

Novel coronavirus (COVID-19):

Weekly Bulletin to First Nations in Alberta: June 04, 2020

Office of the Senior Medical Officer of Health

Please email questions about COVID-19 to: sac.cdemergenciesab-urgencesmtab.isc@canada.ca

The COVID-19 pandemic is still ongoing. As active case numbers in the province drop and we continue through stage one of the relaunch, it is important to remember that new COVID-19 cases continue to be reported in Alberta daily. Progression to stage two of the relaunch will be determined by the success of stage one, and the success of our relaunch depends on everyone doing their part to stop the spread.

Status Update

Number of cases reported *, as of 15:30 pm June 04, 2020:

**numbers are changing rapidly and may change after this bulletin is released*

	Alberta (Alberta Health)	Canada (Public Health Agency of Canada)
Cases	7,091	93,441
Deaths	146	7,543
Recovered	6,611	51,048

- There are **334 active cases** of COVID 19 in Alberta.
- There are **47** cases of COVID-19 and **no deaths** recorded in First Nations people **living on reserve** in Alberta; **23** in Calgary Zone **19** in South Zone; and **5** in North Zone. **36** cases have recovered.
- There are **170** confirmed cases of COVID-19 and **3** deaths in First Nations people **living on and off reserve** in Alberta; **71** in Calgary Zone; **23** in Edmonton Zone; **33** in South Zone; **40** in North Zone; **2** in Central zone and **1** unknown.
- Aggregate data on COVID-19 cases in Alberta is available at <https://www.alberta.ca/covid-19-alberta-data.aspx>.

Testing in Alberta - update

- Alberta has expanded testing to all Albertans, whether they have COVID-19 symptoms or not. **Testing is now available to any person without symptoms who wants to be tested.** This expanded testing will help to further understand the impacts of moving to the next stage of Alberta's Relaunch Strategy as well as where there might be undetected positive cases and prevent further spread of the virus.
- The following groups will continue to receive **priority** for testing:
 - Any person exhibiting any symptom of COVID-19.
 - All close contacts of confirmed COVID-19 cases.
 - All workers and/or residents at specific outbreak sites.
 - All workers and residents at long-term care and level 4 supportive living facilities.
 - All patients admitted to continuing care or transferred between continuing care and hospital settings.
- Many First Nation communities in Alberta have ramped up testing in their communities. **43** First Nation communities in Alberta now report testing activities and a total of **3,364** tests have been conducted in these communities.



- Communities looking for support to expand their local testing capacity can reach out to FNIHB-AB through their community health staff.
- All individuals living on First Nation reserves **are encouraged to get tested**.
- A testing appointment can be booked online with the [COVID-19 online self-assessment tool](#), **OR** call Health Link 811 **OR** or contact your community health centre to access testing.
- If you decide to get tested, keep in mind that:
 - While you are waiting for your result you do not need to self-isolate, as long as you remain asymptomatic.
 - If your test result is negative, you may still develop COVID-19 if you have been exposed to the virus in the last 14 days. It is important to continue monitoring for symptoms.
 - If your COVID-19 test result is positive, you would need to self-isolate for at least 10 days, even if you do not have symptoms. Anyone who has been in close contact with you would also have to self-isolate.

Alberta's Relaunch Strategy

- The first stage of relaunch was fully active in Calgary and Brooks on June 1.
- An updated list of businesses and sectors currently permitted to open or who are restricted from providing services at locations accessible to the public can be found at <https://www.alberta.ca/restricted-and-non-restricted-services.aspx>.
- As more restrictions on business and sectors are lifted, businesses are encouraged to check the [Alberta.ca/BizConnect](#) web page for new and updated guidance documents. The web page has health and safety guidelines for general workplaces, and sector-specific guidelines for those able to open in stage one of relaunch.
- More information on the phases of the Alberta's relaunch and key public health measures can be found at [Alberta's relaunch strategy](#) and [Alberta's Safely Staged COVID-19 Relaunch](#).

What the Government of Canada and ISC/FNIHB-AB are doing – an update

- On May 29th, the Government of Canada announced \$650 million in additional funding for health, economic, and social support for Indigenous peoples and communities including:
 - An additional \$285.1 million to support the ongoing needs-based COVID-19 public health response in Indigenous communities.
 - \$270 million to supplement the On-Reserve Income Assistance Program to address increased demand on the program, which will help individuals and families meet their essential living expenses.
 - \$85.6 million over five years to build 12 new shelters (with \$10.2 million annually ongoing), which will help protect and support Indigenous women and girls experiencing and fleeing violence. This funding will help build 10 shelters in First Nations communities on reserve across the country, and two in the Territories, to support Indigenous women and children.
 - Details of the new investments will be forthcoming and we will communicate what this announcement means for First Nations in Alberta. More information can be found [here](#).
- FNIHB-AB previous telehealth sessions were recorded and are available at <http://www.fntn.ca>. The next telehealth session will be held on **Thursday June 11, 2020**. Information on how to register will be sent shortly.

Additional updates

- Multi-system inflammatory syndrome in children, or MIS-C, is a new condition similar to an inflammatory illness known as Kawasaki Disease, and responds to treatments such as steroids. One possible case of MIS-C is being investigated in Alberta. It has been seen in other jurisdictions around the world and potential cases are also being explored in other provinces across Canada. Reported cases involve children and adolescents who have been recently infected with COVID-19, developing the syndrome several weeks to a month after an infection. Early information available suggests that the majority of children who have COVID-19 are **not** expected to experience this syndrome. However, the disease is reportable in Alberta in order to monitor any possible cases and

improve our understanding of this illness. This is an important reminder that we continue to learn new things about this virus, and that we must continue to be cautious in our relaunch.

