



Sagkeeng Anicinabe



Sagkeeng
Health Centre

SELF-ISOLATION GUIDELINES

People with COVID-19 do not always recognize early symptoms and may not have developed any symptoms. It is also possible to transmit the virus before symptoms start developing. This is the reason why public health advises individuals to self-isolate if individuals have been in contact with someone who tested positive for COVID-19.

You or your family member may be instructed to self-isolate if exposed to COVID-19. Self-isolation means to quarantine and/or separate from other people. If you are instructed to self-isolate you will be asked to stay at home and away from other people in your household for **14 days**. It is advised that the individual with symptoms or suspect for COVID-19 keep physical distance from others and stay in their own room. The individual should not use common areas such as the living room and/or kitchen and if the individual needs to enter these areas they should wear a mask.

Individuals in contact with a positive case are required to self-isolate for 14 days and will be monitored by Public Health Nurses daily. Public Health Nurses can advise you regarding dates of self-isolation, based on dates of contact. Anyone in the household will need to complete self-isolation for 14 days before leaving the home or yard. This includes driving around the community.

It is strongly advised to clean common areas such as bathrooms and high touch surfaces frequently. Do not share cigarettes, utensils, or drinks with other people in the home or workplace.

Do not attend activities or gatherings where you may come in close contact with other people. This includes work, school, health-care facilities, faith-based facilities (church), grocery stores and restaurants.

Anyone who is symptomatic or has a household member who is symptomatic should get COVID-19 testing completed and self-isolate until results are known. If you have any questions about self-isolation, please call the Public Health Nurses at the Sagkeeng Health Centre.

Please ask family and/or friends to drop off groceries and supplies as needed or contact the Sagkeeng Health Centre at 204-367-9990 for assistance.

Prevention Tips:

- Wash your hands frequently with soap and water
- Use hand sanitizer often
- Keep two meters distance from others
- Wear a cloth facemask when in public and at home, if needed
- Stay home if you feel sick or have flu-like symptoms and/or symptoms of COVID-19
- Use tissue when cough/sneezing or in arm
- Do not touch face with unwashed hands

Thank you for your cooperation to stop the spread of COVID-19!

Sagkeeng Health Pandemic Team and Chief and Council.



Sagkeeng Anicinabe

ORDER OF SAGKEENG ANICINABE GOVERNMENT

WHEREAS the Chief and Council of the Sagkeeng First Nation are empowered by the people to act on behalf of the First Nation and are recognized as having such authority by the Government of Canada; and,

WHEREAS the COVID-19 is an infectious disease caused by severe acute respiratory syndrome (SARS-CoV-2) and has resulted in a global pandemic; and,

WHEREAS the growing number of COVID-19 cases in the province of Manitoba is of great concern to the Chief and Council for the Sagkeeng community members; and,

WHEREAS the province of Manitoba is in a current State of Emergency and enforce Public Health Orders to protect the health and safety of all Manitobans; and,

WHEREAS the Public Health Order states that Self-Isolation requires Manitobans to self-isolate for **14 days** if they have tested positive for COVID-19 or they have been exposed to COVID-19 by a close contact; and,

WHEREAS the Chief and Council urge the importance of self-isolation to stop the spread of COVID-19 in the community;

THEREFORE BE IT RESOLVED THAT the Chief and Council fully support the Sagkeeng Health Pandemic Team with the Self-Isolation Guidelines,

FURTHER BE IT RESOLVED THAT the Chief and Council may enforce the Sagkeeng Safety Officers and/or RCMP to allot a fine to community members disregarding the Self-Isolation Guidelines.

This "**Order of Sagkeeng Anicinabe Government**" passed and ratified

this 12th day of November, 2020

CHIEF

COUNCILLOR

COUNCILLOR

COUNCILLOR

COUNCILLOR

COUNCILLOR

COUNCILLOR

QUORUM OF GOVERNMENT IS 5