



CROSS LAKE BAND OF INDIANS
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COMMUNITY NOTICE

CROSS LAKE – OUT OF PROVINCE TRAVEL/TRAVELLING FROM PROVINCE OF MANITOBA HOTSPOTS

EFFECTIVE AUGUST 25, 2020

- The Cross Lake Check Stop will continue to remain until further notice.
- No Authorization Forms will be required to go through Check Stop for local community members. At any point if positive **cases** of COVID-19 are confirmed North of 53 Parallel, the CLPPC will immediately convert back to previous restrictions and will go back to the Authorization Form Process for community members entering the community.
- Questionnaire Forms will still continue to be required to fill out at Check Stop when entering the community. You will be requested to provide contact information. Your temperature will continue to be taken and recorded. (This is important for Contact Tracing in the event of positive COVID-19 cases in the community). If you have Out of Province licence plates, you will be required to provide more information. If you do not adhere or refuse, you will be turned away from the Check stop.
- Mandatory for all Community Members to follow **Cross Lake Out of Province Guidelines**.
 - If you are coming from anywhere outside of Manitoba, you must self-isolate for 14 days.
 - If you are leaving Cross Lake & travelling anywhere outside of Manitoba, upon return, you must self-isolate for 14 days. See Self-Isolation Guidelines.

CROSS LAKE – COVID-19 HOT-SPOTS WITHIN MANITOBA

- Effective immediately travel is **not recommended** to/from the Prairie Mountain Health Region (Critical & Restricted-Red & Orange as identified by the Province of Manitoba.)
 - The Province of Manitoba has a Pandemic Response System by Region for identifying Restricted areas (Hot Spots), i.e. Prairie Mountain Health Region, includes **Brandon, Dauphin**.
 - #RestartMB Pandemic Response System is a four colour-coded response levels: Critical, Restricted, Caution & Limited

- Band Members, Residents and Family who are living in the Prairie Mountain Health Region (Brandon and Dauphin area) are **not recommended** to travel to the Community of Cross Lake.

CROSS LAKE – COVID-19 NON HOT-SPOTS WITHIN MANITOBA

- If returning from areas within Manitoba but not in a Hot Spot area (Caution & Limited-Yellow & Green), Band Members, Residents and Family Members will be mandatory to wear a **Mask** and **Self-Monitor** for 14 days (Take Temperature, any 'Flu-like symptoms) See **Self-Monitor Guidelines**. Advice is to stay home as much as possible. If any symptoms develop – Contact Cross Lake Nursing Station for Assessment.

REMINDERS FROM THE CLPPC

1. The CLPPC would like to remind Cross Lake Band Members/Resident/Family to:
 - Stock up on medications (fever reducing medicines, cough syrup, Tylenol)
 - Refrain from Posting non-validated COVID 19 information on line. These posts can cause panic and confusion in the community.
 - Self Isolate when experiencing symptoms of COVID 19 (fever, cough, runny nose, hard to breathe etc) when travelled out of province, or have been in contact with someone who tested positive for Covid 19.
 - Wear a Mask
 - Social Distancing – 6 feet apart
 - Wash your hands frequently for 20 seconds or more
 - Use Hand Sanitizer
 - Be prepared when travelling outside of the community, make sure to have enough face masks and hand sanitizer for everyone in your vehicle at all times.
 - It is mandatory that all employees stay home when feeling symptomatic or sick. You will be required to take a COVID 19 nasal swab test prior to returning to work.

THESE RESTRICTIONS CAN CHANGE FROM WEEK TO WEEK DEPENDING ON COVID CASES IN THE PROVINCE OF MANITOBA.