DEFINITIONS

Quarantine

Quarantine is **not voluntary** and means you MUST:

- Stay home; do not go to work, the store, or other public areas.
- Do not have visitors.
- Arrange to have someone pick up essentials like food or medication for you; they must leave these items outside your home and avoid contact with you
- Monitor your health for symptoms of COVID-19.

Quarantine applies to:

- Anyone who **returns to our 3 Nations communities** from outside Canada, or another populated area, MUST quarantine themselves at home for 14 days.
- Anyone who has **been in contact with someone confirmed to have COVID-19**, MUST quarantine themselves at home for 14 days. This means you have been, or could have been, exposed to the virus but do not have symptoms.
- Anyone who is c**onfirmed to have COVID-19**, MUST quarantine and follow the instructions of health care professionals.

Self-isolation

Self-isolation means STAYING HOME and not going to out, unless you need to buy essentials.

Elders, and those with health conditions such as diabetes, heart problems, asthma, or cancer, should self-isolate. Stay home and have a family member pick up essentials for you.

All community members should practice self-isolation and STAY HOME as much as possible to limit the potential for COVID-19 to spread in our communities.

Physical Distancing (aka Social Distancing)

Physical distancing means protecting your personal space. Stay at least two metres (six feet) away from other people. This means that we do not greet others with handshakes, hugs and kisses. Safe greetings include a wave, a nod, or a bow.

COVID-19 HYGIENE STRATEGIES

Why is hygiene important for stopping COVID-19?

Good hygiene is one of our best defences to prevent and limit the spread of COVID-19 to protect ourselves, our elders, our families, friends, and the community. You can never tell who is carrying COVID-19 – an infected person might have flu-like symptoms or they may not have symptoms at all.

The COVID-19 virus is spread when:

- an infected person coughs or sneezes;
- the liquid droplets from their cough or sneeze falls on people and objects close by, where the virus can survive for hours to days.

You can get COVID-19 if:

- you come in close contact with someone infected, or
- you touch a surface contaminated with the virus, and then touch your eyes, nose or mouth.

How do I practice good COVID-19 hygiene?

Wash your hands often

- Wash your hands thoroughly with soap and water for at least 20 seconds.
  - Wash the front and back of your hands, as well as between your fingers and under your nails.
  - Rinse your hands under warm running water, using a rubbing motion.
  - Wipe and dry your hands gently with a paper towel or a clean towel.
- Wash your hands regularly including:
  - Before and after preparing food
  - Before and after eating
  - After using the toilet
  - After coughing/sneezing into a tissue
  - After handling waste or dirty laundry
  - After touching regularly touched areas such as handles, doorknobs, light switches, or shopping carts/ or baskets.
- Use an alcohol-based sanitizer with at least 60 percent alcohol if water is not available.
- Encourage family members, including children to also wash their hands often.

Cover your coughs and sneezes

- Cough or sneeze into your sleeve or elbow or cover your nose and mouth with a tissue when coughing or sneezing.
- Throw used tissues immediately into the garbage and wash your hands.

Be careful when touching garbage

- When emptying the garbage, take care to not touch used tissues with your hands.
- Line your garbage with a plastic bag – it makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the garbage.

Clean and disinfect

- Clean your home with regular household cleaners.
- Clean regularly touched items daily such as toilets, sink taps, bathroom and kitchen counters, handles, doorknobs, light switches, cellphones and bedside tables.

This information was compiled by CCEM Strategies Ltd. at the request of the 3 Nations Society.

PHYSICAL DISTANCING

What is physical distancing?

Physical distancing, which is also known as “Social Distancing”, means reducing close contact with others to slow the spread of COVID-19 and help protect our community and our elders.

Physical distancing means protecting our personal space and staying at least **two metres (six feet)** away from other people.

Two metres is about the length of a sofa, an elk, or three salmon laid out head to tail. What else can you think of that is about two metres (six feet) in length?

Why is physical distancing important for stopping COVID-19?

Physical distancing is important because it is one of the most effective ways to reduce the spread of illness, including COVID-19.

The virus can be spread through close personal contact, like shaking hands or giving hugs. It can also be spread by touching something with the virus on it and then touching your eyes, nose or mouth before washing your hands.

The more we practice physical distancing the safer it will be for everyone in our communities. Even if you are not sick, it is important to stay at least two metres (six feet) away from other people when you are outside your home. It is possible for a person without symptoms, but who is infected with the virus, to unknowingly spread the virus to their friends or family or others in the community.

Why two metres?

When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus.

