

March 26, 2020



NWTAC E-News Flash

"Working together to achieve all that our communities want to be"

NWTAC -COVID 19- ISSUE

The NWTAC office will be closed to the public until further notice. All staff are working from home and still available through email. Please see information below so you can help your community slow the spread of the Coronavirus



The NWT is still in it's "Golden Hour of Opportunity", a term coined by a South Korean health official. This refers to the segment of time when strict social distancing can slow the transmission of this highly infectious disease. We need to learn this from the countries that are weeks ahead of us as we face a rate of infection that will double every three days without action.

Many of you know about the importance of fire breaks during a forest fire. Social distancing has been likened to a fire break. By starving the virus of hosts to infect, the disease is, if not extinguished, slowed significantly. Places like Italy missed their "Golden Hour". Let's make sure that we do not.

What I'm asking of ALL of us, is to be incredibly mindful of each cough, each social interaction, each trip to the store, or even to health care providers. Each and every personal contact avoided could stop one channel of transmission. As leaders in your community, you need to be demonstrating and encouraging social distancing.

Public health officials and health experts are making quick, informed decisions

on altering the path the illness takes in the NWT. Will errors be made? Of course, we are still learning about this virus. Are we overprepared, or too complacent? Time will tell.

The roll out of Covid-19 preparedness in the NWT has been swift and many people should be commended. The Health system, emergency management systems and many more are collaborating on getting prepared and collectively saying “how can I help?” There are still many unknowns, but there is confidence in facing this pandemic here, rather than any other place on the earth.


Finally, We Are the North! There is something very special about this place. Local businesses and service providers, many of whom have been shut down or had to alter normal business patterns, are reaching out in other ways to help. Let’s remember these people and businesses and support them after Covid-19 has passed us by. Amazon can deliver many things, but it doesn’t deliver community spirit or support.

Maybe the NWT’s “Golden Hour” is upon us. Take time to think about how **YOU** as a community leader can help to put gaps in virus transmission by staying in your home and enacting social distancing and encouraging others in your community to do the same. But also take time to be grateful that we live in this caring place we get to call home.

Sincerely,

Lynn Napier
President
NWT Association of Communities

Protect Our Elders Challenge



Government of Northwest Territories

Protect Our Elders

A Community Campaign to Stop the Spread of Covid-19 in the NWT

GOAL

- To share the message that the kindest thing we can do to protect our Elders and keep our loved ones safe is to stay home and keep at least 2 meters away from people outside our homes.

HOW TO SUBMIT

- Head to <https://www.surveymonkey.com/j/BHVRUKZ> to post your image
- If you are able, share it also in your own Social Media (Instagram, Facebook) with the hashtag #stayhome #stayclose #protectourelders

Submitted images will be shared across the NWT on social media on Facebook, Instagram along with the messages of other northerners! Together, we can send a message loud and clear to our communities that NOW is the time to be physically separated, so that we can come together with our Elders in good health again soon.

HOW TO GET INVOLVED

It's Simple:

- Send in a selfie with a sign. Take a selfie holding a sign with a message asking community members to stay home to protect our Elders or a similar message related to keeping at least 2 meters away from others to prevent the spread of Covid-19.

Feel free to make up your own reason why you want people to stay home or use one of these:

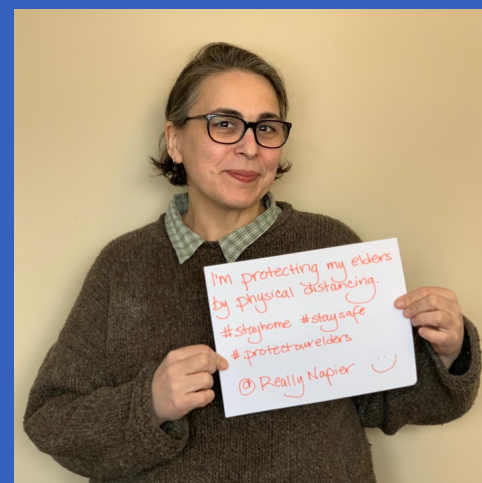
- I'm keeping my distance from: _____
- to protect my Elders.
- I'm protecting my Elders by: _____
- It's not about you, it's about: _____
- Please stay home / go out on the land to protect: _____

IN PARTNERSHIP WITH:

hwtac
NWT Association of Communities
Connecting Community Governments Since 1996

I'M KEEPING MY DISTANCE FOR THE SAFETY OF MY ELDERS.

#STAYHOME



[Link to Challenge Poster](#)

NEW - COVID 19 Toolkit

Coronavirus Disease (COVID-19) Resources

The NWTAC has created a new toolkit filled with resources to help our communities deal with the Coronavirus.

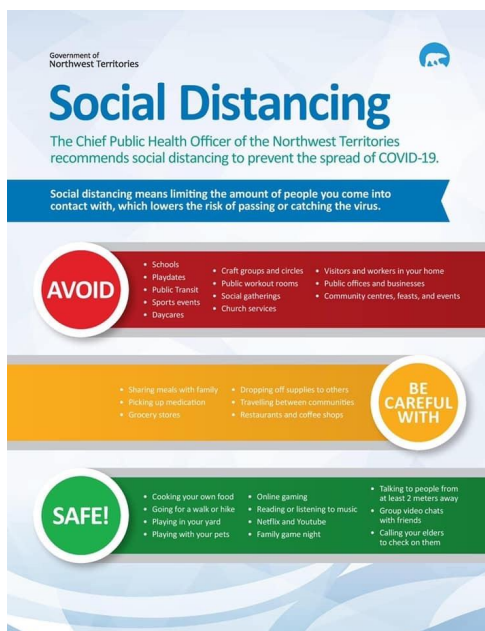
Go to the link below to get updated information from the Federal and Territorial governments as well as educational resources to keep your community healthy.



