



UPDATE FROM CHIEF REG NIGANOBE

APRIL 3, 2020

Aanii/Boozhoo,

I hope you are doing alright and doing your best to enjoy isolation. I hope you are getting plenty of projects done, books read, or acquiring new hobbies.

Yesterday, Mississauga First Nation closed off the residential area to non-member.

However, the First Nation is not closed to Band Members.

With that being said, we expect that Band Members from large cities may wish to return home or flee the city. We are not denying them entry to MFN, but we do encourage anyone who would look to house them to be cautious. The larger cities do have higher cases of COVID-19. This could mean that they will bring the virus into households unknowingly. This would put everyone in the household at risk. At the direction and consultation with our health staff, we encourage people from the cities to not return home. However, we will not stop them.

We also have limited services on MFN and the surrounding area so please take that into consideration. There are only so many medical and hospital resources available in the area should this become a full on outbreak. There is also limited food and grocery resources in our area. This will be strained as the population increases with people returning home.

If you currently receive services from MFN and bring Band Members from cities into your home, we will have to limit those services to delivery. The increase chance of COVID-19 contraction will mean services cannot enter your home.

If Band Members return from the larger cities and enter your home the entire household must be placed on 14 day self-isolation. This means no leaving the household during that time unless it's for emergency medical treatment.

Anyone who decides to return to Mississauga from the city must also make sure they have a place to stay prior to leaving the city. We do not have the accommodations here to house them. They must stay with family. Again, this puts the family residing in MFN and the community at risk, but it is at your discretion.

When a Band Member does arrive from a major city we ask that you contact the Citizens Inquiry Line (705) 261-0149 to report your arrival. This is so we can contact you to check on you medically as well as track your isolation date.

I encourage everyone to stay safe and seriously consider the ramifications of having people return home to share your household.

If they do decide to travel I encourage them to travel safely and travel smart. It is possible to catch COVID-19 along your journey as several places for re-fueling or rest are closed. This funnels large amounts of people to certain locations at once. Thereby increasing possibility of spread.

Stay safe everyone. So far we have no COVID-19 cases in Mississauga and we'd like to continue that for the duration of this pandemic.

Miigwetch to all our essential staff working through this difficult time.

Miigwetch to our community members for exercising continued caution and safety.

Miigwetch to all our relations.

Chief Reg



FOR IMMEDIATE RELEASE

Friday, April 3, 2020

MISSISSAUGA FN RESIDENTS COVID-19 COMPLIANCE AND LAW ENFORCEMENT

Mississauga First Nation has released phone numbers that you can call to report on those who are not following provincial orders related to COVID-19.

First Nation Police Officer and Ontario Provincial Police will be implementing fines for those who are not following the guidelines. This includes the newly announced emergency order that bans gatherings of groups larger than five. Exceptions to this order include private households with five people or more.

Our officers will apply discretion whether to launch any enforcement actions such as offences relating to gatherings of more than five people in contravention of the EMCPA.

Please remember to keep our community safe and comply with the emergency order that bans gatherings of groups larger than five people.

Call the numbers listed below to report non-compliance.

Remember, 9-1-1 is for emergencies only.

For all other police matters, including allegations of EMCPA non-compliance, contact the non-emergency line at 1-888-310-1122 and Mississauga First Nations Policing at 705 576-2156.

For more information, please contact:

COVID-19 Citizen's Inquiry Line 705-261-0149

Coronavirus Disease 2019 (COVID-19)

How to Self-Isolate

You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



Avoid contact with others

- No visitors unless essential (e.g. care providers)
- Stay away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



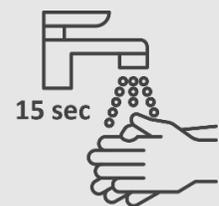
Keep your distance

- 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.



Wash your hands

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



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 safer.
- Clean your hands after emptying the wastebasket.



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, or stay in a separate room.



What should I do if I develop symptoms?

- Complete the [COVID-19 Self-Assessment](#).
- Contact Telehealth (1-866-797-0000) or your health care provider.
- Anyone with whom you had close physical contact (e.g., in your household) in the 2 days before your symptoms started or after symptoms started should also self-isolate.
If you have questions about this, call your [local public health unit](#).
- Isolate for 14 days beginning when your symptoms started.
- After 14 days, you can stop isolating if you no longer have a fever and your symptoms have improved, but you should continue with [physical distancing measures](#).
- If you are still unwell at 14 days, contact Telehealth or your health care provider.

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.

The information in this document is current as of March 27, 2020

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Ontario 

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for at least 15 seconds

1



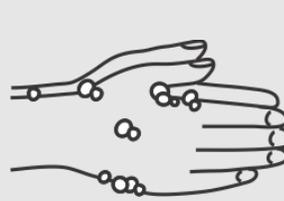
Wet hands with warm water.

2



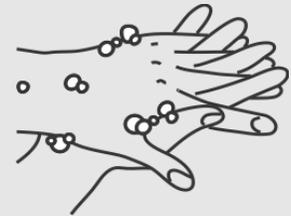
Apply soap.

3



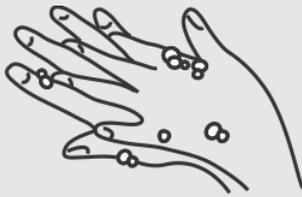
Lather soap and rub hands palm to palm.

4



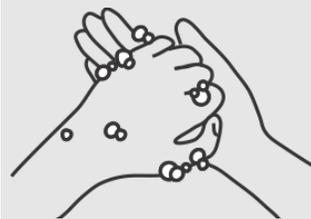
Rub in between and around fingers.

5



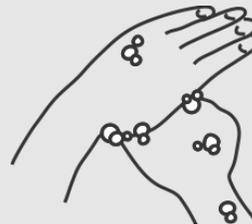
Rub back of each hand with palm of other hand.

6



Rub fingertips of each hand in opposite palm.

7



Rub each thumb clasped in opposite hand.

8



Rinse thoroughly under running water.

9



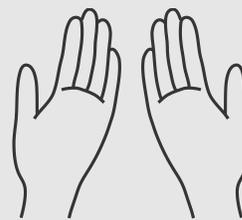
Pat hands dry with paper towel.

10



Turn off water using paper towel.

11



Your hands are now clean.

How to use hand sanitizer



Rub hands for at least 15 seconds

1



Apply 1 to 2 pumps of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



Rub in between and around fingers.

4



Rub back of each hand with palm of other hand.

5



Rub fingertips of each hand in opposite palm.

6



Rub each thumb clasped in opposite hand.

7



Rub hands until product is dry. Do not use paper towels.

8



Once dry, your hands are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

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