We are bringing you the first Six Nations of the Grand River - COVID-19 Special Edition Newsletter. The Emergency Control Group are sharing the latest news and updates on COVID-19 and the impact to Six Nations residents to make sure you have the information you need to stay safe in this crisis.

Six Nations 58th Elected Council has an Emergency Plan lead by the Emergency Control Group (ECG) made up of the Directors of Six Nations departments and local agencies including:

- Public Health
- Health Services
- Fire
- Police
- Paramedics
- Social Services
- Public Works
- Human Resources
- Finance
- Six Nations Elected Council
- Senior Administration Team

The ECG began meeting on January 17, 2020 to monitor and evaluate COVID-19 global situation and impacts to Six Nations. They are key in the implementation of our Community Emergency Plan and called for the declaration of a community emergency.

On March 12, 2020, the 58th Elected Council, under the leadership of Elected Chief Mark B. Hill, declared Six Nations in a State of Emergency regarding the COVID-19 pandemic.

Chief Mark B. Hill and the Elected Council has done 11 updates to the community to date and they include a number of press releases, community notices and videos. Please go to www.sixnationsCOVID19.com to review these important updates.

As of March 24, 2020, there are 18 potential cases under investigation in Six Nations of the Grand River Territory and a number of residences in isolation. To date, there are no confirmed cases in the Six Nations of the Grand River Territory.

“We’ve been tracking and responding to the pandemic as it’s been unfolding,” says Chief Mark B. Hill. We are asking all Six Nations residents to take this pandemic seriously and to do their part to stop the spread. This newsletter is a one way to make sure you receive the information directly as part of our ongoing efforts to keep everybody as healthy and safe as possible. That is our focus.”

There is still time to prevent the spread of COVID-19 in the Six Nations Territory. Health professionals here at Six Nations and in Ontario and Canada are continually advising everyone to follow some clear instructions.

**COVID-19 PANDEMIC TIMELINE:**

- **January 17, 2020** The Six Nations Emergency Control Group started meeting
- **March 11, 2020** A Global Health Organization assessment recognizes COVID-19 as a global pandemic
- **March 12, 2020** Six Nations Elected Council calls a State of Emergency
- **March 17, 2020** Ontario Government calls a State of Emergency
- **March 19, 2020** First Case reported near Six Nations territory in Brantford & Hamilton

**COVID-19 NEWS**

**MARCH 25, 2020   ISSUE 1**

**SIX NATIONS IN A STATE OF EMERGENCY**

**S**

Stay at home if you are sick

**K**

Keep commonly touched places clean & disinfected. Keep washing your hands

**O**

Obey public health advice & social distancing

**D**

Do not touch your face

**E**

Emergency situations call 911

**N**

Nose & mouth Equite

Cough and sneeze into your elbow or a tissue. Throw tissue into garbage and wash your hands
STOP THE SPREAD

THIS IS WHAT YOU CAN DO:
• Wash your hands often with soap and warm water for at least 20 seconds.
• Use hand sanitizer as often as you need to if you are not able to wash with soap and water.
• Cover your cough or sneeze with your sleeve at your elbow or use a tissue and throw the tissue away immediately.
• If you are sick with a fever, cough, or have trouble breathing – call Public Health at 519–445–2672 and stay away from other people.
• Practice social distancing – which means keeping 6 feet away from people, DON’T go out if you do not have to, stay home and no large gatherings, no birthday parties.
• Keep your distance from people who have a bigger risk of severe infection such as the elderly and those with medical conditions – heart, diabetes etc.
• Clean and disinfect surfaces at home and wherever you are, such as door handles, counters, light switches, taps and other areas that are used a lot.
• Stay up to date on news from health professionals and local agencies (look at the list of contacts at the end of this newsletter.
• Do not go to Six Nation parks as they are not sanitized.

WHAT DO YOU NEED TO KNOW?
1. This is a virus that spreads extremely fast.
2. There is a 2-week time period where you may not see any signs of the virus.
3. You must self-isolate because we have to stop the spread.
4. Do not travel, stay home!

COVID-19 SYMPTOMS:
Common symptoms include cough, difficulty breathing, fever.
If you are experiencing any of these, do not go to the doctor or emergency, please call Ohsweken Public Health at 519–445–2672.

HOW TO DISTANCE YOURSELF:
• Try best to stay at home.
• Talk to your boss about the ability to work form home.
• Avoid public places and gatherings of 10 pr more people.
• Avoid travel within and outside the community.
• Keep touch in with family and friends by telephone and through social media.