[Link to Coronavirus Toolkit](#)



PREVENT THE SPREAD



Importance of Social Distancing

The Chief Health Officer of the NWT recommends social distancing to prevent the spread of COVID-19. Even if you do not have any symptoms social distancing is mandatory.

[Link to Toolkit](#)

Limiting Contact during

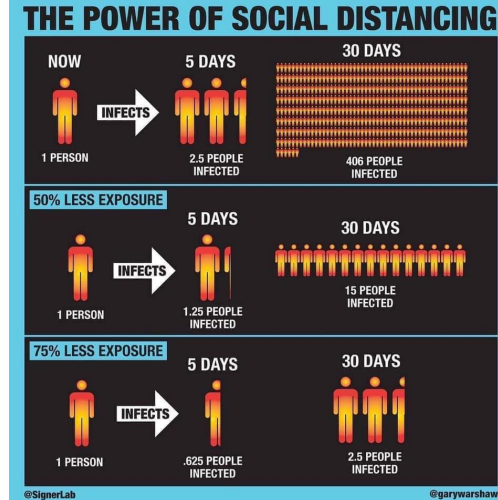
COVID-19

Isolation means staying at home when you are sick with COVID-19 and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

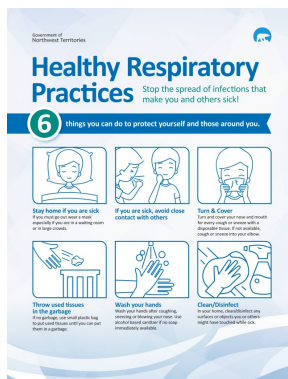
Each person can make a significant difference in the spread of this virus.

YOU HAVE THE POWER TO STOP THE SPREAD AND TO SAVE A LIFE.

[Link to Toolkit](#)



WHAT YOU NEED TO KNOW



It is important that individuals and communities are ready if there is widespread illness here at home. There are simple but effective things that everyone can practice to make sure we all stay healthy and safe.

[Link to Be Prepared Fact Sheet](#)

NWT online COVID-19 Self-Assessment Tool

The GNWT has developed a self-assessment tool for residents to help them decide if they or someone they are caring for should visit a health care provider for further COVID-19 related assessment and testing.

[Link to Assessment](#)

COVID-19
Information for
NWT residents

World Health Organization
Coping with stress during the 2019-nCoV outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

 If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.


 Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.


 Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

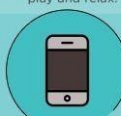
 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.


 Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.


World Health Organization
Helping children cope with stress during the 2019-nCoV outbreak

 Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.
Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

 Children need adults' love and attention during difficult times. Give them extra time and attention.
Remember to listen to your children, speak kindly and reassure them.
If possible, make opportunities for the child to play and relax.

 Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

 Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

 Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.
This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

MORE INFORMATION to STAY SAFE



Virtual Medical Care Available

Virtual care is now being offered to ensure that we can continue to address the needs of patients safely and effectively while reducing the potential spread of infection.

[Link to information for Virtual Care](#)

Travellers Arriving in the NWT

Anyone arriving in the NWT must **self-isolate** and stay at home for 14 days in Yellowknife, Inuvik, Hay River or Fort Smith only. No NWT resident is allowed to self-isolate in a small community or other regional centre other than the four listed communities if they have returned from outside the NWT.



[Link to Information for Travelers](#)



Reporting Someone NOT Following the Rules

If you see someone not following the important self isolation after travelling please contact the authorities but do not confront the person yourself.

email: protectnwt@gov.nt.ca

PROTECTING COMMUNITY PROPERTIES



COVID-19: Protecting Unoccupied Properties

During these unprecedented times, it has become necessary for businesses and organizations to shut down in response to the COVID-19 pandemic and properties may be unoccupied. In this bulletin we provide some general risk protection guidelines to assist real estate owners and property managers to manage these situations and reduce the risk of loss at their premises.

[Link to Document](#)

FINANCIAL ASSISTANCE



NWT Families can apply for funding During School Closure

NWT families worried about how to feed their children during Covid-19 school closures should apply for Jordan's Principle funding.

[Link to Information](#)

Canadians wondering, considering or in need of financial aid through COVID-19

Applications for the widened benefits will be available in April. However at this time, you would be wise to create your:

My Service Canada Account:

<https://www.canada.ca/en/employment-social-development/services/my-account.html>

or

CRA My Account:

<https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html>

Individuals and Business owners should get in touch with their financial institutions to inquire as to the measures they have in place. At the very least inquire as to the possibility of "payment deferrals"

If you are a business owner and looking for support, start with BDC

https://www.bdc.ca/en/about/mediaroom/news_releases/pages/canada-outlines-measures-support-economy-financial-sector.aspx?

If you are in agriculture start here with the FCC
<https://www.fcc-fac.ca/en/covid-19.html>

More from the NWTAC.....

**Supportive Member
of the Month**



**School of Community
Government
Calendar October 2019
Schedule**

[NWTAC Tool-Kits](#)

Check out our New Website!

