



Good morning Chimnissing,

As announced in yesterday's live update, we have moved to Level 5 of our COVID-19 Response plan.

The visitor form is no longer accepting registrations. All travel to Beausoleil First Nation is restricted to year round residents, post secondary students that maintain BFN as their main residency and minor children with custodial care agreements and essential service providers.

Please email ecgquestions@chimnissing.ca or ecg@chimnissing.ca if you require travel for an essential service provider.

We ask that you limit your travel to essential purposes.

Rapid testing performed on December 30th returned an additional 7 potential positive cases, testing December 29th returned 1 possible positive. This brings the total of known and potential active cases up to 11.

3 cases were found to be resolved via December 22nd PCR clinic.

Sunday, January 2nd we will have a community testing clinic. The clinic will open at 10am, testing for essential employees will take place at 130pm at the Cedar Point screening station.

Today's case counts 16,713 new cases

662 in Simcoe-Muskoka

As of yesterday AFN reported 52,000 cases in First Nation communities.

Self monitoring should be a part of your daily routine. Medical masks are the required face coverings on our vessels. We will provide the masks on vessels and have to share, please do not rely on cloth masks at this time. The new variant is airborne and not droplet based. A 3 ply mask offers more protection. Sanitize your hands when boarding and maintain physical distancing as much as possible.

There are additional safety measures on our vessels with the elimination of smoking on board. This is to remove the risk of transmission by stopping unmasking during transit and close congregation while on board. We hope to limit the possibility of asymptomatic spread. Please be respectful of your fellow passengers and crew.

We need to remember vaccinated individuals can spread COVID-19 as asymptomatic carriers. Our children are not of an age to have been fully vaccinated, we have elders and community members with severe underlying medical conditions. It cannot be stressed enough our simple actions of limited close contact, masking and washing hands or sanitizing can reduce the risk of this happening.

COVID-19 is a severe and acute respiratory syndrome (SARS). If at any time you are experiencing difficulty breathing; you should call 911 for EMS or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

COVID-19 vaccines are all highly effective at preventing severe COVID-19 illness and death. However, vaccines are rarely 100% effective and you may still become infected with or without symptoms.

Omicon presents as a cold; some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or more than 38°C
- feeling feverish chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache abdominal pain, diarrhea and vomiting
- feeling very unwell
- Sore or scratchy throat
- Congestion or runny nose

You can infect others even if you don't have symptoms

You may be infected but not have symptoms. However, you can still spread the virus to others.

You may:

- develop symptoms later (be pre-symptomatic)
- never develop symptoms (be asymptomatic)

Follow the advice of your local public health authority; BFNHC on quarantine or isolation if you:

- don't have symptoms but have been exposed to someone who has or who may have COVID-19
- have tested positive

COVID-19: How to quarantine or isolate at home

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/quarantine-isolate-home.html>

Please limit your contact to your immediate family household, practice all public safety measures when out getting your ESSENTIAL ITEMS, avoid extended travel.

Have a safe New Year,

Emergency Operations Team