

COVID-19 Update

For more information:
Canada.ca/coronavirus

Information for Indigenous communities:
Canada.ca/coronavirus-info-indigenous



INDIGENOUS SERVICES CANADA – Ontario Region – April 14, 2022

Understanding the difference between self-isolation and self-monitoring

As Ontario's approach to COVID-19 shifts, there may be times when people have been exposed to COVID-19 or have symptoms and are unsure what to do. To help individuals follow the best public health practices, it is important to know the difference between self-monitoring and self-isolating and when to do which. Whether self-isolating or self-monitoring, individuals need to wear a mask when outside of their home and avoid high-risk settings or 10 days after diagnosis or exposure to a COVID-19 case.

Self-isolation means avoiding all public and indoor shared spaces such as work, public transit, and school. **Self-isolation is required when someone either has COVID-19 symptoms or has tested positive.** The length of time an individual is required to self-isolate may depend on local regulations. If the self-isolation period is 5 days and complete, the individual must wear a mask in public spaces for at least 5 days.

Self-monitoring is required when an individual has not tested positive for COVID-19 and/or does not have symptoms, but has been in close contact with someone outside of their household who has symptoms or has tested positive. Self-monitoring involves continually checking oneself for COVID-19 symptoms, maintaining social distancing, wearing a mask, and avoiding public indoor spaces and high-risk settings (e.g. long-term care facilities) for at least 10 days. If symptoms develop during the self-monitoring period, individuals should immediately begin self-isolating.

Individuals *may* also need to self-isolate if they live with someone who is presumed to have COVID-19, depending on a few factors. ISC encourages individuals who live in close contact with others to consult both [provincial guidelines](#) and their local public health authority for guidance. Overall, individuals are encouraged to do regular [self-assessments](#) to see if they meet the criteria for self-isolation or self-monitoring.

New COVID-19 communications resources

The following new communications resources can be found on the [OneHealth.ca Portal](#):

1. [Spring holiday COVID-19 infographic](#) describing best practices to follow to limit the spread of COVID-19.
2. [Family preparedness infographic](#) describing important steps households can take to prepare for an emergency.
3. [ISC COVID-19 Resources Update 13](#) (previously known as the ISC COVID-19 Toolkit) containing resources on boosters, vaccines for kids, and fertility.

Ontario expands 4th COVID vaccine dose eligibility

As of April 7, 2022, First Nations, Inuit and Métis individuals in Ontario and their non-Indigenous household members over the age of 18 are [eligible to receive a second booster dose](#) (fourth dose) of a COVID-19 vaccine. As with vaccines for other diseases, you are protected best when you stay up to date. The [National Advisory Committee on Immunization also recently recommended second booster doses](#) be administered to ensure maximum protection. [Click here](#) to access ISC's infographic on vaccine eligibility in Ontario.

Over time, the effectiveness of the COVID-19 vaccine can decrease. Booster shots are commonly given for many vaccines that we routinely receive throughout our lives. They help to renew our protection against a disease.

We now know that a full series of two vaccines and one or more boosters offer protection against infection and against serious outcomes. A booster shot is designed to help people maintain their protection against COVID-19 over a longer period of time.

Now is the time to get a booster (3rd dose) if you have not received one already. You cannot get a 4th dose until you have had the 3rd.

Widespread vaccination is one of the most effective ways to protect our elders, families, communities, and ourselves against COVID-19. Getting a booster dose will help to slow transmission and limit disruption to essential services and ultimately prepare communities for a return to more normal activities.

COVID-19 Cases

*As of April 13, 2022 at 6 P.M.

- 15,765 confirmed in-community
- 770 active cases on reserve
- 31 deaths
- 14,934 resolved (94.7%)

COVID-19 Vaccines for Ontario

*All data reflects totals from 8 p.m. on April 13, 2022

- 38,456 Daily doses administered
- 32,319,933 Total doses administered
- 12,143,064 People fully vaccinated

For the most up-to-date national information on COVID-19, visit the [Indigenous Services Canada](#) website or the Government of Canada's Twitter and Facebook pages at [@GCIIndigenous](#) and [@GCIIndigenousHealth](#).

