



CROSS LAKE BAND OF INDIANS
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COMMUNITY NOTICE

CROSS LAKE

TRAVEL RESTRICTIONS - EFFECTIVE October 4, 2020 Midnight

The State of Emergency is still in effect that was declared by Chief and Council and Mayor and Council for the Community of Cross Lake

The Chief and Council, Mayor and Council along with the Cross Lake Pandemic Planning Committee have agreed and support the following Cross Lake Community Restrictions:

- The Cross Lake Check Stop will continue to operate as is
- 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).
- Authorization Forms will be required for Essential Services coming into the Community.

CROSS LAKE – COVID-19 HOT-SPOTS WITHIN MANITOBA

- Effective immediately travel is **not permitted** to/from Winnipeg & the surrounding areas (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. Winnipeg & surrounding area including:
 - **City of Winnipeg, City of Selkirk, Town of Stonewall, RM of Rockwood, RM of Rosser, RM of Springfield, RM of St. Andrews, RM of St. Clements, RM of West St. Paul, RM of East St. Paul, Village of Dunnotta, RM of Cartier, RM of Headingley, RM of Macdonald, RM of Ritchot, RM of St. Francois Xavier, RM of Tache and the Town of Niverville.**

- If you were travelling and came into contact with a COVID-19 positive person, upon return, **you must get a COVID test** and **self-isolate** for 14 days. See Self-Isolation Guidelines.
 - #RestartMB Pandemic Response System is a four colour-coded response levels: Critical, Restricted, Caution & Limited
 - Travel Restriction North of 53 is in effect
- Band Members, Residents and Family who are living in the **Winnipeg & surrounding areas** as identified are **not permitted** to travel to the Community of Cross Lake.
 - Band Members, Resident and Family who are living in a community or First Nation identified with COVID-19 positive case (s) will not be allowed to travel to the Community of Cross Lake.
 - The Norway House and Cross Lake relationship will continue, Cross Lake and Norway House only.

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, it 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.
- 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 (etc. Out of Province Surgery) upon return, you must self-isolate for 14 days. See Self-Isolation Guidelines.
- The **Isolation Officer** will ensure and monitor all people that will have to self isolate and self monitor for a period of 14 days and reports back to the CLPPC.

REMINDERS FROM THE CLPPC

1. The CLPPC would like to remind Cross Lake Band Members/Residents/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 you have travelled out of province, or have been in contact with someone who tested positive for Covid 19.
- Wear a Mask - Masks are now Mandatory in Cross Lake.
- Social Distancing – 6 feet apart
- Wash your hands frequently for 20 seconds or more
- Use Hand Sanitizer as much as possible, anywhere you go
- Curfew is still in effect – 17 & under: 10:00 p.m. to 6:00 a.m.
- 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.
- If you have been in contact with a COVID-19 positive person, you will be informed through contact tracing and it will be mandatory to **Self-Isolate** for 14 days, no exceptions.
- North of 53rd Parallel Restrictions are still enforced.
- Cross Lake and Norway House Residents only
- Authorization Forms will be required for Essential Services & Medical appointments

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