

# Curve Lake First Nation COVID-19 Information Update



**COVID-19 Affects people in different ways. Most infected people will develop mild to moderate symptoms.**

Do you have?

- Fever
- New onset cough
- Worsening of your chronic cough
- Shortness of Breath
- Sore Throat
- Runny Nose/ Sneezing \*
- Nasal Congestions\*
- Hoarse voice
- Difficulty swallowing
- Decrease or loss of sense of smell
- Chills
- Headaches
- Unexplained fatigue (tiredness)
- Diarrhea
- Abdominal pain or nausea and vomiting
- Conjunctivitis (pink eye)

\*Please note that in individuals presenting with ONLY runny nose/ sneezing or congestion, consideration should be given to other underlying reasons for these symptoms such as seasonal allergies and post-nasal drip.

**If so contact your Doctor or Nurse Practitioner for an assessment and referral if testing is appropriate. Alternatively, you can contact:**

**Alisa Rose (Curve Lake's Community Health Nurse) at (705) 657- 2557**

**Or**

**Peterborough Public Health (705) 743-1000**

**Or**

**Peterborough Regional Health Centre COVID 19 assessment centre at (705) 876-5086**

**After hours please call Telehealth Ontario 1-866-797-0000**

**When you call be sure to identify if you are First Nation and if you live on Reserve.**

**If your symptoms are severe or you have trouble breathing please call 911 immediately**

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## Can I be tested for COVID-19 at home?

Yes, Peterborough Paramedics are able to conduct in home testing for COVID-19 for Curve Lake residents who must remain self- isolated, prefer to remain home, or cannot travel to an existing assessment centre. When you are assessed the referral will determine if you require or prefer in home testing. Peterborough paramedics will dispatch a special unit once daily to conduct in home testing in Curve Lake (as needed). Residents who require urgent care such as those with breathing difficulty should still seek immediate medical attention.

## What does a probable case mean?

A probable case is someone who meets the definition as it relates to the signs and symptoms of the virus as outlined by the Ministry to Health but has not been confirmed by a test.

## What does a positive case mean?

The person has tested positive for the virus through laboratory testing.

## How long does it take before test results are available?

At this time, testing at Public Health Ontario Labs is being performed 7 days a week. The turnaround time is 2 - 6 days from when your specimen arrives at the lab.

## What if a case tests negative?

A nurse from Peterborough Public Health or the PRHC Assessment Centre (depends where you were tested) will give you advice on what to do next, depending on how much of a risk you have for getting sick from COVID 19.

## What does Resolved mean?

Most people are considered “resolved” a minimum of 14 days after the beginning of symptoms. People who have been hospitalized need to be retested to make sure they have resolved.

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## What if I've been exposed to a probable or positive case?

Right now, testing is recommended only for people with symptoms. Contact your Doctor or Nurse Practitioner for an assessment and referral if testing is appropriate. Alternatively, you can contact Peterborough Public Health (705) 743-1000 or Peterborough Regional Health Centre COVID 19 assessment centre at (705) 876-5086.

Peterborough Public health interviews all cases, identifies any “close” contacts and will call them directly.

After hours please call Telehealth Ontario 1-866-797-0000

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## If I am probable or positive case when can I stop self-isolating?

When Public Health instructs you to. Usually it is 14 days after you became ill, or had your last contact with the case.

## What does self-isolation mean?

You don't leave your home, and you avoid close contact with others inside your home.

More information on self-isolation is available at the following link:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en>

## How many people in the village have tested positive for coronavirus?

It's a question many would like to know the answer to, because it gives an indication to how the pandemic is affecting the community we live in and the people we know.

When it comes to reporting the numbers there is a challenge of ensuring people's privacy. The more you break down the numbers the easier it is to identify who a person is. Every citizen has a right to keep their medical records private from public consumption and for this reason the numbers are suppressed and rolled up into the reports for the greater region. This is in part due to the Personal Health Information Protection Act (legislation that ensures the privacy of personal health information in Ontario).

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## If I test positive who is notified?

In our health region when someone requires a COVID19 test a referral form is filled out by a doctor or nurse for the test. The referral form is often filled in by your primary care physician (such as Dr. Mallory or Amanda Marshall) but at times it may be filled in by a care professional at the hospital, Peterborough Public Health, or elsewhere. The test requisition has a section to indicate if results should also be sent to the primary care physician (who may not be the person who submitted the referral).

If a person does not wish results to be shared with their regular Doctor or Nurse or do not have a regular Doctor or Nurse the results will only be provided to Peterborough Public Health and the doctor or nurse who submitted the test. It is up to the patient to tell the person filling in the referral who their primary care provider is and whether they want the results shared with them.

