



**CROSS LAKE BAND OF INDIANS**  
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**CROSS LAKE RESPONSE LEVEL:  ORANGE - RESTRICTED**

**Saturday, November 20, 2021**

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

- There are **4 New Active** cases where the Contacts converted to Positive. There are now **28 Active Cases** in Cross Lake, **9 Recovered** for a **Total of 37 Total Cases** since November 4, 2021. 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.
- 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.
- In First Nations communities, 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.
- If you are named as a Primary Contact, at this time the whole household is to isolate until all the Contact tracing is done. Make sure if you have an appointment to get tested – go to your appointment.
- 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 the stores.
- The CLEA Schools will be opening again on Monday, November 22, 2021. Do not send your children to school if they are sick.
- 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 Vaccine Clinics scheduled for November 23, 24, 25, 2021 for next week: at Cross Lake Community Hall from 10:00 a.m. to 6:00 p.m. 1<sup>st</sup>, 2<sup>nd</sup> doses for Youth & 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> doses for Adults will be available (Vaccine Notice will be posted). We recommend getting your vaccines and booster shot.

- **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 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 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 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!***