

AFN C-19 National Task Force
Daily Update for: June 19, 2020

Health Sector

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

Areas in Canada with cases of COVID-19, as of 2020-06-18 7:01PM EDT

Province	Confirmed Cases	Hospitalization (ICU)*	Deaths	Recovered
BC	2,783	10 (5)	168	2,425
AB	7,579	34 (6)	152	6,938
SK	708	2 (1)	13	636
MB	308	0 (0)	7	293
ON	32,917	331 (82)	2,553	28,004
QC	54,383	574 (62)	5,340	22,754
Newfoundland/Lab	261	0 (0)	3	258
NB	164	2 (1)	2	135
NS	1,061	2 (1)	62	997
PEI	27		-	27
Yukon	11		-	11
NWT	5		-	5
Nunavut	0			
Repatriated Travelers	13			
Total	100,220	955 (158)	8,300	62,496
Active Cases= 29,345				

*These are numbers of *current* hospitalizations and ICU admissions. Some sources report the total *cumulative* number of hospitalizations and ICU admissions. Also, hospitalization data are amalgamated as they are reported by various hospitals; they are therefore updated sporadically, intermittently, and are likely to be less accurate and current than other data points.

	Cases	Deaths	Recovered
Globally	8,519,543	454,625	4,184,445

- Data is as of June 19 at 9:33am from Johns Hopkins University:
<https://coronavirus.jhu.edu/map.html>

Epidemic Summary

As of **June 18, 2020**, the majority (**88%**) of COVID-19 cases are related to domestic acquisition. Domestic acquisition is defined as any exposure that occurred within Canada. This includes acquisition through contact with a COVID-19 case (**52%**); through contact with a traveller (**1%**); and from an unknown source (**35%**). Only **4%** of cases are attributed to travel outside of Canada. The exposure setting for the remaining **8%** of Canadian cases is unknown (information pending).

As of **June 18, 2020**, Canada has an overall case fatality rate of **8.3%**.

As of **June 18, 2020**, **62%** of all Canadian COVID-19 cases are reported to have recovered.

Risk to Canadians

COVID-19 is a serious health threat, and the situation is evolving daily. The risk will vary between and within communities, but given the increasing number of cases in Canada, the risk to Canadians is considered **high**.

There is an increased risk of more severe outcomes for Canadians:

- Aged 65 and over
- With compromised immune systems
- With underlying medical conditions

Data Sources:

British Columbia:

<https://experience.arcgis.com/experience/a6f23959a8b14bfa989e3cda29297ded>

Alberta: <https://covid19stats.alberta.ca/#cases>

Saskatchewan: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/cases-and-risk-of-covid-19-in-saskatchewan>

Manitoba: <https://www.gov.mb.ca/covid19/updates/index.html#cases>

Ontario: <https://www.ontario.ca/page/2019-novel-coronavirus#section-0>

Quebec: <https://www.inspq.qc.ca/covid-19/donnees>

New Brunswick:

https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/case-map.html

Nova Scotia: <https://novascotia.ca/coronavirus/data/>

Prince Edward Island: <https://www.princeedwardisland.ca/en/information/health-and-wellness/pei-covid-19-testing-data>

Newfoundland and Labrador: <https://covid-19-newfoundland-and-labrador-gnl.hub.arcgis.com/>

Yukon: <https://yukon.ca/covid-19>

Northwest Territories: <https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19>

Additional source (national): <https://www.ctvnews.ca/health/coronavirus/tracking-every-case-of-covid-19-in-canada-1.4852102#alberta>

Housing, Infrastructure, Water & Emergency Management Sector

Local States of Emergencies:

First Nation States of Emergency- As per ISC report June 16, 2020									
Region	BC	AB	SK	MB	ON	QC	ATL	Territories	Total
Confirmed	61	31	0	21	69	4	7	2	195

- There are: 9 FN communities impacted by Flooding (5 BC, 3 AB, 1 ON) with 59 evacuated FN community residents due to Floods; 1 FN community impacted by Severe Weather (1 MB) with 2 families evacuated due to Severe Weather.
- Overall: There are currently 5 FN communities partially evacuated (2 BC, 1 MB, 2 AB).
- Next Situation Report will be issued on: Friday June 19, 2020 (by approx. 17:00 EST) (Unless significant incidents occur)

RC Hart reported that Long Plain First Nation in MB suffered damage for the storm on the weekend.

