



CROSS LAKE BAND OF INDIANS
Cross Lake, Manitoba ROB OJO Phone: (204) 676-2218
Fax: (204) 676-2117
Executive Council Direct Fax: (204) 676-3155



CROSS LAKE RESPONSE LEVEL:  ORANGE - RESTRICTED

Sunday, November 21, 2021

TANSI, NITOTEMAK, NITEENIMAK, NIWAKOMAKANUK, KAKINOW ININIWAK

As of Sunday, November 21, 2021 Cross Lake update on Covid Statistics are as follows:

New Active Cases	4 (contacts converted to positive)
Total Active Cases	27
Total Recovered	14
Total in Hospital	0
Total Primary Contacts	100+
Total Cases from November 4, 2021	41

- **Anyone** who tested Positive for Covid-19 Variant, it will be mandatory to go to Alternative Isolation Facility in Winnipeg to isolate for 10 days as required by Shared Health.
- **If a Contact** does not have a place to isolate in the community arrangements will be made for the contact to go to Alternative Isolation Facility in Winnipeg for 10 days as required by Shared Health.
- There are over a 100 Primary Contacts named by the Active Cases. All people that were identified as Contacts have to stay home and isolate.
- If you are named as a Primary Contact, at this time the whole household is to isolate until all the Contact tracing is done. So no one leaves your home. Make sure if you have an appointment to get tested – make sure you go to your appointment. If you do not go for your testing your name will be referred to the Isolation Officers and they will go pick you up to go get tested.
- It's important to stay home, this delta Variant is very contagious and people can get very sick. Please Isolate if you've been told by Public Health to isolate.

- If you were identified as a contact, you must isolate for 10 days at home and/or AIA; after the 10 days, Self-monitor for another 4 days. If you still have symptoms after that, please stay home until the symptoms are gone. This is mandatory even if you're double vaccinated or partially vaccinated. Focus on the fundamentals as required by Shared Health.
- Please be respectful to the Public Health staff. Be Patient. They cannot tell you who named you as a Contact.
- Don't send students to school; Don't go work or to the stores if you are feeling sick with a cough, fever, sniffles etc.
- Be careful when you go out for Medical appointments. Follow Guidelines.

There are people that were double-vaccinated, were exposed to COVID-19 and tested positive; most of these people were Asymptomatic (no symptoms) and children that have not been vaccinated yet.

We now have the approval to vaccinate the 5–11 year olds. They are tentatively to be done November 29 – December 3, 2021. Consent forms will be sent home with the students. Please fill out, sign and send back to the schools. If you don't get a consent form, you can phone Public Health and give a verbal consent.

There are Mass Vaccine Clinics scheduled for November 23, 24, 25, 2021 for this week: at Cross Lake Community Hall from 10:00 a.m. to 6:00 p.m. 1st, 2nd doses for Youth & 1st, 2nd, 3rd doses for Adults will be available (Vaccine Notice will be posted). We recommend getting your vaccines and booster shot. Flu Shots will be offered as well.

If you are returning from a Hot Spot, you will have to have a COVID-19 test upon entry to Cross Lake.

For the safety of our community of Cross Lake, Cross Lake Check Stop will request for a Vaccination Card, Cross Lake's or Provincial and or a Negative Test Result to enter Cross Lake, if a Cross Lake Band Member is not vaccinated yet. If you are not Vaccinated, you will need an Authorization Form to leave the community for special circumstances only. At present we will not allow any Member (s) from Norway House, any Cross Lake Member (s) residing in Norway House to enter the community of Cross Lake. Cross Lakers should not request to go to Norway House either.

COVID 19-VIRUS CAN STILL BE TRANSMITTED TO YOU, EVEN IF YOU ARE DOUBLE VACCINATED. RESIST AND FOCUS ON THE FUNDAMENTALS:

- Check yourself for symptoms every day
- Stay home when you are sick
- Get tested if you have symptoms of Covid-19
- Wash your hands or use alcohol based hand sanitizer frequently
- Cover your cough/sneeze
- Maintain social (physical) distancing
- Wear a mask

If any COVID-19 symptoms develop, phone Public Health at the Nursing Station:
(204)676-5663.

Ekosani,

WEAR A MASK, WASH YOUR HANDS, SOCIAL DISTANCE & STAY SAFE