People in Curve Lake will also be asked whether they consent to having their results shared with Alisa Rose our Community Health Nurse (this is a personal choice). If they choose to share their name it is kept 100% confidential and used to help support the person who is positive. Alisa will check in with the person and make sure they have everything they may need, offer continuing health advice, answer questions, etc.

## What is contact tracing?

Contact tracing is finding everyone who has come in close contact with a COVID-19 patient from 48 hours before the patient began to show symptoms until they received their test result. Contacts are to isolate and watch for signs of the illness for 14 days from the last day they came in contact with the positive COVID19 person. If the contact develops symptoms of COVID19 they are immediately tested, provided care, and the cycle starts again - all of the new patient's contacts are found and asked to follow the same process. ONE MISSED CONTACT CAN KEEP THE OUTBREAK GOING.

CONTACT TRACING FINDS NEW CASES QUICKLY SO THEY CAN BE ISOLATED TO STOP FURTHER SPREAD.

It is important that we know where we have been and who we have been in contact with to assist in the tracing process. If you test positive for COVID19, a nurse from Peterborough Public Health will work with you to identify who may have been in contact with you and determine their risk levels and next steps. They will not release your name as part of the contact tracing process.

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## How are positive tests results reported to the First Nation?

Peterborough Public Health will advise Chief Whetung of positive cases but NEVER the name.

The laboratory that does the testing will send a copy of the result to the primary care physician ONLY if the information and consent to do so is provided by the patient. The lab also sends a result to the physician or Nurse Practitioner who submitted the test.

Peterborough Public Health will notify Alisa Rose (Community Health Nurse) of and positive cases that have consented to release of their name to the nurse.

## How can some First Nations issue specific numbers?

Not all First Nations are not part of a greater public health agency the way Curve Lake is, instead they operate their own public health authority. This in part is due to their physical location. This means they conduct all of the COVID19 testing in their region.

We are very fortunate to be in close proximity to Peterborough which allows us to access and be part of the Peterborough Family Health Team, Peterborough Ontario Health Team, access the Peterborough Regional Health Centre, and have our emergencies responded to by the Peterborough Paramedics and so many other opportunities that are not available to more isolated First Nations. Because our community has developed so many health related partnerships we are not solely responsible for our health care but instead work with the greater region. This means that our COVID19 testing is currently conducted in the same manner as those in Peterborough County and our reporting is rolled up into the greater regions' case count.

## Are we expecting to see more positive cases?

Yes, now that there are positive cases in our community more members are likely to assess themselves and err on the side of caution in contacting health care for a test. More testing supplies are available now in Ontario than in previous weeks. As a result more people in general are now being tested. Rural and remote First Nations have been identified as a testing priority by Ontario and as a result our members will be more likely to be tested than non-Indigenous people if they are presenting the same mild symptoms.

Simply put, people may have been positive before but testing was not as readily available. Cases cannot be declared as 'positive' without at test. Now that tests are more available it is likely the number of positive cases will go up (but not due to more sick people but due to more testing).

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## Have we been effected by False Positive Tests?

Due to a technical error on the part of BioTest Labs in Ottawa Local COVID-19 test results from April 22 to April 29<sup>th</sup> resulted in 22 of 27 positive tests in our region requiring further testing to determine their validity.

The Health Unit says that this did not impact the close contacts of these cases. Peterborough Public Health recommend that anyone identified as a close contact, to continue their isolation and self-monitoring until the results of the retesting have been received. All contacts were contacted by a Peterborough Public Health public health nurse for further guidance.

There was no reason to question the validity of any negative results from Bio Test. It is difficult to be certain whether the tests in Curve Lake were false positives or not but it demonstrates the importance of behaving as though everyone is positive for COVID-19 all the time.

## Are we at risk of community Transmission?

Peterborough Public Health continues to advise all residents throughout our region that community transmission of COVID-19 is occurring.

Currently community transmission is known to have caused 23% of all positive cases in the Peterborough Public Region so far. This serves as a strong reminder to everyone that the virus is on the move, so we all must continue following public health guidance during this emergency by staying home, washing our hands frequently, and maintaining physical distancing.

**Those with symptoms should self-isolate and contact your Doctor or Nurse Practitioner for an assessment and referral if testing is appropriate. Alternatively, you can contact:**

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**Or**

**Peterborough Regional Health Centre COVID 19 assessment centre at (705) 876-5086**

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Some people can be carriers and never develop any symptoms and for this reason it is very important we remain vigilant. We should behave as though we and everyone else have COVID19 and continue to practice hand washing, social distancing, covering our coughs, sneezes, etc. Be certain to wash surfaces such as door knobs, light switches (and other frequently touched items), and even your cell phone often.