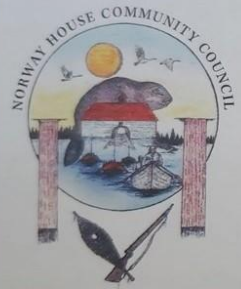




Norway House Cree Nation
Chief & Council

Norway House Community Council
Mayor & Council



COMMUNITY NOTICE

March 25, 2020

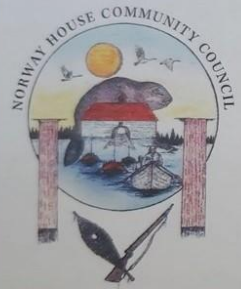
SELF-ISOLATION, MANDATORY ISOLATION, & INDIVIDUAL QUARANTINE & COMMUNITY QUARANTINE

- Definitions of Self Isolation, Mandatory Isolation, Individual Quarantine & Community Quarantine
 - SELF-ISOLATION means to **stay at home** and monitor yourself for 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 our community. This will include those persons who have travelled within the province and returning home to the community.
 - MANDATORY ISOLATION means to **Stay at home** until your Public Health Authority advises you that you are no longer at risk of spreading the virus to others - you are to **avoid contact with other people** to prevent the spread of disease in your home and in our community. This includes those individuals who have come into contact with people who have travelled throughout Canada as well as Internationally. This poses a risk to those people who have severe illness, immune compromised and especially to our Elders.
 - MANDATORY QUARANTINE means **that a person CANNOT leave their home**. Once a person is tested positive for COVID-19 they have to stay in their home unless they need medical attention. If this is not followed enforcement may be used. Persons will remain quarantined until they are well and cleared by a health professional.
 - COMMUNITY QUARANTINE means that people remain in their homes and will be monitored. **ALL COMMUNITY MEMBERS WILL BE FORCED TO STAY WITHIN THEIR HOMES**. Community movement will be monitored.
- Patients returning from medical appointments and anyone else returning from outside the community must self-isolate in their home for a mandatory 14-day period
- Those self-isolated patients must continue to do self-assessment for any symptoms of fever, cough, and difficulty breathing.



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- If and when the person is showing symptoms, person(s) should go into mandatory isolation and call the clinic 204-359-8225 (Monday to Friday, 9:00 – 5:00); after hours call directly to 204-359-4400.
- People who travelled within the province are required to go into mandatory isolation for 14 days and self-monitor.
- Community members experiencing isolation or quarantine will be supported by the services put in place during this time; services such as providing meals, grocery shopping, etc.
- If a person lives in a large household, accommodations at an alternate location will be made to isolate themselves. Please call Pandemic Advisory Team (PAT) 359-6786 or 301-3004 for assistance.
- All out-of-town medical appointments must be approved by Chief of Staff, Dr. Courtney Leary or her designate.