



## Facebook Message From Chief Reg Niganobe

April 5, 2020

Aanii/Boozhoo,

Just a quick update for tonight. There are still no confirmed cases of COVID-19 in Mississauga First Nation.

That does not mean you should let your guard down however. It's safer to assume that everyone has it, and safer to act like you already have it and don't want to give it to anyone else.

Whether your 13, 20, 30, 50 or 99 years old. Assume you can catch it. Please remember that it will affect each and every one of us differently. Just because you're young and healthy, doesn't mean you don't have underlying health conditions you're aware of just yet. Now is not the time to find out.

Once again, Mississauga First Nation is closed to non-residents. If you see someone who is a non-resident in the MFN residential area, please call 1-888-310-1122 and report them. They are trespassing at this point. All non-residents of MFN, and non-band members of MFN are trespassing and can be removed from MFN. We have revoked all visiting/access privileges to MFN.

Otherwise , I hope everyone has enjoyed the weather today. It was a beautiful sunny day. The geese are heading south as you can see.

In an attempt to stay healthy and stay active I got outside and did a workout routine with my mother. Here she is running wind sprints. I won't say how old she is, but I can tell you this, if you knew you'd be shocked that she can do them. 😊

So proud of her, she keeps in shape and keeps active every day. 🙌

Stay strong and stay isolated everyone. We're all in this together as one big community the world over. Our best defence at this time is to stay indoors and stay in our homes. No visitors, no unneeded trips to public places. Just staying home and bettering ourselves. Physically, mentally and spiritually. If you're staying indoors and staying away from public, you're being an enormous help to the cause. Quietly congratulate yourself and promise yourself to do it again tomorrow. 🙏

Keep it up Mississaugi. We're still doing great with no confirmed cases. 🙌