



## **Additional confirmed cases of COVID-19 in Marathon**

**December 9<sup>th</sup>, 2020** – The Marathon Family Health Team (MFHT) and the North of Superior Healthcare Group (NOSH) are announcing the 11<sup>th</sup> and 12<sup>th</sup> positive cases of COVID-19 in Marathon.

All patients who have tested positive for the virus have been contacted by the Thunder Bay District Health Unit (TBDHU) and are self-isolating at home to prevent further spread of the virus.

The TBDHU is completing very thorough contact tracing and will contact those who are considered high risk contacts of the individuals who have tested positive for COVID-19.

At this time, we can't confirm the number of active and/or resolved cases in Marathon as this is something that the TBDHU is responsible for tracking and reporting. However, we have been advocating for more detailed information from the TBDHU regarding active and resolved cases in district communities.

MFHT and NOSH recognize that there is sometimes a time difference between the case announcements made by our healthcare team and the TBDHU, which may cause some confusion. Our organizations don't always receive test results at the same time due to multiple factors, including where individuals get tested and by which mechanism. We are continuing to work closely with the TBDHU and we remain committed to keeping our communities informed as quickly as we can.

### **COVID-19 testing update**

Since the first positive case was announced, over 250 individuals have been tested at the Marathon COVID-19 Assessment Centre. We want to thank everyone who has taken on the responsibility of being tested and of self-isolating at home to help keep our communities safe.

Many of the individuals who were tested were considered "close contacts" of the people who have tested positive in Marathon. The fact that a relatively low number of close contacts have tested positive for COVID-19 suggests that what we are doing is working! We want to thank everyone for their vigilance and for continuing to do their best to follow public health recommendations despite experiencing COVID fatigue.

We encourage everyone to continue following the advice below to the best of their ability:

- Staying home as much as possible (limiting your outings and keeping them short can reduce the risk of virus transmission in our communities)
- Limiting your close contacts to the people you live with as much as possible (individuals who live alone, including seniors, may consider having close contact with another household to help reduce the negative impacts of social isolation)
- Self-isolating if you have symptoms, even if they are mild
- Maintaining two metres of physical distancing from others

- Wearing a face covering when around others who are not from your own household, especially if physical distancing cannot be maintained
- Washing your hands thoroughly and regularly
- Avoiding touching your face
- Limiting travel outside of Northwestern Ontario, unless it's necessary

Together, we can stop the further spread of COVID-19 in our communities!

### **A reminder from your healthcare team**

Throughout the pandemic, we have learned that amid the anxiety, there is also community, support and hope. We have seen people come together to deliver groceries to those in need, to prepare virtual community events and to find safer ways to connect with one another. We have also heard stories of people walking around the community in dinosaur costumes to spread some cheer, of individuals playing musical instruments for the residents of Peninsula Manor and of many businesses making changes to their operations to help keep everyone safe.

As the next few weeks will be tough for many, we encourage everyone to continue to be kind and respectful of each other. Supporting and being kind to others is not only beneficial for our communities overall, but it's also good for your own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing. So, if you are in a position to do so, we encourage you to lend a hand to someone who may need it and to keep spreading positivity as much as you can. Remember that even simple gestures can go a long way!

### **Contacting the MFHT**

If you have any symptoms associated with COVID-19 or are concerned that you need to be tested for COVID-19, first self-isolate, then contact MFHT by emailing [appointments@mfht.org](mailto:appointments@mfht.org). Emailing the clinic is currently the most effective way of reaching us. If you don't have access to a computer or have an email address, you can contact us by calling 807-229-3243.

### **Additional Support**

All new case information can be found on the TBDHU website ([www.tbdhu.com/news](http://www.tbdhu.com/news)) and Facebook page. If you have any questions related to COVID-19, please contact the TBDHU for more information. Public health professionals are here to guide you and to provide you with individualized advice during these uncertain times.