

# IFNA Chiefs Council

## CORONAVIRUS Update

The Coronavirus (COVID-19) is a new disease that has not been previously identified in humans. COVID-19 can cause diseases ranging from the common cold to more severe respiratory diseases.

The IFNA Chiefs Council are working together to bring you the following information to stay healthy. By working together we can minimize the impact of this virus to help keep our communities safe.

### PREVENTION

#### Travel Recommendations

We recommend postponing or cancelling all non-essential travel.



Wash or Sanitize your hands



Cover your cough and sneeze



Avoid touching your face

- Clean surfaces
- Eat well and get rest

### DETECTION

SYMPTOMS MAY TAKE UP TO 14 DAYS TO APPEAR AFTER YOU HAVE COME IN CONTACT WITH IT. **SYMPTOMS MAY INCLUDE:**

#### Those with COVID-19:

- There may be little or no symptoms.
- You may not know you have the symptoms because they are similar to the cold or flu. Symptoms are usually mild to moderate.
- In severe cases, death can be an outcome.



Fever



Cough



Difficulty Breathing

Also, Pneumonia & Kidney Failure

### ACTION Self-Monitor & Self-Isolate

Avoid Public Spaces

#### SELF-MONITOR

IF YOU DO DEVELOP SYMPTOMS:



Self-Isolate Immediately



Wear a Mask & Wash your Hands Often



Call then visit your local Nursing Station

#### SELF-ISOLATE



Stay at home

Avoid Contact with Others, especially Elders



Keep 2 metres away from others

Wear a mask

## CHIEFS RECOMMENDATIONS

1

Although it is March Break we recommend postponing or canceling all non-essential travel.

2

If returning to the community, self-monitor for fever and cough for 14 days.

Follow the advice of your health care provider. If you have questions, or you start to feel worse, contact Telehealth Ontario (1-866-797-0000) or your Local Health Unit.

### INFORMATION

Keep apprised of all the latest Coronavirus Updates. Monitor your local community websites and social media pages for further information.

Or visit [IFNA.ca](http://IFNA.ca) and [www.facebook.com/ifna.ca](https://www.facebook.com/ifna.ca).

Working to protect ourselves, our Communities and each other.



INDEPENDENT FIRST NATIONS ALLIANCE