



Jan. 3/2021 - Today, the North of Superior Health Care Group (NOSH) and North Shore Family Health Team (NSFHT), has received a positive novel coronavirus (COVID-19) test result for a patient in our catchment population.

In this case, the patient is currently experiencing mild symptoms of COVID-19 and is self-isolating at home. The patient will remain in self-isolation for a minimum of 14 days and will be closely monitored.

### **Current case investigation**

Thunder Bay District Health Unit (TBDHU) is actively investigating the case. Currently, they are doing contact tracing, which involves tracking down everyone who has been in close physical contact with the individual who tested positive for COVID-19.

All close contacts of the individual who tested positive for COVID-19 will be required to self-isolate and will be given specific instructions by the TBDHU.

For more information on self-isolation, please visit: <https://www.tbdhu.com/selfisolation>

To help with the contact tracing process, everyone should strongly consider downloading the COVID Alert App. This app will alert you if you have had an exposure to a positive COVID-19 case. If you receive an alert, please self-isolate right away and call TBDHU for further instructions at 807-625-5900 or 1-888-294-6630.

Everyone is encouraged to plan ahead and be prepared to immediately self-isolate for 14 days should they or any member of the household be required to self-isolate.

### **Staying safe and limiting the spread of the virus**

To prevent virus transmission in our communities, everyone is encouraged to continue following the important messages that have been repeatedly shared over the last several months, including:

- Maintaining physical distancing,
- Staying home if you are sick,
- Wearing a face covering when needed,
- Self-isolating when appropriate,
- Washing or sanitizing your hands frequently,
- Avoiding touching your eyes, nose, and mouth, and
- Disinfecting frequently touched surfaces often.

If you have any cold or flu-like symptoms or are concerned that you need to be tested for COVID-19, first self-isolate, then contact the assessment center at NOSH - McCausland Site 825-3273 extension 136. If a nurse does not immediately answer your call, please leave a message, with your phone number, and your call will be returned. For any other COVID questions, please contact the Terrace Bay office of the TBDHU at 825-7770.



You can also call your local Doctor's office.

- J.E. Stroke Medical Centre, Schreiber at 807-824-2934
- Aguasabon Medical Clinic, Terrace Bay at 807-825-3235

### **Ongoing communication**

Over the past few months, we have all had to absorb a lot of new information. This is truly change at every level and on a scale we have not experienced before.

NSFHT and NOSH want to assure you that we are following best evidence practices and that we remain committed to keeping our communities and health workers updated with timely and accurate information of any local COVID-19 spread. We will continue to regularly relay those messages to you using the following media outlets: NSFHT website and Facebook page, NOSH website and Facebook page, Townships of Terrace Bay and Schreiber websites, CFNO radio and Terrace Bay/Schreiber News.

### **BE KIND and supportive of each other**

We recognize that you may be concerned, fearful and anxious about further spread of COVID-19 in our communities. We assure you that these feelings are normal in times like these. We also understand that dealing with these difficult emotions is not always easy and it can sometimes impact the way we treat others.

As things continue to be tough for many, we encourage you to remain respectful towards each other. Now more than ever, it is very important to stay committed and focused on the positive and empathetic path we have built together over the last few months.

Everyone needs to take on these responsibilities and do everything they can to support our communities and prevent the spread of the virus, while maintaining civility, compassion and understanding. We are stronger together!

For additional information about COVID-19, please visit the following websites:

North of Superior Healthcare Group: [www.nosh.ca](http://www.nosh.ca)

North Shore Family Health Team: <http://www.northshorefamilyhealthteam.ca/>

Thunder Bay & District Health Unit: [www.tbdhu.com](http://www.tbdhu.com)