Cedar Tea Recipe
Cedar is a traditional medicine and should be kept in a dry safe area once harvested. Cedar is high in Vitamin C; a vitamin that must be consumed through food and medicines daily. Vitamin C helps prevent cell damage and may reduce your risk for certain chronic diseases. It also help keep your immune system healthy to prevent infections.

INGREDIENTS:
2 cups of freshly picked cedar.
4 cups of water.
2 tbsp of maple syrup or honey.

DIRECTIONS:
Bring water to boil in a medium sized pot.
Once boiling add fresh cedar, maple syrup or honey.
Boil for 10 minutes until you notice the water turning golden in colour.
Strain tea into a teapot or individual tea mugs.
Take a deep breath and enjoy.

READY TO FIGHT THIS VIRUS!
#SKODEN
WHAT IS SOCIAL DISTANCING?

SOCIAL DISTANCING
• Minimize close contact with others in the community.
• Stay 6 feet away from another person.

ISOLATION
• A person has symptoms that may be associated with COVID-19 including cough, trouble breathing and fever.
• Must be by yourself and stay away from other people – in another room.
• Identifying a “buddy” to check on and do errands for each other, especially for those who live alone or at high risk for developing complications.
• Having supplies delivered home instead of running errands (supplies should be left on the front door or at least a 2-metre distance maintained between people).

SELF-ISOLATION
• Not going out of the home setting.
  (e.g. avoiding crowding, school measures and closures, workplace measures and closures, public/mass gathering cancellations).
• Not using public transportation (e.g. taxis).
• If leaving the home setting cannot be avoided. (e.g. to go to a medical appointment), maintain a 2-metre distance from others. The health care facility should be informed in advance that the person may be infectious.

VOLUNTARY HOME “SELF-ISOLATION”
This recommended for an asymptomatic person, when they have a high risk of exposure to the virus that causes COVID-19. (i.e., through close contact with a symptomatic person or their body fluids).
WHERE CAN I GO TO GET HELP?

WHO CAN I CALL IF I HAVE QUESTIONS:

SIX NATIONS ELECTED COUNCIL SUBCOMMITTEE ON COVID-19
Call should you have any general questions about the Six Nations of the Grand River response to COVID-19.

Councillor Sherri Lyn Hill-Pierce
519–717–7855

Councillor Michelle Bomberry
519–802–7714

Councillor Wendelyn Johnson
519–771–6644

Councillor Nathan Wright
519–761–7058

Chief Mark B. Hill
519–732–2905

FOOD BANK
Food service day will continue on every Thursday and the fee has been waived.

Hours: 9:30 – 5:00pm
Call: 519–771–0025

MEDICATIONS:
OHSWEKEN PHARMASAVE, Call: 519–445–4471

Hours: Monday to Friday: 10:00am - 5:00pm
Saturdays: 10:00am - 2:00pm

NOTE: Store hours may change, any changes will be posted to Ohsweken Pharmasave Facebook page or call: 519–445–4471

Delivery
Delivery is available for medications and essential needs ONLY. The delivery service is for individuals with medical emergencies or who have had to self-isolate.

Refills
Please call 2-3 days ahead for refills.

Or you can use E-Pharmasave phone app eCare@Pharmasave

OHSWEKEN & BRANTFORD PUBLIC HEALTH
If you feel you have symptoms (cough, difficulty breathing, fever), please call Ohsweken or Brantford Public Health

Hours: 8:30am – 4:30pm

Ohsweken Public Health, call: 519–445–2672
Brantford Public Health, call: 519–751–5818

After hours call: Brantford Public Health, call: 519–751–5818

Mental Health Crisis Line
If you are experiencing a mental health crisis yourself, or you know someone who is please call the number below.

Hours: 24/7 coverage
Call: 519–445–2204

Seniors Support – Home and Community Care
For seniors requiring additional supports (i.e. safety checks, home maintenance, meals-on-wheels, personal care please call the number below.

Hours: 9:00am - 4:00pm
Call: 519–445–0077

24/7 INFORMATION: WWW.SIXNATIONSCOVID19.CA
## GOOD OVERALL HEALTH
You can still go to the grocery store to get your food/supplies.
- Practice physical distancing (6ft apart).
- Prepare a list to be quick.
- Wash your hands/sanitize when you leave.