Getting vaccinated after COVID-19 infection

Vaccination is very important, even if you have been previously infected with COVID-19. While infection alone provides some temporary protection, vaccination after infection helps improve the immune response and may provide better and longer-lasting protection. Since risk factors for exposure and severe outcomes should be assessed when considering the timing of COVID-19 vaccination, please consult your local public health authority for more information on when you should get vaccinated after having COVID-19.

The National Advisory Committee on Immunization (NACI) recommends that:

- individuals who experienced a COVID-19 infection before starting or completing their primary vaccine series may receive their next dose 8 weeks after symptoms started or after testing positive (if no symptoms were experienced)
- individuals who are recommended to receive a booster dose and who experienced a COVID-19 infection after completing their primary vaccine series may receive a booster dose 3 months after symptoms started or after testing positive (if no symptoms were experienced) provided it is at least 6 months after completing a primary series

Additional guidance on intervals between infection and vaccination for individuals who are moderately to severely immunocompromised or who have experienced multisystem inflammatory syndrome in children (MIS-C) are outlined in NACI's full update. To view the full update, please visit [NACI rapid response](#).

Other Updates

National Immunization Awareness Week: April 23-30, 2022

April 23 kicks off National Immunization Awareness Week, which provides an opportunity to remind your community members of the importance of vaccination. While COVID-19 vaccines have been at the forefront of public discussion over the last two years, it is critical to stay up-to-date or catch up on routine vaccinations, especially for children. Next week, ISC will share a public service announcement, social media posts, and an infographic for parents that can be used to start the conversation about vaccines in your community. Dr. Brooks, the ISC Ontario Medical Officer of Health, is also offering to participate in interviews to answer questions about vaccines. If interested in having him participate in a question and answer session, please reach out to covid-19fnihbontario@sac-isc.gc.ca.

Budget 2022

On April 7, 2022, the Minister of Finance tabled the 2022 federal budget. Budget 2022 proposes to invest an additional \$11 billion over six years to continue to support Indigenous children and families, and to help Indigenous communities continue to grow and shape their futures. Find out more about Budget 2022 by following these links: [summary of proposed supports for First Nations](#); [moving forward on reconciliation news release](#); [Budget 2022 full text](#); [the Minister of Finance's address to Parliament](#).

Call for proposals: Addressing anti-Indigenous racism and discrimination in Canada's health systems

The Government of Canada recognizes that systemic racism, resulting from long-standing oppressive and discriminatory practices, remains embedded in Canada's health systems. Systemic racism within health systems is a significant contributor to poorer health outcomes for Indigenous Peoples and to widespread health disparities between Indigenous and non-Indigenous populations in Canada.

Following a series of [National Dialogues](#), the Government of Canada will fund initiatives to eliminate anti-Indigenous racism, [focusing on four themes](#): improving access to culturally safe services; adapting health systems; improving supports and accountability; and providing federal leadership.

As part of this whole-of-government approach, ISC Ontario Region will receive funding over the next two years to implement measures to address anti-Indigenous racism in Canada's health systems. Funding allocations from the national office are yet to be determined. At this time, the First Nations and Inuit Health Branch – Ontario Region is working together with First Nations leadership, communities, and other key partners to determine concrete actions, including accessing the identified funding to support new roles and initiatives.

Health Canada has already received funding to support anti-Indigenous racism initiatives and is now accepting funding proposals for projects that address systemic anti-Indigenous racism and discrimination in Canada's health systems, under the new *Addressing Racism and Discrimination in Canada's Health Systems Program*. Supported by \$13 million in funding, this call for proposals is prioritizing projects that focus on human health resources and acute care settings.

This Call for Proposals is open from April 6 2022 to May 15, 2022, 11:59 Pacific Standard Time. Applicants can request funding amounts ranging from \$100,000 to \$1,000,000 and projects must be completed by March 31, 2024. The Application Form, the Applicant Guide, information about eligibility and all other requirements can be found [here](#).



Please feel free to contact the FNIHB Ontario COVID-19 generic inbox: sac.covid-19fnihbontario.isc@canada.ca if you or your community members have any information needs.