

STATE OF EMERGENCY

COVID-19
CORONAVIRUS

GENERAL INFORMATION FOR NCN CITIZENS AND RESIDENTS

QUESTIONS & ANSWERS

Bulletin No. 1, March 25, 2020

Q. What does a State of Emergency mean?

A. A state of emergency is declared in response to an imminent threat to the community. Forest fires, power outages, and public health emergencies, like this pandemic, create similar situations as Chief and Council have to respond to the threat to the community. They must be able to use whatever personnel, other resources and infrastructure they have at their disposal. They must be able to issue Orders to reduce the threat. The Orders could affect individual freedoms and civil liberties. A declaration of a state of emergency enables leadership to do this to protect all of us.

Q. What does a "lockdown" mean?

A. Lockdown is a term that describes restrictions on businesses, transportation, and movement of people into a community and within a community. Countries, states, towns, cities and rural and northern areas around the world have imposed various types of restrictions and have used different enforcement mechanisms during the current global pandemic. As the pandemic spreads, more restrictions are imposed. For NCN, "lockdown" currently means that we are restricting who can come into and go out of the community. This restriction is being imposed to try to keep the virus out of our community. Further restrictions may become necessary within the community if the virus spreads into northern Manitoba.

Q. Will we still be able to get out of the community and then get back in?

A. At this time there is a ban on non-essential travel into and out of the community. This ban applies to all NCN Citizens, whether resident or not, as well as visitors. In accordance with the Order issued by Chief and Council on March 20, 2020, AT THIS TIME only the following people will be allowed to enter and exit the community:

- Persons providing essential services as determined by the NCN Health Director in consultation with Chief and Council;
- Medical personnel;
- Utility providers;
- Designated NCN Advisors;
- Members of Chief and Council;
- Persons the NCN Health Director determines require medical assistance at the Nursing Station;
- Other personnel designated by Chief and Council in writing if the need arises.

Manitoba has also declared a provincial state of emergency and is strongly discouraging non-essential travel. Enforcement measures are being implemented.

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Q. What is an essential service?

A. At this time, an essential service is being considered as a service that's required to maintain our community's safety and well-being. Public health services, food deliveries for the local store, repairing downed electrical wires, water treatment plant maintenance, delivery of medical supplies and personnel protective equipment are among the services that are considered essential.

Driving to Thompson for groceries or visiting people is not considered essential. You will be expected to shop at the local store. Food and supplies will be delivered on a regular basis. These shipments may need to be off loaded to local trucks at the junction. Please observe the physical distancing protocol at the store and the limitations on the number of customers in the store.

Q. How will the FNSO's know who is delivering essential services?

A. All authorized personnel will be given a special pass to enter the community. A list of people and the positions they occupy and their pass number will be provided to the FNSOs. They are required to complete a questionnaire for each person who is entering the community to ensure compliance with the State of Emergency rules.

Q. Am I allowed to leave my house?

A. Yes, at this point as long as you are not sick. We encourage you to get outside and walk but stay away from people - practice physical distancing at all times. Do not go visiting a lot of family or friends. We recognize this is not how we normally live but these are extra-ordinary times and the world has never seen anything like this coronavirus.

Q. What is the difference between "social distancing" and "physical distancing"?

A. When the virus first started to spread the advice from health professionals was for governments to put in place "social distancing" measures. On Friday March 20, 2020, the World Health Organization

recommended changing the terminology to "physical distancing" to make it clear that people are to keep their distance from each other. Whether they are inside their homes or outside they are to be physically separated by at least 2 meters or 6 feet.

Q. Will I be allowed back into the community if I have to go for a medical appointment or procedure?

A. People who have medical appointments or procedures in Thompson will be allowed to go to them and return to the community. However, if they go to Winnipeg or outside of Manitoba for their appointments they will be required to self-isolate and self-monitor for 14 days upon return to the community. If they develop any symptoms such a cough, fever, sore throat, runny nose, shortness of breath, difficulty breathing, flu-like muscle aches, nausea, vomiting and diarrhea they must call the nursing station 204 484-2031 for further medical advice.

Q. What is the difference between self isolation, self monitoring and isolation?

A. Depending on a person's exposure (i.e., contact with an ill person or recent travel) and/or symptoms of COVID-19, they may be advised to self-monitor for symptoms, to self-isolate or to isolate.

Self-monitoring means: record your temperature twice a day - in the morning and evening; monitor how you feel to see if and when other symptoms develop (e.g., cough, sore throat, runny nose, sore muscles, nausea, vomiting, diarrhea, shortness of breath and difficulty breathing).

Self-isolation means: staying home and keeping away from other people. This means not attending activities or gatherings outside of the home, including work, school, university, health care and long-term care facilities, churches, sweats, ceremonies, grocery stores, restaurants and shopping malls. It means getting groceries delivered and dropped off outside your house if possible. Self-isolation means avoiding situations where you could infect other people. This can help prevent the spread of infections.



