



Fort Frances Tribal Area  
**HEALTH SERVICES**

Community Health

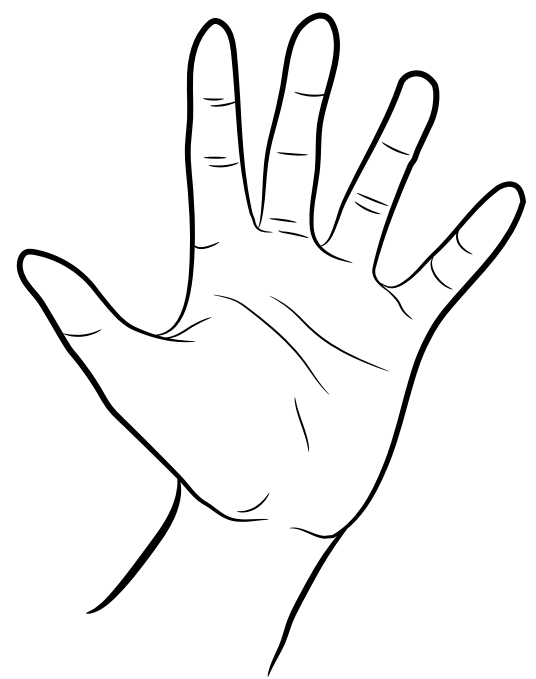
# 2019 NOVEL CORONAVIRUS (COVID-19)

What you need to know to keep you  
and your family healthy

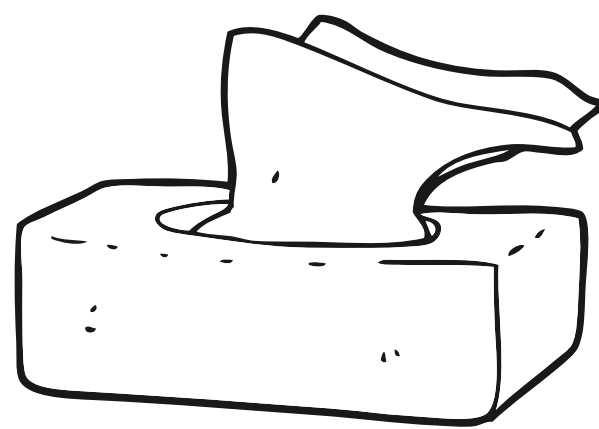
Stay at home  
if you are sick



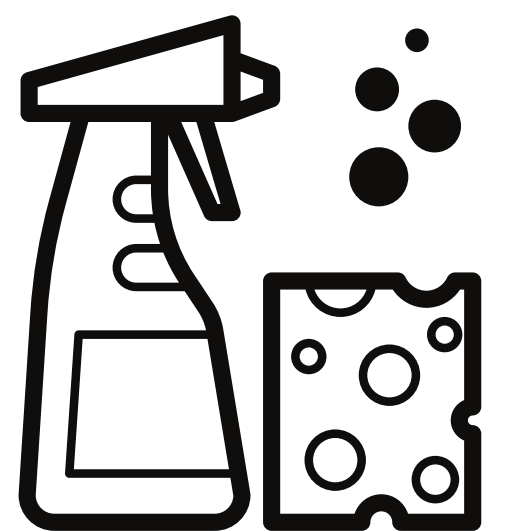
Wash your hands with  
soap & water  
thoroughly and often



Cough and Sneeze  
into your arm or  
tissue & wash  
hands immediately



Keep surfaces  
clean and  
disinfected



Fort Frances Tribal Area Health Services Community Health Nurses

Anishinaabeg of Naongashing  
Mishkosiminiziibiing

Beth Freeman-Wrolstad, RN

Onigaming

Carole Easton, RN

Seine River  
Rainy River First Nations

Carolyn Kozlowski, RN

Lac La Croix

Nicole Sandelovich, RN

Mitaanjigamiing  
Nigigoonsiminikaaning

Heather Sinclair, RN

807-274-2042