



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 PANDEMIC PLANNING COMMITTEE

COMMUNITY NOTICE ON ISOLATION GUIDELINES

How coronavirus spreads - Human coronaviruses cause infection of the nose, throat and lungs. They are commonly spread from an infected person through:

- **respiratory droplets generated when you cough or sneeze**
- **close, prolonged personal contact, such as touching and shaking hands**
- **touching something with a virus on it, then touching your mouth, nose or eyes before washing your hands.**

Definitions of Self Isolation and Mandatory Isolation

- **SELF ISOLATION** – Means to **stay at home** and monitor yourself with flu like symptoms (runny nose, fever, cough and difficulty breathing) even if it is mild for **14 days**. Avoid contact with other people to prevent the spread of disease in your home and in community. Practice physical (social) distancing in your home and community. This will include those persons who have travelled within the Province and returning into the Community.

- **MANDATORY ISOLATION** – Means to stay at an identified place of Isolation if you have been diagnosed with COVID- 19, or are waiting to hear the results of a lab test for COVID -19. You have been in contact with suspected, probable or confirmed case of COVID- 19. You have been told by Public Health that you might have been exposed to COVID – 19. Unless all tests come back negative for COVID – 19, you will be required to continue the Mandatory Isolation.

- **People returning from medical appointments and anyone else returning from outside the community must self-isolate in the home for a mandatory 14-day period. You should not be in public places, your family should not be in public places, you should not be visiting or allow visitors in your home.**

- **Those self-isolated patients must continue to self monitor themselves for any symptoms of runny nose, fever, cough or difficulty breathing.**

- **If and when the person is showing symptoms, person (s) should immediately call the Nursing Station at 204-676-2011.**

- **Public Health will test the person showing symptoms.**

- **The family of the Confirmed Case will sanitize the home and will self isolate and self monitor in the home for 14 days. (The Confirmed Case is already in an Isolation Facility).**

- **Community Members experiencing isolation or quarantine will be given supports that will be in place to ensure that they do not leave the home. Signage will be utilized in this process.**