- Effective May 25 until August 31, 2020, First Nations in Alberta will be billed at cost, and subject to availability, for non-medical PPE by the Province. For questions or if you require advice on ordering medical and non-medical PPE please contact sac.cdemergenciesab-urgencesmtab.isc@canada.ca. Alberta Health Services has confirmed this announcement does not impact medical PPE procurement for health care professionals.
- A new toll-free advice line managed by Allied Health clinicians is available to support Albertans with rehabilitation needs. The Rehabilitation Advice Line, [1-833-379-0563](tel:1-833-379-0563), operates every day from 10 a.m. to 6 p.m. and is available for those over the age of 18 who:
 - Have existing health conditions that affect muscles, bones, and joints – including those awaiting or recovering from surgery
 - Have existing disabilities related to neurological conditions (e.g. Parkinson’s, Spinal Cord Injury, MS, Brain Injury, Stroke)
 - Are recovering from COVID-19

The Rehabilitation Advice Line gives callers information about:

- Activities and exercises that help with physical concerns
- Strategies to manage the day-to-day activities affected by these concerns
- Rehabilitation services that are open for in-person and/or virtual visits
- Community-based organizations
- **InfoPoint**, launched by the First Nations Health Managers Association, is designed for First Nations health managers across Canada to access credible sources of information and ask questions related to COVID-19. In order to access this service, simply call the toll-free number at **1-855-446-2719**, or email InfoPoint@fnhma.ca

Quick facts

- Albertans are encouraged to wear non-medical masks in public when it is difficult to maintain physical distancing of 2 metres at all times.
- Wearing a homemade or non-medical mask in public is another tool to help prevent the spread of COVID-19. It hasn’t been proven that masks protect the person wearing it, but it can help protect people from being exposed to your germs.
- Masks should complement, **not replace**, other prevention measures. Continue physical distancing and good hand hygiene, and stay home when sick.
- The Public Health Agency of Canada (PHAC) has published a video on how to wear a non-medical mask or face covering properly. Find the video [here](#).
- More information on how to choose and wear a non-medical mask to help prevent the spread of COVID-19 can be found at <https://www.alberta.ca/masks.aspx>

Mental Health and Wellness

- **Text4Hope-Addiction Support** and **Text4Hope-Cancer Care** are designed to help Albertans dealing with psychological issues related to addiction and cancer issues.
 - Text “Open2Change” to [393939](tel:393939) to subscribe to the addiction program.
 - Text “CancerCare” to [393939](tel:393939) to subscribe to the cancer program.
 - Text “COVID19HOPE” to [393939](tel:393939) to subscribe to supports for mental health and wellness in a time of stress and isolation.
- Other resources are also available if you, or someone you know, is struggling or needs a little extra support. Supports and resources are also available for children. These resources can be found through the **OneHealth** website at <https://www.onehealth.ca/ab/ABCovid-19> or in weekly bulletins.

Updates and additional information

If you have general questions about COVID-19 or require current information, please refer to the following websites which are trusted information sources and are being regularly maintained and updated.

Alberta Health – [Coronavirus info for Albertans](https://www.alberta.ca/coronavirus-info-for-albertans.aspx) <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

[COVID-19 Data for Alberta](https://www.alberta.ca/covid-19-alberta-data.aspx) <https://www.alberta.ca/covid-19-alberta-data.aspx>

OneHealth - <https://www.onehealth.ca/ab/ABCovid-19>

Alberta Health Services – [novel coronavirus \(COVID-19\)](https://www.albertahealthservices.ca/topics/Page16944.aspx)
<https://www.albertahealthservices.ca/topics/Page16944.aspx>

Public Health Agency of Canada – [2019 novel coronavirus: Outbreak update](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

World Health Organization – [Coronavirus disease \(COVID-19\) outbreak](https://www.who.int/emergencies/diseases/novel-coronavirus-2019)
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Indigenous Services Canada COVID-19 Updates available in several Indigenous languages -
<https://www.gotoinfo.ca/ISCInfo>
<https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298>

For helpful advice on handling stressful situations and ways to talk to children please visit

- [Mental health and coping with COVID-19 \(CDC\)](#)
- [Talking with children about COVID-19 \(CDC\)](#)
- [Help in Tough Times \(AHS\)](https://www.albertahealthservices.ca/amh/Page16759.aspx) <https://www.albertahealthservices.ca/amh/Page16759.aspx>

Previous information bulletins and additional information and resources for health staff can be found at <https://www.onehealth.ca/ab/ABCovid-19>

Mental health and coping resources are available for individuals who are struggling or need a little extra support.

- The Mental Health Help Line [1-877-303-2642](tel:1-877-303-2642) is available 24/7 to provide advice and referrals to community supports near you.
- Hope for Wellness Help Line [1-855-242-3310](tel:1-855-242-3310), 24 hours a day, 7 days a week.
- Kids and teens can call the Kids Help Phone: [1-800-668-6868](tel:1-800-668-6868).
- Text COVID19HOPE to [393939](tel:393939) to subscribe to a free service supporting mental health and wellness in a time of stress and isolation.
<https://www.albertahealthservices.ca/topics/Page17019.aspx>

Anyone with specific questions or concerns about their health is encouraged to call Health Link at 811 for health advice.

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