



**CROSS LAKE BAND OF INDIANS**  
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**TUESDAY, MARCH 1, 2022**

**CROSS LAKE RESPONSE LEVEL: ▼ YELLOW - CAUTION**

**LIFTING OF RESTRICTIONS AS OF TUESDAY, MARCH 1, 12:01 A.M.**

**TANSI, NITOTEMAK, NITEENIMAK, NIWAKOMAKANUK, KAKINOW ININIWAK**

The Cross Lake Pandemic Planning Committee have lifted most of the Restrictions that the Province lifted on February 15, 2022.

Welcome to all the Visitors that are here for our Annual Trappers' Festival!

Due to the Province of Manitoba moving to Yellow Cautionary Level, CLPPC have considered all the Restrictions that have been lifted. Considering we are still having new Active cases, we need to keep some safety measures in place. **We will keep the following Guidelines until March 31, 2022.** We will consider the lifting of all restrictions at that time, based on the numbers of positive cases.

**Our Curfew is still in place from 11:00 pm until 6:00 am**

Wear Masks Indoors (Properly – make sure your mouth and nose are covered)

Practice Social Distancing of at least 6 feet apart from people that aren't in your household.

Visitors can come into Cross Lake but will still need to show their proof of Vaccination.

Check Stop will be at Border until further notice.

**Masks and Physical distancing are still required in all indoor public places.**

**Restaurants:** Proof of vaccination is required for those 12 years of age and older. Individuals are required to wear masks but are not required to provide proof of vaccination to enter for picking up takeout or delivery orders. There are no capacity limits to restaurants.

**Young People ages 12 to 17:** Participating in indoor sports and recreation will no longer be required to provide proof of vaccination or recent testing.

**VLTs:** No capacity limits. Masks and Proof of Vaccination are still required.

**Weddings and Funerals:** Permitting indoor public gathering group sizes to 50 people for gatherings that include unvaccinated people who are eligible to be vaccinated. No restrictions on indoor gatherings when all who are present are fully immunized people or are under 12 years of age. It is recommended that all people gathered and provide proof of vaccination.

**Indoor sports and recreation,** including dance, theatre and music schools: No capacity limit for spectators. Tournaments are allowed. Proof of vaccination/testing is no longer required for 12-17 year olds for indoor and recreational sports. Proof of vaccination is still required for those 18 and over.

**Retail markets:** (Family Foods/North Mart) – Will decide on their capacity, based on our COVID numbers. Physical distancing measures are required. Masks required indoors at both stores.

### **Isolation Guidelines**

- If you have tested positive, **you will isolate for 5 days** if you're double vaccinated; **10 days if not fully vaccinated.** Once the Positive person is done their Isolation, **The Contacts within the household will then begin their additional Isolation of 10 days,** as per Public Health Guidelines within First Nations Communities.
- Note, once the Positive person is done their Isolation, they can go back to work or the store. If that person has symptoms, they must wait 48 hours after symptoms are gone before finishing their isolation. The rest of the household still Isolates for the additional days.
- ***If your home test kit's results are positive, you must phone Nursing Station to inform them. They will advise you of the next steps.***

Be careful when you go out for Medical appointments. Follow Guidelines

**Rapid Response Test Kits** - Available by phoning (431)230-2084 from 9:00 am – 11:00 pm.

- There are 2 videos on our Facebook COVID-19 page: one for Adult's and another for Children's. There are also two videos on local TV to show you how to use these kits.

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

We will continue to keep our community safe by preventative actions: Vaccines, Testing symptomatic people and isolating when positive or a close contact. If you are sick or symptomatic, stay home! We thank each and every one of you that are isolating when positive or a close contact.

**Note regarding Norway House:** Out of town people who are non-Band members coming in, must show their proof of Vaccination.

**Ekosani,**

***Cross Lake Pandemic Planning Committee***