Communications Sector

First Nation communities ‘especially vulnerable’ to COVID-19, Mamakwa Dryden Now – June 19, 2020

<https://www.drydennow.com/local/first-nation-communities-especially-vulnerable-to-covid-19-mamakwa>

Vancouver Island First Nation office closed after suspected contact with COVID-19
CTV News – June 19, 2020

<https://vancouverisland.ctvnews.ca/vancouver-island-first-nation-office-closed-after-suspected-contact-with-covid-19-1.4990591>

Managing mental wellness in the workplace and COVID-19: An Indigenous perspective – Part 2

Anishinabek News - June 18, 2020

<http://anishinabeknews.ca/2020/06/18/managing-mental-wellness-in-the-workplace-and-covid-19-an-indigenous-perspective-part-2/>

Toronto Indigenous organization launches program to help families with mental health
Globe and Mail - JUNE 18, 2020

<https://www.theglobeandmail.com/canada/toronto/article-toronto-indigenous-organization-launches-program-to-help-families-with/>

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First Nations communities facing life-threatening COVID-19 crisis need Ford's help now
Wawa News – June 18, 2020

<https://wawa-news.com/index.php/2020/06/19/first-nations-communities-facing-life-threatening-covid-19-crisis-need-fords-help-now/>

Numbers

<https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298#chap5>

Confirmed cases of COVID-19

On First Nations reserves in provinces, as of June 18, ISC is aware of:

- 271 confirmed positive COVID-19
- 26 hospitalizations
- 214 recovered cases
- 6 deaths

Case numbers per region:

- British Columbia: 42
- Alberta: 70
- Saskatchewan: 68
- Ontario: 56

- Quebec: 35

Full Stories

First Nation communities ‘especially vulnerable’ to COVID-19, Mamakwa Dryden Now – June 19, 2020

<https://www.drydennow.com/local/first-nation-communities-especially-vulnerable-to-covid-19-mamakwa>

Kiiwetinoong MPP Sol Mamakwa says the Ontario government needs to do more to protect northwestern Ontario First Nation communities from the coronavirus.

“First Nations communities are especially vulnerable to the virus, as many do not have access to safe clean drinking water, and live in over-crowded housing conditions,” said the NDP’s Indigenous Relations and Reconciliation critic, in a prepared release.

“These issues become compounded when communities are grappling with the deaths of community members, not related to COVID-19, but due to substandard healthcare and mental health services.”

On June 16, the Sioux Lookout First Nation Health Authority confirmed five new cases of COVID-19 in the area. Two of those cases were in one unnamed community, and three of them were in another. Contact tracing for any potential contacts is in place for both First Nation communities.

“We commend the culturally appropriate work of Sioux Lookout First Nations Health Authority, and call on the Ford government to provide the resources they need to do their urgent work,” Mamakwa added.

In March, shortly after Ontario’s State of Emergency went into effect, Mamakwa demanded more support for First Nation communities, as they regularly deal with significant social issues as it is – like overcrowding and the lack of clean water - without the threat of the Coronavirus to compound them.

“Infectious diseases are especially devastating for First Nation communities. The government tells people to wash their hands, but it’s hard to do without clean running water. The government tells people to self-isolate, but how do you do that when there are 10 or 12 people living in the home?”

The federal government is aware that no drinking water is certainly an issue for those who are fighting against COVID-19. Indigenous Services Canada’s COVID-19 information page recommends First Nation community members to:

“If you do not have access to running water, wash your hands in a large bowl and then throw out the water from the handwashing bowl after each individual use.”

Since COVID-19 is not known to spread through water, members can use water under a boil water advisory to wash your hands and for personal hygiene. But water under a do not use advisory is not suitable for any use, and hand sanitizer must be used instead.

