

COVID-19 UPDATE # 6

May 1, 2020



We all want to get back to our “normal” lives. Canada, the Yukon and Kluane First Nation is working towards slowly opening up the economy. However, we are not out of the woods yet. Since the start of the COVID-19 pandemic, all governments (Canada, Yukon and KFN) have been working together to slow and limit the spread of the virus. As the first wave of the virus’ activity passes, provincial and territorial governments will move at their own pace to safely start up again the economy, while protecting everyone’s health.

On April 28, 2020, Canada’s First Ministers (the Prime Minister and the Premiers of each province and territory) came together and agreed to a set of common principles for restarting the Canadian economy, based on what science and experts are telling us. They put together criteria that need to be in place before we can go back to our normal lives.

We know the importance of restarting the economy slowly to protect everyone’s health, including high-risk groups. Provinces and territories, while working together, will take different steps at different times in removing restrictions. In their statement, First Ministers agreed on principles, criteria, and measures that will help make the decision to open the country’s economy while protecting citizens from COVID-19.

Until there is a vaccine or effective treatment for COVID-19, strong measures must continue to be in place to prevent the spread of COVID-19. It is important to try and stop the risk of another wave of COVID-19. Another wave would make us start all over again with strict rules. We want to avoid doing this.

According to the First Ministers, the following criteria and measures need to be in place in order for us to slowly get back to our lives and restart the economy:

- COVID-19 transmission is controlled.
- We have the resources to test, trace, isolate, and control the spread of the virus.
- Our health care system can support all needs, including COVID-19 and non-COVID-19 patients.
- Supports are in place for vulnerable groups, communities, and key populations such as Elders, inmates, essential workers, etc.
- Workplace rules are in place to keep workers safe at their jobs and prevent the spread of COVID-19.
- Non-essential travel can happen but is managed in a coordinated manner.
- Communities are supported as we re-open our country, our territory and our community.

Canada, the Yukon and Kluane First Nation are working hard to get things back to normal, **our top priority is keeping everyone safe and healthy.**

Message from Council

*“Through this difficult time, we have witnessed incredible commitment and dedication from our staff, our citizens and our community in trying to stop the spread of COVID-19. We want to **thank you** for following the directives and recommendations issued by the Yukon Chief Medical Officer. **Together we are getting through this. Please continue to take care of yourself and each other.**”*

Chief Dickson and Council

STAY CONNECTED

How to stay connected during this time of physical distancing.



OFFLINE

- Read a book or write your own short story
- Keep a journal or start a daily gratitude list — try to focus on things you are thankful for
- Finish those Pinterest projects! Knit, bead, sew, scrapbook or any other craft.
- Write letters or make cards to send to friends and family
- Go out on the land



ONLINE



Please note that these suggestions use data even if some are free apps. Make sure you keep an eye on your usage, to avoid extra costs.

- Create your own trivia night and play over video platforms like Zoom or Skype
- Use websites like tabletopical.com to play over 800 boardgames
- You can play cards with a virtual deck or use specialty decks like UNO
- Download the free app Houseparty and play games like Heads Up together
- Join an online discussion group with others who have the same interests or hobbies, join an online beading group or book club
- Take a virtual tour of some national parks or museums, explore the world using Google Earth
- Use apps like WatchParty to keep up to date on your favourite shows and movies while watching with friends from your own homes
- Take an online Zumba class or take part in a virtual Yoga Session
- Apps like Zoom or Co-Watching allow you to share your laptop or cellphone screen to watch videos together or scroll through your news feed with friends