



The Corporation of the Township of Pickle Lake  
2 Anne Street P.O. Box 340  
Pickle Lake, ON  
POV 3A0

June 16, 2020

**MEDIA RELEASE CONCERNING POSITIVE COVID-19 CASE**

The Council for the Corporation of the Township of Pickle Lake met via teleconference with Chief and Council of Mishkeegogamang on June 16<sup>th</sup>, 2020 regarding a COVID-19 case.

It has been determined that, there are potentially 2 cases of COVID-19, 1 of which has been out of the community for some time and 1 of which has travelled between the communities of Pickle Lake and Mishkeegogamang. At this time we are awaiting 100% confirmation from Northwestern Health Unit as there is further testing required to ensure either a negative or positive outcome of the test.

We will update the community at such time the information is received from the health unit.

In the meantime continue to be vigilant with hand washing, social distancing, disinfecting surfaces, groceries, and avoiding unnecessary travel.

On Behalf of Mayor and Council,

Jamie Hussey

Clerk Treasurer

Township of Pickle Lake

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# CORONAVIRUS

HELLO PICKLE LAKERS!  
AS THE PROVINCE STARTS TO OPEN AS PER PHASE 2'S  
GUIDELINES, WE JUST WANT TO REMIND PEOPLE TO  
PLEASE:

## DISINFECT

- Disinfect surfaces around your home and work (remember to disinfect high traffic areas such as: door handles, light switches, countertops etc.)
- Use hand sanitizer

## SAFE HYGIENE PRACTICES

- Wash your hands with soap and water thoroughly and often
- Cough and sneeze into your sleeve or a tissue. Dispose of the tissue immediately and wash your hands
- Avoid touching your face, eyes and mouth

- Maintain at least a 2 metre (6 feet) distance between yourself and anyone who is coughing or sneezing
- Stay home if you are sick and seek medical attention

## KEEP A SAFE DISTANCE



# CORONAVIRUS

## WHAT YOU CAN DO TO STAY HEALTHY

**Wash your hands frequently - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.**

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

**Maintain social distancing - Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.**

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

**Avoid touching eyes, nose and mouth.**

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

**Practice respiratory hygiene, make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.**

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

**If you have fever, cough and difficulty breathing, seek medical care early.**

**Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.**

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

**Stay informed and follow advice given by your healthcare provider, stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.**

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

If you have symptoms, call Telehealth Ontario at:  
1-866-797-0000

TTY: 1-866-797-0007

Alternatively, contact the Northwestern Health Unit: 807-737-2292  
or The Betty Johnson Clinic at: 807-928-2047

\*\*information is from the World Health Organization website, for more information please visit <https://www.who.int>\*\*



## Coronavirus Disease 2019 (COVID-19)

# Physical Distancing

## What is physical distancing?

- Physical distancing means keeping our distance from one another and limiting activities outside the home.
- When outside your home, it means **staying at least 2 metres (or 6 feet) away from other people** whenever possible.



## Staying connected from home

- Work from home, if possible.
- Stay in touch with friends and family through phone, instant messaging or video chat.
- Host virtual playdates or take your children on a virtual museum tour.
- Spend time reading, playing board games and watching movies.
- Support neighbours who may feel anxious or isolated at this time by connecting virtually or at a distance.



## If you must leave your home

- Travel to the grocery store, pharmacy and bank only when essential and limit the frequency.
- Use delivery services where possible. When picking up food or a prescription, call ahead so it is ready when you arrive. Use tap to pay, if possible.
- Greet neighbours and friends with a smile, wave, bow or nod.
- If you are working, discuss any concerns about physical distancing with your employer or supervisor.
- Travel by car, bike or walk, where possible. If you need to take public transit, try to travel during non-peak hours and take shorter trips.
- Limit the number of people on an elevator.
- Exercise at home or outdoors, but not with a group.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

## Things to avoid



Non-essential trips  
outside your home



Hugging or shaking  
hands



Crowds or gatherings



Visiting friends



Sharing food or utensils



Engaging in group  
activities or sports



Visiting popular  
destinations



Play dates, parties or  
sleepovers

## Physical distancing and your mental health

Physical distancing disrupts our normal social routines. During times of uncertainty and change, it is normal for people to worry. If you begin to notice signs of depression or hopelessness in yourself or a loved one, please seek help. Get support if you need to talk. For more information see:

- [Take Care of Yourself and Each Other](#)
- [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#)

Physical distancing, when combined with proper hand hygiene and cough etiquette, has been shown to limit the spread of COVID-19. If you are self-isolating because you have symptoms of COVID-19 or you may have been exposed to COVID-19, see [How to Self-Isolate](#).

## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

The information in this document is current as of April 2, 2020

# Procedures for Self-Quarantine under Covid-19

*Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.*

## Stay at home.

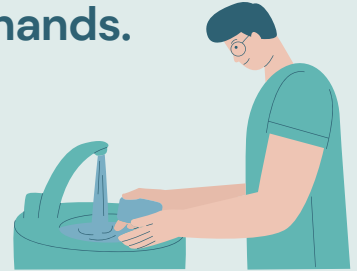
Limit all your non-essential travels.

*Unless you're going out for food, medicines or other essentials.*



## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature at least two times a day.



## Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.



*If possible, have a designated toilet and bathroom as well.*

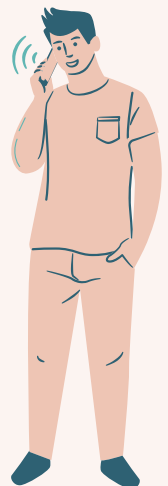
## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



## Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



## Practice social distancing.

If you need to go out, maintain at least 2 meters (6 feet) distance from others.