Across Canada, northwestern Ontario has the highest concentration of long-term drinking water advisories. Of the 62 advisories remaining, 20 of them can be found in the federal Kenora District.

Acting Medical Officer of Health for the Northwestern Health Unit, Dr. Ian Gemmill, explained that health unit staff won't be conducting COVID-19 testing in First Nation communities, as that work will be left for staff with Indigenous Services' First Nations and Inuit Health Branch. Those test results are then sent to the NWHU, to be added to the regional and provincial data. Gemmill didn't have an estimation on the time lapse between the confirmation of a positive case, the information being sent to Indigenous Affairs and then the health unit, but he hopes it would be as "quick as possible." He notes that these tests are being sent to a centre in Winnipeg for results.

As of June 18, over 8,000 COVID-19 tests have been taken in the Northwestern Health Unit's catchment area. 27 residents were confirmed to have been positive, but 23 of the cases are now considered resolved.

Vancouver Island First Nation office closed after suspected contact with COVID-19 **CTV News – June 19, 2020**

<https://vancouverisland.ctvnews.ca/vancouver-island-first-nation-office-closed-after-suspected-contact-with-covid-19-1.4990591>

VICTORIA -- Staff at a Vancouver Island First Nation government office are in self-isolation after a community member was exposed to someone with a suspected case of the novel coronavirus. The Pauquachin First Nation office in North Saanich will be closed for the next 14 days while staff stay home.

Pauquachin Chief Rebecca David tells CTV News the band government is telling all community members to reduce outings in the community to a minimum while administrators await the results of COVID-19 testing.

Pauquachin administrator Susan Miller told CTV News that a community member was exposed to someone outside the Pauquachin community with a suspected case of COVID-19.

That community member was in turn in contact with office staff in the past 24 hours, Miller said Thursday.

"Members are asked to remain cautious and not be in contact with members or staff who are in self-isolation," Miller said.

Managing mental wellness in the workplace and COVID-19: An Indigenous perspective – Part 2

Anishinabek News - June 18, 2020

<http://anishinabeknews.ca/2020/06/18/managing-mental-wellness-in-the-workplace-and-covid-19-an-indigenous-perspective-part-2/>

NIPISSING FIRST NATION TERRITORY— As people worldwide work towards navigating through the changes brought about the coronavirus disease 2019 (COVID-19) pandemic, particularly socially and professionally, many are trying to manage the rollercoaster of emotions the pandemic has brought about.

With this in mind, the Anishinabek Nation (formerly known as the Union of Ontario Indians) has taken a proactive approach by turning to health professionals and experts to support the health and well-being of staff who are all currently working-from-home until September.

Doctor Brenda Restoule, Chief Executive Officer of First Peoples Wellness Circle and Doctor Carol Hopkins, Executive Director of the Thunderbird Partnership Foundation, were invited by

the Anishinabek Nation Health Department to lead the Anishinabek Nation Staff Mental Wellness Session via Zoom on June 11.

Dr. Hopkins, who holds a Master of Social Work Degree from the University of Toronto and a degree in sacred Indigenous Knowledge (equivalent to a PhD in the western-based education systems), delivered a presentation, Mental Wellness & COVID-19, where she provided a unique combination of cultural and clinical perspectives balanced with the experience of supporting First Nation workforces.

As fear, anxiety, and loneliness stemming from the coronavirus disease 2019 (COVID-19) pandemic continue to grow, Dr. Hopkins believes that accepting and identifying emotions are necessary to help move ahead.

“There are going to be mixed emotions when we get back. Emotions are going to naturally be a part of what we experience, so it’s important to remember that emotions are necessary,” Dr. Hopkins emphasizes. “The natural response to everything that we encounter in life through our emotions is natural; it’s not something that we automatically choose. We can get better at how we choose to respond.”

Dr. Hopkins, much like Dr. Restoule in her presentation, touched on how leadership is not simply at the upper management level but starts at the individual level— the ‘self’ — and how it plays a pivotal role in managing the emotions brought on by pandemic.