## SICK OR SELF-ISOLATING
You cannot go out in public to get your food/supplies.
- Avoid/limit contact with others
- Arrange for someone to pick-up/drop-off
- Sanitize items upon receiving

## SIX NATIONS COMMUNITY SERVICES
- Connect with your service providers (counselor, dietitian, etc.) for support in accessing supplies.
- Six Nations Community Food Bank is open Thursdays from 9:30am - 5:00pm. If you cannot get out, ask a helper or service provider to drop-off for you.
  Call or text: **519-771-0025**

## HOME DELIVERY OPTIONS
- Find helpers in our community to do your shopping for you. Or order online, and arrange to have somebody drop-off.
- Some community businesses are offering to get groceries for seniors as well as delivery services.

## COMMUNITY HELPING COMMUNITY
- Order groceries online and arrange for a ‘Parking Lot Pick-Up’.
- Share food/supplies with others.
- Become a helper for others, offer to pick-up and drop-off supplies.
- If you know people who do not have internet access, order online for them.

## EMERGENCY FOOD SUPPORT
- Make an arrangement to receive a delivery of emergency food/supplies to your doorstep.

  Monday to Friday from 8:30am - 4:30pm
  Call or text: **519-717-3402**

## EMERGENCY BABY/INFANT SUPPORT
- For emergency delivery of formula and diapers; or breastfeeding support.

  Call/leave message: **519-445-4922**
  Response within 24 hours
As some of the members of the community may have noticed, throughout last week there has been a lot of activity at and around the Parks & Recreation Complex (GPA, Dajoh & Community Hall).

In order to be open with the community, it is important that we share with everyone what we are doing.

We know COVID-19 is coming to our community, so here is what we are doing:

• Setting up a drive through COVID-19 testing site in front of the community hall.
• An in-home paramedic testing program.
• A staffed call centre for a COVID-19 hotline for community members to contact.

More information will be provided in the coming days as there are many other initiatives occurring to assist the community.

We would like to thank all of the staff who have assisted today from Health Services, Public Health, Parks & Recreation, Public Works and Six Nations Fire & Emergency Services.

The Six Nations Elected Council is advising all residence not to cross the Canada/United States border. We have reached out to border officials and they have advised us that the border is not closed to First Nations. However, officers are asking additional questions related to symptomatic travellers and for all travellers to acknowledge that they must self-isolate for 14 days upon return to Canada. Also, this event is changing daily and the response measures may change, and we will endeavour to keep you advised.

Should you be returning from the United State, we are asking that you self-isolate for 14 days upon your return.

READY TO FIGHT THIS INFECTION!
#SKODEN
WHEN APPLYING FOR EI DURING COVID-19

Employment Insurance (EI) sickness benefits provide up to 15 weeks of income replacement and are available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits. Service Canada is ready to support Canadians affected by COVID-19 and placed in quarantine, with the following support actions:

1. The one-week waiting period for EI sickness benefits will be waived for new claimants who are quarantined so they can be paid for the first week of their claim.
2. Establishing a new dedicated toll-free phone number to support enquiries related to waiving the EI sickness benefits waiting period.
3. People claiming EI sickness benefits due to quarantine will not have to provide a medical certificate.
4. People who cannot complete their claim for EI sickness benefits due to quarantine may apply later and have their EI claim backdated to cover the period of delay.

Important: If you are directly affected by the COVID-19 because you are sick or quarantined and you have not yet applied for EI benefits, please submit your application before contacting Service Canada - EI. This will allow Service Canada to better serve you and prevent delays in establishing your claim.

If you have already completed the application for EI sickness benefits whether you are sick or quarantined and would like to have the one-week waiting period waived, call the new toll-free phone number below. It is important to note that no other request will be actioned on this phone line. Service Canada will take action only for sick or quarantined clients affected by the COVID-19 for which the application for sickness benefits has been filed.

Telephone: **1-833-381-2725** (toll-free)
Teletypewriter (TTY): **1-800-529-3742**

People who are not able to access the internet can apply in-person.

