



## COVID-19 Updates from the Chief

January 8, 2021

### COVID-19 BULLETIN #41

#### PROVINCE-WIDE CODE RED REMAINS IN EFFECT

Tansi!

**HAPPY NEW YEAR.** We all hope that before the end of this year we will all have an opportunity to be vaccinated so our lives can return to being more normal than in 2020. So far we remain very lucky with only one active case in our community. We need everyone to help us **HOLD THE LINE.** We do not want to see more cases in our community. Unfortunately, there are now surges from holiday gatherings where people throughout Manitoba did not follow the rules.

Today it was announced that 355 people have COVID-19 from holiday gatherings and 1900 people are now in isolation. The hospitalization, ICU and test positivity rates remain high. As a result, the Province has extended the **CODE RED** designation and related restrictions for at least another two weeks till January 22, 2021.

We have reviewed the restrictions we have in place and will maintain a partial lockdown for now. **IF THERE IS ANOTHER ACTIVE CASE, A FULL LOCKDOWN WILL GO BACK INTO EFFECT.**

We must remain very careful as the new, more contagious variant of the virus is spreading across Canada. This means we must continue to limit contacts and travel outside our community.

#### **Vaccine**

We received the first 150 doses of the Moderna vaccine today. Some of our health care providers have already been vaccinated. This first batch of the vaccine will be used to vaccinate our PCH workers and residents. We will then begin vaccinating those who are 70 years of age and older, followed by those who are 65 years of age and older. Health Canada has approved this vaccine which has a high effectiveness rate. The risks from





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COVID-19 are considered higher than the risks of any potential side-effects from the vaccine.

### **Physical and Mental Health**

As this pandemic will still likely be around through most of 2021, it is important that you stay physically and mentally healthy. Try to walk every day. Stay connected with your family and friends even if it must be at a distance.

If you are feeling lonely, stressed or are experiencing anxiety please do not hesitate to call our Counselling Service Department at 204-484-2341 during the day or 1-413-354-1270 after hours. This pandemic has caused a lot of stress for everyone so reach out if you want to talk with someone.

### **Three Rivers Store**

- Shopping passes will be discontinued as long as there are no active cases in the community;
- Regular store hours are in effect;
- Approximately 50 people will now be allowed in the store at a time but physical distancing must be maintained inside and outside the store;
- Masks must continue to be worn.

### **Thompson Family Foods Deliveries**

- Thompson Family Foods will continue to deliver to the Duncan Wood Memorial Hall;
- Everyone who orders from Thompson Family Foods will be responsible for making arrangements for someone to unload the truck and pick up their order at the Duncan Wood Memorial Hall;
- Masks are required;
- Physical distancing and sanitization rules will remain in effect;
- Neither the NCN Government or the Justice Department are responsible for lost or stolen items, tampering of packages or wear and tear from moving boxes from one vehicle to another;





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- Family Foods Contact Information: Phone: 204-778-5420 Fax: 204-778-5491 Email: [foodfami@mymts.net](mailto:foodfami@mymts.net)

### Other Deliveries

- Deliveries of groceries and supplies will be allowed except for alcohol and cannabis.

### Mail

- Regular Pre-paid packages can continue to be mailed and will be delivered to your home;
- Registered and COD parcels must be picked up at the post office.

### Gas Station

- The gas station will be open until 9:00 pm;
- Only 5 people are allowed into the gas station store at a time;
- Masks, physical distancing and sanitization remain in effect.

### Home Based Confectionaries and Food Sales

- Home based confectionaries can operate up to 9:00 pm to allow people to get home prior to curfew;
- Masks, physical distancing and sanitization rules must be followed;
- No food sales are allowed.

### No House parties, poker games but limited immediate family visiting allowed

- No house parties or poker games;
- Only two immediate family members living who are not part of the same household are allowed to visit another immediate family member's house in the community as long as each household visited maintains a logbook with the names, dates and times of each visit recorded in order to facilitate contact tracing should that become necessary;
- Persons from outside the household are allowed to provide child care, elder care or other health and social services to a member of the household.





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### Curfew

- The curfew from 11:00 pm to 7:00 am remains in effect for everyone except essential workers.

### Outdoor Recreational Activities

- Up to 5 members of your own household can participate in outdoor activities such as ice fishing, snowshoeing, skiing, street or ice hockey, walking, or hiking;
- Parents must supervise their own children to ensure that they stay within their family unit;
- Snowmobiling is not allowed beyond the Metis Settlement or the powerline near the footbridge.

### Family Ice Fishing

- Up to 5 members from the same household are allowed in each ice shack;
- Ice shacks must be placed at least 20 feet apart so they are not in the same general proximity of another ice shack;
- All persons participating must wear masks and have no contact with another family group.

### Spiritual/Religious Practices

- Sweat lodge Ceremonies can take place with the Officiant living in the community and 5 family members from your own household;
- Church Services can take place over social media, the NCN radio or in your own home with your household only;
- Wakes and Funerals can take place with only the Officiant living in the community and 5 family members from a household attending at a time with sanitization between groups of five;
- Only persons who live in the community will be allowed to attend sweat lodge ceremonies, wakes and funerals.

### Camping

- Applications must be made to the Justice and Public Safety department for authorization to check on your camp;
- No overnight visits to camps are allowed;





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- Decisions made by the Justice and Public Safety department in consultation with the NCN Public Health team will be final and binding on all applicants;
- If anyone decides to leave even if their application is denied they will not be allowed to re-enter the community until the RED zone designation is lifted.

### Additional Rules

- ATEC and Schools will remain closed until January 18, 2021;
- Arena and Multi-Plex will open based on approved mitigation plans;
- VLT Centre will remain closed;
- Travel authorizations will only be allowed for serious medical reasons verified by the Nurse in Charge or designate;
- Nurses and other essential workers will be granted special entry passes to enter the community but they must sign a mitigation contract before the special entry pass will be authorized;
- Patrols will remain in effect for all access roads, trails, rivers and waterways that lead to NCN Lands and searches will continue during patrols and at the check stop;
- Recreation is authorized to hold a BINGO in accordance with the mitigation plan approved by the NCN Health Director or designate;
- The Beer Vendor will open soon in accordance with the mitigation plan approved by the NCN Executive Director of Justice and Public Safety in consultation with the NCN Health Director or their designates;
- A strict STAY AT HOME ORDER will go back into effect if there is another confirmed case;
- Fines of \$500 can be issued for breach of the OIC and in addition, under Provincial Public Health Orders fines are \$298 for failure to wear a mask; \$1296 for failure to abide by the other restrictions; and \$5,000 for a business including home-based businesses (confectionaries).

Again, we remind everyone to be respectful to our staff as they continue to work very hard to try to keep our community safe. Be kind as this pandemic is very hard on everyone. The vaccine is coming but we all must continue to follow the rules as these have protected our community. Ekosani!