



# NAANDWECHIGE-GAMIG WIKWEMIKONG HEALTH CENTRE

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*Tuesday, July 28, 2020*

Yesterday, July 27<sup>th</sup>, 2020, Public Health Sudbury & District (PHSD) announced another eight (8) confirmed COVID-19 cases in the Greater Sudbury area.

Positive cases have been on the rise over the past week in the PHSD area; 12 new cases in total since July 20, 2020. This notice is to bring to your attention that the virus is still very much real and can quickly affect our community.

With this reality, Naandwechige-Gamig Wikwemikong Health Centre continues to strongly urge Wiikwemkoong community members to exercise extreme caution when visiting the Sudbury area for any reason. Please practice all the health and safety guidelines and measures available that will help lessen the risk of exposure and spreading of COVID-19.

Having said this, as many of our community members frequently go to Sudbury for personal, business, leisure, recreation or entertainment purposes, we are stressing the utmost importance of keeping track of all whereabouts and interactions. This tracking process is what we refer to as the 'journaling' process. You simply keep track of where you have been, dates, times and who you came into contact with.

We also stress the importance of having Wiikwemkoong COVID-19 Family Plan in your household. This plan was part of the 'thank you' package that was issued to each household in the community. If you need another copy, please visit [www.wiikwemkoong.ca](http://www.wiikwemkoong.ca) website to download the document or call WUT Band Administration 705-859-3122 to get a copy.

While we now know that COVID-19 virus still poses a high risk in our health district, we must remember that we are all responsible for doing our part to help decrease the risk of exposure and spread.

***Please consider the following:*** lessen travel out of the community, do your socializing within your 'social circles' which are 10 of your close family/friends, physical distance and wear a face mask/covering when you must be in public, keep washing your hands, use hand sanitizer, and clean high use surface areas. Most importantly, if you do not feel well and have any symptoms of COVID-19, stay home and seek medical advice by contacting our WHC Community Health Nursing staff: 705-859-3164 (8am-4pm), After Hours/Weekends: 705-690-8941. We also continue to promote 'getting tested' for COVID-19 even without symptoms (A-Symptomatic). We conduct the testing at our BLU-Med Facility, Mondays & Tuesdays. To book an appointment for A-Symptomatic COVID-19 Testing, call WHC 705-859-3164 by 12noon Fridays.

***Keep safe and stay healthy.***

Mii gwetch

***Mary Jo Wabano***

Health Services Director, Naandwechige-Gamig Wikwemikong Health Centre

**VISION:** Wholistic well-being of the community

**MISSION:** To provide access of all opportunities of traditional and western health care to the community