Nearest Office:
Brantford - 195 Henry Street Unit 6B
Brantford, Ontario
**COVID-19**

Don’t panic, be prepared

- The most effective way is washing your hands with soap and warm running water often and for at least 20 seconds.
- Cover your mouth and nose with your arm when coughing or sneezing.
- Stay home and reduce contact with others - especially elders and young children - if you have any flu-like symptoms.
- Stock up on essential items like tissues, hand sanitizer, cleaning products, medicine, and fluids like juice and soup.
- Dispose of used tissues as quickly as you can.
FREQUENTLY ASKED QUESTIONS

1. Where can I go for updates?
   Go to sixnationsCOVID19.com
   Call Ohsweken Public Health: 519-445-2672

2. What is coronavirus?
   A large family of viruses that COVID-19 falls under.

3. How is it transmitted?
   It is passed by mouth, nose, eyes and by touch and spreads rapidly.

4. What are the symptoms?
   According to the World Health Organization, signs of infection can include respiratory complaints, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

5. What should I do if I have fever, cough or shortness of breath?
   Fever, cough and shortness of breath can be symptoms of COVID-19, the disease caused by the new coronavirus – but they’re also symptoms of seasonal flu and other respiratory illnesses that are common at this time of year.

6. Isolate yourself at home for 14 days to avoid the spread to other. If you lie with others, stay in a separate room or keep a 2-metre distance.
   Call Ohsweken Public Health at 519-445-2672 if:
   • You have symptoms, even if they are mild
   • You have been exposed to someone known to be infected

7. What can I do to prevent the spread?
   To prevent infection: Wash your hands often with soap and water for at least 20 seconds. Also use an alcohol-based hand sanitizer. Avoid touching your eyes, nose and mouth. Practice social distancing. STAY HOME!

8. Is there a Vaccine?
   At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19.
   If you have received a flu vaccine, it will not protect against coronaviruses.

9. When is the Six Nations Assessment Center going to open?
   No set date to open. The Emergency Control Group continues to work to gather the required supplies. There is a world-wide shortage on medical supplies, but we continue to work with our vendors to secure the required supplies for the assessment center to operate.

10. Programming available at Six Nations?
    Only essential services are available at Six Nations of the Grand River. A list of available services can be found on the back page on this newsletter. Also, we acknowledge that we cannot do it alone and relying on the community to do their part. Please call your family, friends and neighbour to check in on them.
    We are asking our seniors, if you need support in any way, to call 519-445-0077.

11. Can we travel outside the community?
    No, STAY HOME! If you do have to travel for food or supplies, we are recommending one person gather supplies for friends, family and neighbours to limit the exposure. Because the COVID-19 situation is changing daily, people also need to think beyond the actual risk infection – because no matter where you go, there’s still always a chance you could be told to go into quarantine as a precaution.

12. How long is someone with COVID-19 contagious?
    That’s an area under study. It will likely be another few months before experts are able to answer that question with confidence.

24/7 INFORMATION: WWW.SIXNATIONSCOVID19.CA
THE BEAR

Submitted by Cheyanne Thomas via Facebook

When a bear goes into hibernation, they do it for the health of their community and themselves. In the winter, food is scarce, hibernating allows other animals to have access to the limited resources. Hibernating also slows the spread of disease and viruses among other animals during a season when immune systems are lowered, and energy is limited.

It is not a time for anxiety or fear. When it is time for hibernation, a bear can finally relax. All of the stress of finding food, protecting territory and finding a mate disappears. The bear believes that they have done enough and trust in themselves. They know the process is necessary and they will come out the other side renewed.

Be the bear. Stay home. Rest. Know you are doing this for something much greater than yourself.

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SIX NATIONS OF THE GRAND RIVER

ESSENTIAL SERVICES

The Six Nations of the Grand River Elected Council will be discussing further action and a possible additional closures in the coming days.

The following are departments which are still providing services:

Health Services
Health Services staff continue to provide support to clients and residents of Iroquois Lodge and Jay Silverheels. All buildings are closed to the public, and active screening is occurring at all entrances. Call your service provider if you require assistance. For more information you can call 519–445–2418.

Six Nations Public Works Dump
Six Nations Landfill Site is still operating as an essential service from Tuesday to Saturday: 8:00am - 4:30pm.

Ontario Works
Still providing all service however please note that the office is closed. Should you require the assistance from Ontario Works please call 519–445–2084.

Public Works
Still providing essential services however please note that the office is closed. Should you require the assistance from Public Works please call 519–445–4242. Please note, all fees for septic, water/sewer and truck fill station have been waived until April 30th, 2020 at which time, Six Nation Elected Council will reassess. We have also suspended the Construction Debris Approval process, driveway installations, School Gym rentals and the water connection process.

For daily updates and the most accurate information for how Six Nations is responding to COVID–19 please visit sixnationsCOVID19.com