

DENE THA FIRST NATION EMT

MESSAGE

- Staying informed, being prepared, and following public health advice
- Practicing good hygiene and other infection prevention and control measures (frequent hand washing, avoid touching face, respiratory etiquette - coughing into your arm, or tissue that is thrown out immediately after, disinfect frequently touched surfaces). Clean hands with hand sanitizer when on the go.
- Maintaining physical distancing as much as possible when outside of the home (i.e. from non-household members). Keep at least two metres or 6 feet distance.
- Increasing environmental cleaning of one's personal environment
- Staying at home and away from others if feeling ill or symptomatic (i.e. not going to school/work and following public health advice)
- Staying at home as much as possible if at high risk of severe illness
- Wearing a medical mask if available, otherwise a non-medical mask (NMM) or face covering if experiencing symptoms and required to be in close contact with others (i.e. going to access medical care)
- Considering the use of mask in situations where physical distancing cannot be maintained
- Reducing personal non-essential travel. Limit the number of times you need to leave the house for errands.
- ***YOU ARE ONE BIG PART OF THE SOLUTION TO STOPPING AND SPREADING COVID-19***

*"Be kind to thy neighbor and help each other
We are all battling the same crisis"*

WHO ARE EMERGENCY MANAGEMENT TEAM?

Andrea Godin, DTFN Director of Emergency Management (780) 926-9432

Tina Semantha, DTFN Emergency Management Team
Emergency Social Services (780) 841 5660

Rhonda Lizotte, DTFN Emergency Management team, Finance Services (780) 841-8400

Stephen Ahnassay, DTFN Emergency Management Team BR Deputy/Operations Services (780) 841-9572

Linda Semansha, DTFN Emergency Management Team, Chateh, Deputy (780) 841-1265

Dilbert Salopree, DTFN Emergency Management Team, Meander River Deputy (780) 926-1241

Jamie Natannah, DTFN Emergency Management Team, Communications (780) 841-7587

WHO ARE DTFN HEALTH TEAM?

Josephine Natannah, DTFN Emergency Management Team, Chateh, Health Services (780) 321-3971

Linda Semansha, DTFN Emergency Management

Pam Providence, DTFN Chateh Health center
Acting coordinator (780) 321-3971

Tina Yakinneah, DTFN Meander Health Center,

Community Health Representative (780) 535-2260

April Hooka-Nooza, DTFN Bushe River Band Office,
Community Health Representative 1-888-926-6368



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Chateh Health Center

PH : (780) 321-3971

Fax (780) 321-2346

Chateh Band office

PH : (780) 321-3775

Toll Free : 1-877-336-3842

Fax : (780) 321-3886

Bushe Band Office

PH : (780) 926-6368

Toll Free : 1-888-926-6368

Fax : (780) 926-2475

Meander Health Center

Ph : (780) 535-6624

Fax : (780) 535-6641

NPTC Medical Transportation
1-800-272-7925

Meander Band Office

PH : (780) 535-2260

Toll Free : 1-877-535-2260

Fax : (780) 535-2261

Website: Denetha.ca

Health Link #811
For Emergency please call 911

SIGN AND SYMPTOMS:

COVID symptoms can take up to 14 days to appear after exposure to the virus. The most common symptoms of COVID are:

- Fever
- Dry cough
- Sore throat
- Tiredness

Other symptoms may include loss of taste or smell, aches and pains, headache, sore throat or chronic cough, nasal congestion, red eyes, diarrhea, vomiting or a skin rash.

HOW CORONAVIRUS IS SPREAD:

- Respiratory droplets when you cough or sneeze, you release tiny droplets into the air.
- Direct close contact with a person infected with COVID-19.
- Touching an object or surface with the virus on it.

When using disposable gloves, change your gloves after visiting any public facilities to avoid cross contamination.

SLOW THE SPREAD OF COVID-19

*Bend the curve. Wash hands for 20 seconds.
Please wear face masks. Practice social distancing.*



TEST SCREENING LOCATIONS:

Testing for COVID-19 helps protect our communities. It is the only way to confirm if someone currently has COVID-19.

- **Chateh Health Center drive thru**
Monday to Friday 9AM-3PM
- **Meander River Health Center**
Monday to Friday 10AM-3PM
Hours of operation may vary. Please call Meander health center receptionist to arrange for appointment with a registered nurse.
- **Bushe River/High Level Hospital**
Please call DTFN designated health authority for any advice related to COVID or call 811 for further assistance and follow instructions.

NOTE: All COVID test results may take up to 5-7 business day.



UNDERSTANDING COVID TESTING AND REDUCING THE STIGMA

- Stop the spread of the virus and prevent community outbreaks
- Detect and isolate people who have COVID-19
- Follow up with close contacts of someone confirmed to have COVID-19 (contact tracing).

The COVID-19 pandemic has caused a world of chaos and tragedy. COVID-19 has also sparked worldwide feelings of fear, mental health issues, anger towards others and unfair treatment against people that have COVID.

Know the facts of COVID, spread awareness and keep each other safe.

SELF ISOLATE/QUARANTINE

If you are experiencing symptoms, or have been exposed to someone with COVID-19, you must:

- Stay home (isolate) for 14 days to avoid spreading it to others, avoid contact with others (especially elders, children and people with serious medical conditions)
- If you live with others, stay in a separate room, or keep a 2-metre distance.
- If you need immediate medical attention, call 911