

Daily Updates

The shift in those contracting COVID-19

By Zachary N. Dunaiski

The importance of wearing a mask has become vital over the last four months. Too many people see wearing a mask as a restriction of freedom or a way to control people, but this couldn't be further from the truth.

The biggest group lately to be hit by the virus and think they don't need a mask are young adults as Chairman Kevin Dupuis, Sr. pointed out in a PSA on Friday.

"We all can see that the COVID virus is changing. We can see the demographics from it," Chairman Dupuis stressed in his Facebook live PSA. "In the original [wave], a lot of elderly people [got sick] from it, but the range is becoming different and it's more of the younger generationa."

Health experts across the world agree that wearing a mask not only protects you but protects others from the virus if you're carrying it. The importance and effectiveness of masks can best be seen by our healthcare workers, who total only 11% of the positive COVID-19 cases. If masks weren't effective, healthcare workers would be getting the virus at a much higher rate.

These kind of statistics are why the RBC, FDL's Public Health Emergency Preparedness (PHEPs) team, and other FDL leadership continue to stress the importance of masks as the chairman did in his address.

"Please be careful, wear your masks when you can. Be careful when you go out, maintain that social distancing," Chairman Dupuis encouraged the membership to do their part. "I know it is pretty uncomfortable for some, but I wear mine every day. I've been getting used to it. It becomes a habit."

Chairman Dupuis also stated that like all habits, after you start using a mask

for a while, it becomes second nature.

"It's the first thing you do when you get up and go into your vehicle, you grab your mask. When you stop and go into the store somewhere, the first thing you do is put on your mask. Wear it, use it, make sure that the people that are with you are using it and again be safe, and take care of one another. Miigwech."

Masks are absolutely vital to slowing the spread as an experiment performed by the New England Journal of Medicine where they used a high-speed video camera and found respiratory droplets ranging from 20-500 micrometers were generated saying a phrase, and that nearly all of them were blocked when the mouth was covered by a damp washcloth.

The best information on mask effectiveness came from an article written by the University of California San Francisco (UCSF).

Two compelling case reports also suggest that masks can prevent transmission in high-risk scenarios, said Chin-Hong and Rutherford. In one case, a man flew from China to Toronto and subsequently tested positive for COVID-19. He had a dry cough and wore a mask on the flight, and all 25 people closest to him on the flight tested negative for COVID-19. In another case, in late May, two hair stylists in Missouri had close contact with 140 clients while sick with COVID-19. Everyone wore a mask and none of the clients tested positive.

Please wear your mask to protect yourself and others.

Sources: <https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent>

COVID-19 vaccine update

By Zachary N. Dunaiski

The race to the COVID-19 vaccine continues, with each country's brightest minds working on it, but the goal can't be to be the first one to figure it out, it has to be the first one to do it safely. Gavi, the Vaccine Alliance warns against getting a vaccine out on a scale that isn't big enough to stop it.

Gavi, the Vaccine Alliance is a public-private global health partnership with the goal of increasing access to immunization in poor countries.

"The fact is that we are not safe unless everybody is safe which is why it is so important that we tackle the issue of a vaccine against COVID-19 at a global level," a spokesperson with Gavi told USA Today.

There needs to be a collaboration worldwide and an agreement that the first places to get the vaccine are healthcare workers and hotspots around the world, not just in any one country.

The best way to combat the virus is to eradicate it on a global scale. The first step in combating it is wearing a mask until a vaccine is available.

Sources: USA Today <https://www.usatoday.com/story/news/health/2020/07/12/vaccine-nationalism-threatens-global-efforts-race-stop-coronavirus/5384850002/>

Metformin recall

The Fond du Lac Human Services division posted the following message on their Facebook page. If you have diabetes and are taking Metformin, contact your healthcare provider. Please see this important message from our pharmacy:

Recently, some manufacturers of the diabetes medication, Metformin, have issued recalls. You may hear about this in the media. Some batches of Metformin have been found to contain unacceptable levels of NDMA (N-Nitrosodimethylamine). NDMA is classified as a probable human carcinogen (a substance that could cause cancer) based on results from laboratory tests. NDMA is a known environmental contaminant found in water and foods, including meats, dairy products and vegetables.

As of this time, Min No Aya Win pharmacy has NOT distributed any affected Metformin. However, some patients from CAIR and Mashkiki Waakaigan pharmacies have received Metformin affected by the recalls. Patients who have received affected medication will be contacted by pharmacy and arrangements will be made to replace these prescriptions.

Do NOT stop taking Metformin without first speaking to your healthcare provider.

As always, if you have questions, please contact your pharmacist or provider for more information.



Daily Updates

A survey for the school year

As the Minnesota Department of Education works closely with the Minnesota Department of Health to plan for the 2020-21 school year, the Northland Foundation wants to hear from families about their experience with the distance learning this spring.

This feedback is extremely valuable to us. This information will allow us to help families as they balance the responsibilities of work and family, while also supporting student learning.

The survey is available here in English, Hmong, Somali, and Spanish. <http://sgiz.mobi/s3/2020-Parent-Distance-Learning-Feedback-Survey>

The survey will close on June 30, 2020.

SNAP EBT

The Coronavirus continues to impact our communities in many ways. If you need assistance with food, there are opportunities to get the nutritious food your family needs to stay healthy.

If you have children and were receiving SNAP or MFIP as of March 18, 2020, you will receive an automatic benefit on your EBT card. If you weren't receiving SNAP or MFIP but your child was receiving free or reduced lunch, you can apply for P-EBT to help buy food for your family: www.mn.p-ebt.org

Looking for workers

Since the beginning of this pandemic, Fond du Lac has been in a hiring freeze, but last week the RBC announced they will be lifting the hiring freeze.

There will be added steps, and the hiring process may be a bit slower, but FDL is looking for workers again. If you are interested in working for FDL, check out fdlrez.com for available jobs.



FOND DU LAC TRANSIT

WE'RE HIRING DRIVERS!

Join Our Team!

Competitive Wages | Full Time Positions | Great Benefits

Apply today at www.fdlrez.com



Masks required in FDL buildings

Effective July 1, 2020, it's now mandatory to wear a mask in order to enter any Fond du Lac building. If you are in need of a mask, contact the Emergency Operations Center (EOC) (218) 878-7175. Many Band members are also still making masks, and if you would like to donate a mask, please contact the EOC.

Masks and handwashing are the two best

ways to slow the spread of COVID-19 so please do your part and wear masks if you have to go out in public, especially when social distancing is difficult.

Masks and Social Distancing: During the COVID-19 pandemic, it is important to remain vigilant in our efforts to practice social distancing, wear cloth masks to protect those around us, and wash our

hands often. There are plenty of great resources to help us maintain these goals. Please see the links below for a small sample of resources, and continue to stay safe! #FDLStrong! <https://www.health.state.mn.us/diseases/coronavirus/prevention.html> <http://www.fdlrez.com/downloads/ClothMasks.pdf>

6 FEET SOCIAL DISTANCING



Social distancing means **staying away from close contact** in public spaces.



Group gatherings, non-essential appointments, sleep overs, playdates, concerts and theater outings, sporting events, crowded retail stores and malls, workouts in gyms, visitors in your home, non-essential workers in your home, mass transit, eating at restaurants



Take a walk, go for a hike, yard work, play in your yard, clean, read a good book, listen to music, cook a meal, enjoy family game and movie night, video chat family members, call to check in on friends and family

Use caution when seeking urgent medical care and getting household essentials.