“Leadership doesn’t mean your certain position; leaders are also defined by characteristics,” she explains. “...The initiative you take, how you show up in the discussions is a part of defining your leadership...If we are people that have not dealt with change very easily, then COVID-19 is going to have a harder impact on us. If we’ve learned some tools and skills to navigate through changes so it doesn’t become daunting or causes us to freeze up, then all of that defines the legacy that we leave as a leader in our own roles and in our responsibilities in the situation of COVID-19.”

Emotions are a natural chemical response to the environment in which you find yourself in and if you look internally and listen, according to Dr. Hopkins, it will help manage them. She believes that asking yourself or others the simple question, “What else are you feeling?”, can be a valuable tool in emotion management.

“This begins to transform the conversation and the emotions at play that may not be expressed. It’s to validate what you hear first. Your next response is validating what you hear. Validating emotions doesn’t mean you’re judging or agreeing or disagreeing, all it does is communicate to the other person that you’re listening to. Listening is a powerful tool for building trust.”

Dr. Hopkins and Dr. Restoule coincide in that routines play a vital role throughout this pandemic in more ways than one.

“Routines are important in helping us decrease stress and creating normalcy—if there is a sense of normalcy during COVID-19—and helps us depend on things when we can map them out,” Dr. Hopkins explains.

Dr. Hopkins also explained that having a sense of purpose as an individual can play a significant role in managing emotions.

“When we think about the future, what we do in life is grounded by meaning. This could be spirit names, clans, spiritual beliefs (no matter what they are). When we understand our

purpose in life, it helps us value our thoughts and emotions. Every experience in life helps to define what that purpose is.

With so much uncertainty surrounding the COVID-19 pandemic on a day-to-day basis, it is difficult to be able to plan ahead or envision what the future will look like; however, Dr. Hopkins believes that this is where First Nations people will thrive.

“Resiliency is what is allowing First Nations to handle COVID-19 better,” she expresses. “One of our natural values as First Nation people is community and family. Mental health is easier for us to comprehend and plan for. Once we go back to work, a lot of things will have changed again. We need to think ahead and start planning for those kinds of things. Things that have changed that we’re bringing with us and where the gaps have gotten worse. We can think about a lot of services that were halted or offered in a different way; but just the same, a lot of innovation was happening. People were working really fast about how our programs and services could be offered in a different way so we were still responding to First Nations. We can’t just leave it up to our organizations to say where we’re going to be next year at this time, it’s going to take everybody’s efforts to get there.”

Dr. Hopkins believes that when it comes to managing emotions, remaining connected will play a meaningful part.

“How do we sustain connectedness as organizations with our staff and stakeholders post-COVID-19? To do well, we all have to be well. And to be well, we have to be connected to each other as people but also to the lands that we come from. Another factor that influences or supports/sustains that connectedness is the flow of information; sharing of ideas.”

The connections extend beyond the physical and into the spiritual being.

“We have to remember to be kind to ourselves and challenge our way of thinking about that. Remember your ancestors went through many more challenges,” reminds Dr. Hopkins. “And what did they do to get through that? What can you learn from that? What can we teach others?... It’s a critical part of who we are as First Nations— we can’t afford to be different than who we are. If we acknowledge our relationship with our spirits, ancestors, then we’re drawing on our own evidence that comes from our own stories of creation. Our spirit lives forever. If we believe that, then we know the spirit of our ancestors is ever-present and available for us.”

Toronto Indigenous organization launches program to help families with mental health Globe and Mail - JUNE 18, 2020

<https://www.theglobeandmail.com/canada/toronto/article-toronto-indigenous-organization-launches-program-to-help-families-with/>

A new pilot program launched this week in Toronto parks aims to help Indigenous children and families who may be struggling with mental health and other issues brought on by the COVID-19 pandemic.

“This is going to help us avoid a secondary pandemic of stunted physiological development and issues with mental health for kids,” says Dr. Jeffrey Schiffer, executive director of Native Child and Family Services of Toronto, the organization running the program.

