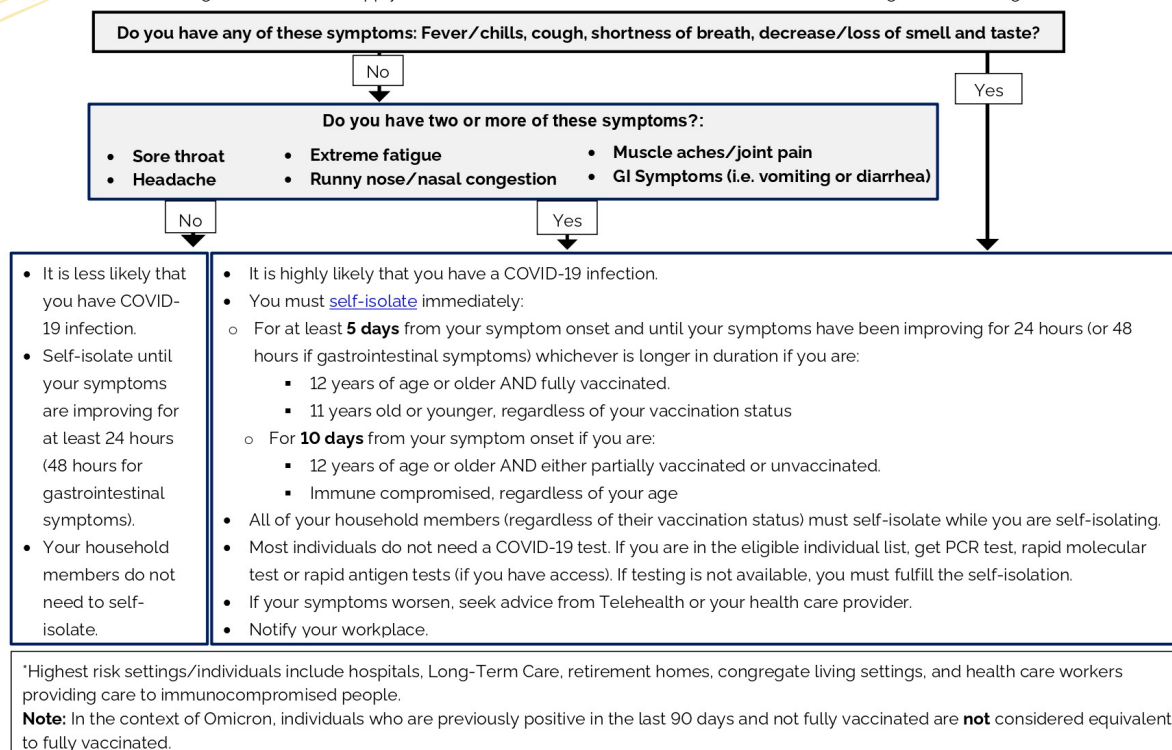
NEED MASKS?

Pick up a box of masks @ health centre
1 per household

Dilico Health Services logo

You have symptoms and are concerned you may have COVID-19. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting*



You've been exposed to someone who has tested positive for COVID-19 on PCR, rapid molecular, or rapid antigen test. Now what?

This guidance does not apply to individuals who live, work, volunteer or are admitted in a highest risk setting*

