



# LITTLE RED RIVER CREE NATION

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April 23<sup>rd</sup>, 2020.

**MEMO: LRRCN Membership**

**RE: COVID-19 Self-Isolation Reminder**

This is a Public Health Measure to keep COVID-19 from spreading through the communities if someone has accidentally caught this virus. It is an opportunity for people to ensure the safety of their fellow community members.

Self-Isolation means staying at home, and mostly staying inside. It is also good for your mental health to go outside and get fresh air, however you have to stay in your yard. If you are on Self Isolation, it is NOT ok to go for a drive. It is NOT ok to have visitors.

**Reasons community members need to Self-Isolate for 14 days:**

- You will have to Self Isolate if you, or anyone in your household, has come back from outside of LRRCN (this includes past the checkpoint, by plane, or through the bush).
- You, or anyone in your home, has respiratory symptoms (cough, sore throat, fever, runny nose, shortness of breath, diarrhea).
- You have been tested for the Covid 19 virus at one of the Health Centers

**The only reasons it is ok to leave your home are:**

- To get urgent or emergency help at the health center.
- To go to the Health Center for Testing if you have any 1 symptom of COVID-19 (cough, sore throat, fever, runny nose, shortness of breath, diarrhea).
- You must phone ahead to the Health Centers first to make an appointment, and to let them know you are supposed to be on isolation so they can prepare.
- You are an Essential Worker and you are scheduled for duties.
- In these situations people go to the Health Center or Work and then go home. They should not be stopping at the stores or other places.

**There are some complicated situations:**

- Some people provide essential services to our communities by driving back and forth to town. This includes medical taxis and couriers.
- When going to town these people should have as little contact with people and things as possible. They should be doing what they need to do and come back to LRRCN. They should not be going to the grocery store or other places. When back in LRRCN, they and their families should be Self Isolating.
- They should be wearing PPE while in town when necessary.
- Sometimes multiple essential workers live in the same home, and they are not able to Self Isolate with the rest of the household. This cannot be avoided in some situations. The essential workers in the household will still have to work while ensuring they wash their hands often, stay 2 meters away from others at all times, wear PPE if necessary, and disinfect their work areas often.

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- Sometimes essential workers or their family members have to leave on medical, too. In this case they will follow the same rules as above when reporting to work (wash hands often, stay 2 meters away from others at all times, wear PPE if necessary, and disinfect their work areas often).
- Your supervisor will decide if you are an essential worker or not.

## **Self-Isolation lasts for 14 days:**

This is because it can take up to 14 days to show symptoms of COVID-19. In that time, if you have Flu-Like Symptoms or maybe you feel like you have a cold, make an appointment to get tested for COVID-19 at the Health Centers.

Many people ask why they have to Self-Isolate if they feel fine. That is because lots of people who have this virus do not have symptoms (carriers), but they can still spread it easily to other people and make them sick.

Some people ask **why the whole household has to isolate** because of one person. If someone accidentally brings this virus into our community, our last line of defense is to keep it from spreading to other households. This is the reason why the whole household must isolate.

We have all had to make sacrifices in the past month. And we will have to make more in the weeks to come. But it is worth it now, in order to protect our future.

If you know someone who should be Self Isolating but is not, please phone the call center at the Nation Office. Report the names of the people. The call center employees will notify Alix HDDEM. I will talk to them. Hopefully, these people just did not know and will isolate from now on. If not, and the individuals or households continue to break Self Isolation rules, then the RCMP will be called. These rules are enforceable.

Hold your friends and family accountable for their actions. If they are breaking Self Isolation rules, then they are putting the health and safety of the entire Nation at risk. But also, be good neighbors to those who have to be isolated. It is not easy. Check in on your family and friends by phone, Facebook, email, and other social media, if they need food, drop it off to them on their porch. Prescription Medications will be dropped off at homes too.

I hope some of the information has been cleared up with this message. Should anyone have any questions on Self Isolation, please phone the call center 780-759-3912 and leave a message for Alix. I will get back to you and answer your questions.

Please Share and Thank you,

**Elizabeth Alix Mcgregor RN, BScN**  
**HDDEM LRRCN on behalf of the Emergency Management Team**

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