Many of the face-to-face services the organization provides, such as daycare, have been shut down since the World Health Organization declared COVID-19 a pandemic more than three months ago. Numerous families who have found themselves unable to access services also lack access to green space, Dr. Schiffer says.

The program, described by Dr. Schiffer as “a trauma-informed land-based response to COVID,” sees an Indigenous family of up to four members who have been self-isolating meet with a member of the Native Child and Family Services of Toronto staff. Together, they will participate in a range of culturally specific activities, including Indigenous storytelling, singing Indigenous songs, arts and crafts, and physical activity for children such as strawberry hunts at three Toronto parks.

“There’s copious amounts of evidence that would tell us having children outdoors, engaging in physical activity, is good for their physical and mental health. And especially for Indigenous kids, the connection to land, and the ability to be with their family engaging in culturally appropriate and specific programming, is really fundamental,” says Dr. Barbara Fallon, a Canada Research Chair in child welfare and one of the program’s partners.

Dr. Steven Miller, head of the Centre for Brain and Mental Health at the Hospital for Sick Children in Toronto, and also one of the program’s partners, says the initiative will help to address many of the issues children are struggling with during the pandemic, including stress, anxiety and depression.

“This outdoor activity can help mitigate the unintended consequences of the COVID pandemic and support children’s mental health,” he says.

Melissa McNeil enrolled in the program to help her five-year-old daughter, Jada, connect with her culture over the summer.

“Part of our culture is we take our shoes off, we walk in the grass, we connect with Mother Earth. It helps us to recharge our mind, body and spirit,” Ms. McNeil says. “I’m so excited for her, because she loves the outdoors and she’s not able to go to camp this year.”

Jada “craves this knowledge” that she gets from Indigenous storytelling and songs, Ms. McNeil says.

Spending time in a park with other Indigenous families will be a great benefit to them both after months of isolation, she adds.

“I’m so excited to be with people,” Ms. McNeil says. “We’ve been cooped up in our house for so long.”

Data gathered from families over the course of the program will help provide the provincial government with information on how it may help Indigenous families and children living in other urban COVID-19 hotspots, Dr. Schiffer says.

It will also be valuable for helping Native Child and Family Services of Toronto understand how it may need to adjust its other programming during the pandemic. That may include mental-health programming the organization could provide virtually, or developing health and nutrition information to share online with the approximately 7,000 individuals throughout the Greater Toronto Area whom the organization serves.

“It’s very targeted mental-health support,” Dr. Schiffer says.

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First Nations communities facing life-threatening COVID-19 crisis need Ford's help now
Wawa News – June 18, 2020

<https://wawa-news.com/index.php/2020/06/19/first-nations-communities-facing-life-threatening-covid-19-crisis-need-fords-help-now/>

First Nations communities in Ontario's Far North facing the COVID-19 pandemic need additional support and action from the Ford government to contain the virus, said Kiiwetinoong MPP Sol Mamakwa, as more communities continue to report positive cases.

"Indigenous communities in Ontario struggling to contain the pandemic need the urgent support of the Ford government now," said Mamakwa, the NDP's Indigenous Relations and Reconciliation critic. The Far North communities of Mishkeegogamang, Eabametoong and Wabaseemoong have all reported positive COVID-19 tests. Mamakwa said the communities are doing everything they can to prevent the virus from spreading, but they cannot and should not be doing this alone. "The Ford government must provide these communities with the resources they need to stop COVID-19 and any further spread throughout the North," said Mamakwa. "We commend the efforts of Nishnawbe Aski Nation for the pandemic teams they are coordinating, but the province should always have health teams in place."

Mamakwa said that generations of inequity in Ontario have left Indigenous communities with over-crowded housing, no access to clean drinking water, and a lack of public health infrastructure. "There is no more time to waste. Lives are at risk, and the Ford government must take action now to ensure that there are doctors and nurses in the communities, medical stations, and structures needed for isolation," said Mamakwa. "Every moment that passes without government support or action means the contagion will continue to spread throughout Indigenous communities.

"Doug Ford must take action now to support communities struggling for the lives of their people during this pandemic."