If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Stay two metres apart to help prevent the spread of COVID-19 in our community, and to protect our elders and other community members who are more vulnerable.

Activities While Physical Distancing

We need the whole community to help stop the spread of COVID-19. This means forgoing many of our usual greetings like handshakes, hugs, or kisses, avoiding all social gatherings, and staying home as much as possible.

Even attending small gatherings increases your risk of exposure to COVID-19, which means you could unknowingly pass it on to friends and family.

Safe to Do

Practicing physical distancing outside while:

- ✓ Taking a walk or going for a hike
- ✓ Catching up on some yard work
- ✓ Harvesting traditional medicines and foods
- ✓ Going ice fishing or hunting
- ✓ Chopping firewood
- ✓ Building a camp

Doing activities at home, such as:

- ✓ Reading a good book
- ✓ Practicing your traditional songs and language
- ✓ Listening to music
- ✓ Cooking a meal
- ✓ Phoning a family member or friend
- ✓ Beading or crafting

Use Caution

- Visiting a grocery store
- Picking up medications

Not Safe/Avoid

- ✗ Group ceremonies
- ✗ Group gatherings like parties, social events or sleepovers
- ✗ Visiting other people in their homes
- ✗ Having visitors in your home

SELF-ISOLATION

Self-isolation is **critical** to protect our community members at greatest risk from COVID-19, and to help prevent the spread of COVID-19 within our community.

Everyone should practice self-isolation as much as possible.

Why self-isolate?

It is possible for a person without symptoms, but who is infected with the COVID-19 virus, to unknowingly spread the virus to their friends or family in their home community.

Our elders, and others with health conditions such as diabetes, heart problems, lung conditions like asthma, or cancer, are most vulnerable to the virus and are likely to experience life-threatening illness if they get COVID-19.

How do I self-isolate?

Stay home and do not go anywhere you could infect others

- Do not self-isolate in a place where you will be in contact with elders or people with health conditions.
- Do not gather with others, go to work, or any other public place or gathering.
- You may go to the store once per week for essential items such as food or medical supplies.
- You may go outdoors for fresh air once per day, when by yourself or someone you live with.
- Do not have face-to-face contact (within 2 metres) with anyone while outdoors.

Do not have visitors

- Do not have visitors in your home. Friends, family or delivery drivers may drop off food or other essential items, as long as you stay 2 meters away.
- Do not come in contact with elders or people with chronic medical conditions.

Keep your distance

- Stay away from other household members as much as possible (2 metres apart).
- Avoid sharing household items. Do not share drinking glasses, cups, eating utensils, pillows or other items with people in your home. After using these items, you should clean them.
- Shared bathrooms should be cleaned daily along with other high touch areas (door handles, light switches, etc.).

WHAT TO DO IF YOU HAVE SYMPTOMS

If you are feeling sick and have symptoms of COVID-19 such as a fever, cough, sneezing, sore throat or shortness of breath, please call your community health care provider.

Call ahead, DO NOT leave your house if you are experiencing symptoms.

Symptoms of coronavirus/COVID-19

- Common symptoms of COVID-19 include fever, cough, and difficulty breathing. Difficulty breathing and chest pain can be signs of severe illness.

If you develop symptoms

- If you develop symptoms and have access to the internet, use the *BC COVID-19 Self-Assessment Tool* (https://bc.thrive.health) to help determine if you need further assessment or medical care. You can complete this assessment for yourself, or on behalf of someone else, if they are unable to.
- After doing the self-assessment, if you still have questions, call your community healthcare provider at _____.
- If the symptoms are severe, such as shortness of breath (e.g. struggling to breathe or can only speak in single words) or chest pain, call your community healthcare provider immediately.

Quarantine if you develop symptoms

- **Ensure that you quarantine yourself immediately** and avoid contact with others. This means staying away from others.
- Quarantine yourself at home for 14 days after you start to feel sick. Stay home and do not go to work, the store or public places. Do not have visitors to your home.
- If you share a home, stay and sleep in a room with good airflow that is away from others. Have other family members stay in separate rooms as much as possible.
    - **It is critical you are quarantined away from elders or others with** health conditions such as diabetes, heart problems, lung conditions like asthma, or cancer.
- Do not share household items. Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. After using these items, wash them with soap and water.
- Use a separate bathroom if you can.
- If available, wear a face mask (surgical mask) if you are in the same room with anyone.
- Avoid face to face contact; friends or family can drop off food outside your room or home.

After 14 days, if you do not have a fever, or other symptoms, you can return to your routine activities.