



CROSS LAKE BAND OF INDIANS
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CROSS LAKE ISOLATION GUIDELINES

Revised: 11 February 2022

SELF ISOLATION:

- If you have been informed that you might have been exposed to COVID -19 by way of CONTACT to a Positive person, you must isolate for ten (10) days and stay at home and isolate in a room if at all possible. Even if you do not have symptoms, you can convert to a Positive within the time of Isolation.
- If you have done a Rapid Home Test and you tested POSITIVE, please phone Public Health to inform them so you are documented. You are required to stay at home to isolate for 10 days. Your contagious period is 3-5 days where you can pass on Covid-19 to other people in your household and to the Community. So stay at home.
- If you test positive for COVID-19 and/or SYMPTOMATIC, or have underlying health issues, have a child that was not able to get vaccinated due to age requirements, you will be triaged by Nursing Station and you will be recommended to isolate for 10 days at an AIA in Winnipeg.
- Community Members isolating will be supported by and checked by the Isolating Officer/Public Health to ensure your well being by doing a check in by phone.
- Only symptomatic and people with underlying health issues will isolate at 24/7 Motel on an emergency basis. This is a transition process for patients and/or escorts going to AIA in Winnipeg. People that do not have running water in the home.
- If you have tested positive for COVID-19 or have been identified as a CONTACT, you need to isolate at home. Your whole household will have to isolate as it will be deemed that all people in the household will become positive. No leaving the household (or yard), no visiting. If the Isolation Officers find you out and about you and putting people at risk, you will be reported to the authorities. It is important to get fresh air and sunshine, but do not leave your yard. Please do not let your children play with other children that do not live in your household.
- If you have tested Positive for COVID-19 it is your responsibility to inform all your CONTACTS. Everyone that you have been in contact with within the past 3 days. Public Health will no longer be doing CONTACT TRACING.

- To assist in this process of identifying positive cases in your home, contact cases in your home, please call Bonnie Ross Trout at Public Health at 204-676-5663 to provide information for follow up.
- If you test positive on your Rapid Test you will have to isolate for 10 days.
- If and when the person is showing symptoms, person (s) should immediately call the Nursing Station at 204-676-2011.

SELF MONITORING:

- Means to stay at home and monitor yourself for flu like symptoms (runny nose, fever, cough, headaches, achy bones and loss of taste or smell and difficulty breathing) for 7 days. If you develop any of these symptoms call Public Health at 204-676-5663. (After hours 204-676-2011).

MEDICAL SURGICAL APPOINTMENTS:

- Public Health will do a Rapid Test for all patients that will be leaving the community for medical surgery appointments. Please ensure that you go for your Rapid Test a day prior to leaving for your medical surgical appointments. This includes Dental Surgery.
- If you have been gone from the Community for more than three days, you will have to provide a negative rapid test upon return. Please take a Rapid Test with you.

If you have any questions, please contact the Nursing Station.

Ekosani,

Cross Lake Pandemic Planning Committee