



Métis Nation–Saskatchewan Bulletin on COVID-19, March 13, 2020

MN–S cares

The Métis Nation–Saskatchewan (MN–S) holds public health and safety, and in particular the health of its citizens, staff, and elected in top regard. In the interests of public health and the well-being of our citizens, we have been monitoring the situation with COVID-19 closely for several weeks and we have taken action to be proactive in protecting our communities and families.

MN–S is tracing contact

COVID-19 is an illness caused by a coronavirus. There is a person who has tested positive for COVID-19, and who was at the PDAC Convention March 1st – 4th. Early news is advising that this person would not have been contagious at the time of the PDAC event. That said, there were a few delegates at the PDAC convention who were also at the Otipemisiwak Conference March 9th-10th, which MN–S hosted in Gatineau with the Métis Nation of Alberta and the Métis Nation of Ontario. There is no evidence that anyone who was at the Otipemisiwak Conference March 9th-10th was in contact with someone who is confirmed to have the COVID-19. We are tracking this situation as it evolves.

MN–S is in communication

In a situation like this, reliable information is critical and communication key, as the situation can change quickly. MN–S responded to hearing of the crossover of people between the PDAC Convention and the Otipemisiwak Conference by reaching out to the Saskatchewan Health Authority and communicating with our delegates who were at the Otipemisiwak conference. We will continue to do this, and we will continue to keep in communication with our citizens, staff, and elected as this situation develops. MN–S notices related to COVID-19 will be posted on our website at



<https://metisnationsk.com/2020/03/13/metis-nation-saskatchewan-updates-on-response-to-covid-19/>

MN-S acts with caution

In fact, out of an abundance of caution, we have taken measures. Within hours of hearing of the crossover of people between the PDAC Convention and the Otipemisiwak Conference the MN-S Ministry of Health sent out a recommendation that anyone who attended the Otipemisiwak Conference should not come into the MN-S main office or Registry office and that they should consider self-isolating and self-monitoring for symptoms (more information below).

The MN-S has also limited activities which could promote transmission. This includes cancelling the MN-S Elder's Gathering scheduled for March 24th, cancelling Regional Community Health Engagement Sessions until further notice, and the Postponement of Regional Constitutional Reform Phase 2 Consultations. Non-essential travel has been limited and in-person meetings have been changed to teleconference activities.

Further information is forthcoming on Facebook and our Website on how this will affect other upcoming engagement sessions, meetings, and events.

MN-S Promotes informed decision making and prevention

MN-S promotes precautions and personal protective practices, like hand hygiene, respiratory etiquette, social distancing, and staying home if ill.

It is recommended that people "practice proper cough and sneezing etiquette (into the bend of your elbow); Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer; Avoid touching your eyes, nose and mouth with unwashed hands; Maintain safe food practices; and Avoid close contact with people who are sick." ¹

¹ <https://saskatchewan.ca/coronavirus>



Symptoms may take up to 14 days to appear after exposure to the virus² while the average is 5-6 days after infection.³

The common symptoms of the virus “include respiratory symptoms: fever, cough, shortness of breath, and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease.”⁴

For treatment the Government of Saskatchewan states that “if symptoms feel worse than a standard cold” to see a health care provider or call HealthLine at 811 (204-788-8200 or 1-888-315-9257) for direction and to be connected to public health. When going into to be tested, you should call ahead so that they and you can take proper precautions to prevent the spread of the virus.⁵

Self-Monitoring means watching closely for symptoms. Information on self-monitoring is available at

<https://publications.saskatchewan.ca/api/v1/products/104407/formats/116253/download>

Self-isolation is a precautionary measure to reduce the risk of spreading.

Information on self-Isolation is available at:

<https://publications.saskatchewan.ca/api/v1/products/104073/formats/115767/download>

MN-S wishes you good Health

The MN-S promotes monitoring the advisories of governmental health authorities and acting on those. MN-S will stay in connection with you as we evaluate further news and updates as they relate to MN-S activities. We will continue to monitor the situation and we will react with prudence and caution.

² <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/know-facts-about-coronavirus-disease-covid-19.html>

³ <https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf>

⁴ <https://saskatchewan.ca/coronavirus>

⁵ <https://saskatchewan.ca/coronavirus>



Our objective is to always take care of each other because this is what we do at MN-S and our response to this has been and will continue to be motivated by this simple fact.

Further information is available at

<https://metisnationsk.com/2020/03/13/metis-nation-saskatchewan-updates-on-response-to-covid-19/>

<https://saskatchewan.ca/coronavirus>

<https://ipac-canada.org/coronavirus-resources.php>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

<https://www.canada.ca/en/public-health/services/diseases/coronavirus.html>

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>