



Additional confirmed cases of COVID-19 in Marathon

December 10th, 2020 – The Marathon Family Health Team (MFHT) and the North of Superior Healthcare Group (NOSH) are announcing the 13th, 14th and 15th 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. Through contact tracing, public health authorities have been successful in determining transmission sources for most cases in our district. Understanding transmission sources helps our community leaders determine appropriate testing strategies and response plans in order to manage community outbreaks.

Outbreak testing update

As a result of the Barrick Hemlo and the Holy Saviour School outbreaks, the Marathon COVID-19 Assessment Centre experienced a surge in testing demand. MFHT and NOSH are glad to report that on the evening of December 9th, we managed to get caught up on this initial COVID-19 testing for the identified close contacts.

Ongoing COVID-19 testing

We recognize that dealing with the possibility of having COVID-19 can be stressful and frightening for many reasons, including the stigma that may be associated with it.

To all those who have been or will be tested, thank you for being brave and for coming to the Assessment Center. It's the right thing to do and your fearlessness is helping keep our communities safe.

To all those who have not yet required testing, know that your turn may come if you develop concerning symptoms. It's important that we all contribute to a supportive environment that encourages individuals to get tested when necessary. We also need to support those having to self-isolate. Without encouraging these positive behaviours, we risk discouraging individuals to get tested in fear of the associated stigma and then not being able to effectively manage the spread of the virus.

Practice being kind to your neighbours and respect their privacy. Applaud your community members that are stepping up to get tested and are following isolation guidelines. What they are doing is for the greater good. By being tested for COVID-19 and following public health recommendations, they are being responsible citizens and they are helping to protect you and everyone in our communities.

We encourage everyone to do their part and to continue supporting each other through the COVID-19 era.

Continue to stay vigilant

The actions we take today and in the coming days will determine our community's success in controlling this outbreak going forward.

We encourage everyone to continue to do their best when it comes to following the public health recommendations listed below:

- 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

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. 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) 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.