COVID-19 related phone numbers are
(204) 679-0179 and (204) 679-0279



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Isolation means: if you have symptoms, even if mild, associated with COVID-19 or have been diagnosed with COVID-19 or are waiting for laboratory test results or have been advised to do so by your Public Health Authority, you must stay home until the local public health authority says you are no longer at risk of spreading the virus AND avoid contact with others. If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.

Q. How am I supposed to self-isolate when I live with a number of other people in my house?

A. If you are in a home where other people have not been exposed, minimize close contact with the other members of your household. Do not use common spaces at the same time. Don't share towels or toiletries. Regularly clean spaces used by the person who is self-isolating. NCN is preparing separate locations to be able to send people if they need to be isolated or quarantined. Staff at the Nursing Station or Wellness Centre will provide the necessary instructions if this happens.

Q. Should I wear a mask?

A. If you are healthy, it is not clear if there is any significant benefit to wearing masks to prevent COVID-19 in your home or while shopping. Good hand hygiene will provide the most significant protection from viral respiratory illnesses including COVID-19.

A number of people are sewing masks for their families. If you do this it is very important that the mask be made of a tightly woven cloth like cotton, that the mask be properly fitted and worn over the nose and mouth and that it be washed frequently.

If you are sick and experiencing symptoms such as coughing or sneezing, wearing a mask can help prevent the spread of germs and viruses. This is why people who are experiencing cough or respiratory symptoms are provided with a mask to wear when visiting a health facility including the Nursing Station, an urgent care centre or emergency department.

Q. Can I still share utensils, drinks, makeup, cigarettes?

A. ABSOLUTELY NOT as this is one of the ways the virus can spread. You should not be doing this whether there is a pandemic or not as other diseases like meningitis can spread this way also.

Q. What is the difference between screening and testing for COVID-19?

A. Screening is done by Health Links or at the Nursing Station to see if a person who has recently traveled or been exposed to an ill person has symptoms of the illness.

Diagnostic testing is done to identify an illness in an individual, which helps health care providers to determine the best way to provide treatment.

COVID-19 symptoms are similar other respiratory viruses like the cold or flu so people who have travelled or been exposed to a person who is ill are tested once the screening has taken place to confirm which virus is causing their symptoms.

Q. Why isn't everyone tested?

A. There are not enough tests or labs or qualified people to administer the tests so screening takes place to ensure those who are exhibiting potential symptoms of COVID-19 are tested. This is a global issue. Canada is testing more people every day.

Q. What does the test look like and how is it administered?

A. The test is called a swab but it looks like a miniature baby bottle scrubber. The doctor or nurse swabs the back of your throat and nose.

Q. Does the test hurt?

A. No. It might be a bit uncomfortable like any throat or nose swab. It usually takes less than a minute to administer the test. It might cause your eyes or nose to water a little bit but that is about it.

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Q. Why does NCN have to do all this when the virus is not even in northern Manitoba?

A. All of us have to assume that everyone has the virus and keep our distance for now. There is a backlog in the tests at the moment so we don't know how widespread it is. Make sure you continue to wash your hands with warm soap and water for 20 seconds. Clean and disinfect frequently used surfaces.

Q. What will happen if I do not obey the rules during the State of Emergency?

A. We hope that everyone will take responsibility and protect themselves, their family and our community. If we find that people are not practicing social isolation and physically keeping their distance from people, then we may impose fines, remove benefits, banishment or combination and use other forms of enforcement but we hope that will not be necessary. We will be monitoring the situation and really need everyone's help to protect our community from this deadly virus.

Q. Why is there an alcohol ban in place during Coronavirus outbreak?

A. Drinking is a very social activity, people visit one another, share drinks, forget social distancing protocol, etc. Additionally, our health care system must remain a priority, and must be prioritized to address the coronavirus and not alcohol-related incidents. When there is an alcohol ban in place, the calls and visits to the nursing station and other service providers decrease. Your safety is our goal. We cannot allow the spread of the coronavirus into our community. We will do whatever is necessary to ensure people are not congregating or putting themselves and others at risk.

Q. If there is a ban on alcohol, why is there no ban on cannabis?

A. The effects of the two on a person are very different. Alcohol is usually involved when emergency calls related to violence and social disturbances are made. The violence and social disturbances are why the ban is in place. The situation is being monitored and Chief and Council will consider whether the ban should be extended to cannabis. It is important to remember that it is still illegal to purchase cannabis or any other drugs from a dealer.

Q. Who can I phone if I have question on COVID-19 or about the State of Emergency?

A. Chief and Council and the Family and Community Wellness Centre nursing staff have made two dedicated lines available for COVID-19 questions: (204) 679-0179 and (204) 679-0279.

If you have general questions about the State of Emergency or the Alcohol Ban then please call Wayne Spence, EMO Co-ordinator at (204) 679-3704.

If you prefer to ask your question online, please go to the NCN website at www.ncncree.com to ensure your question gets answered.

Q. Who can I phone if I have need to talk to someone?

A. Mental Health therapist (Dianne Linklater), FCWC counselling Dept. - (204) 484 2341, Nursing Station - (204) 484-2031. These are all local resources.