



# COVID-19 Family Safety Plan



**Reminder: If you develop any symptoms related to COVID-19, or if you have any concerns that you have been in contact with someone who may contracted COVID-19. Please call Health Manager at (705) 285-4354 (Monday-Friday 8:30 am – 4:30 pm) or Manitoulin Health Centre at (705) 368-2300.**

It is important during these unprecedented times to be prepared if you were to contact COVID-19 virus. This COVID-19 Family Safety Plan includes understanding the difference between social distancing, household isolation, self-isolation, and self-monitoring. This plan helps you prepare in advance should you come in contact with COVID-19 virus.

This is your own COVID-19 Family Safety Plan that contains personal and health information. Please designate someone in your household to complete the plan, update the plan when required, and keep a copy on hand should you need to activate your COVID-19 Family Safety Plan.

## Definitions:

### Self-Monitoring

Self-monitoring is what everyone should be doing every day during this COVID-19 pandemic. Self-monitoring is check-in to see how you are feeling daily, taking note of any COVID-19 symptoms. These symptoms would include fever, dry cough, shortness of breath, chest pain, and loss of speech or movement. If you develop any symptoms related to COVID-19, please call Health Manager or Manitoulin Health Centre.

### Household Isolation

Household isolation is when you and members of your household have travelled outside the WRFN catchment area or are coming from a location outside of the catchment area. It is imperative that household members isolate from the community, not go to public places such as nearby towns . even for purchasing essential supplies, not be in contact with anyone else other than their household. Friends or family can pick up essential items and leave them on the doorstep to ensure there is no cross-contamination.

### Self-Isolation

Self-isolation is when you become infected with symptoms of COVID-19 and you have been given direction provided by a health care provider or Public Health to separate as possible (do not go to school, work, grocery stores, no visitors, etc.). The purpose of self-isolation is those who are suspected/infected community members to isolate themselves to maximize infection control.

If you have traveled to an area out of the catchment area such as anything past Watershed, Sturgeon Falls, French River, and Blind River. You will be asked to self-isolated for 14 days upon your return to Whitefish River First Nation.

### **Essential**

Essential is defined as something necessary, or unavoidable. Essential during a pandemic could or would be considered getting your basic living necessities (groceries),

### **Social Distancing**

Social distancing also, known as physical distancing is a set of non-pharmaceutical interventions or measures intended to prevent the spread of a contagious disease by maintaining the physical distance between people and reducing the number of times people come into close contact with each other. This would typically mean you would maintain a distance from people and avoid gathering in large number groups.

## **Travel Protocols**

The protocols for travelling outside the catchment area vary depending on what Stage WRFN is in. For example, travel protocols during Phase 2 is different from Phase 3. See attached **Protocols for Travel Outside WRFN Catchment Area**.

## **Appointments outside of Catchment Area**

Attending appointments outside of the catchment area would include anywhere south of French river, West of Serpent River, North of Cartier, and East of North Bay. These areas have higher COVID-19 cases. We encourage community members that when attending these appointments, you are practicing social distancing, wearing face masks, hand washing, and wearing gloves if need me. Once, you return to the community, we ask if you follow the Protocols for Travel Outside WRFN Catchment Area. This will help protect all community members and provide maximum control to limiting the virus from entering the community. If you have further questions, please contact the Whitefish River First Nation Health Centre.

## **What are essential services?**

Essential Services may refer to a class of occupations that have been determined by a government. Which may refer to services that are vital to the health and welfare of a population and therefore are essential to maintain even in an emergency. Examples of these industries that would be considered essential during a pandemic:

- |                        |                        |                         |
|------------------------|------------------------|-------------------------|
| < Health Care          | < Law Enforcement      | < Public Safety         |
| < Food and Agriculture | < First responders     | < Energy                |
| < Water/water waste    | < Transportation       | < Public Works          |
| < Supply Chains        | < Retail and Wholesale | < Community Services    |
| < Financial activities | < Justice sector       | < Government operations |

# Emergency Contact Information

## Primary Person in Household

### Contact information

<b>Name:</b>	
<b>Date of Birth:</b>	
<b>Age:</b>	
<b>OHIP Health Card:</b>	
<b>Medical Conditions:</b>	
<b>Medications:</b>	
<b>Allergies:</b>	
<b>Dietary Restriction:</b>	
<b>Where are you currently residing:</b>	

**Spouse Information (if applicable)**

<b>Name:</b>	
<b>Date of Birth:</b>	
<b>Age:</b>	
<b>OHIP Health Card:</b>	
<b>Medical Conditions:</b>	
<b>Medications:</b>	
<b>Allergies:</b>	
<b>Dietary Restriction:</b>	
<b>Where are you currently residing:</b>	

**Children/Dependents/Roommates living in household**

<b>Name:</b>	
<b>Date of Birth:</b>	
<b>Age:</b>	
<b>OHIP Health Card:</b>	
<b>Medical Conditions:</b>	
<b>Medications:</b>	
<b>Allergies:</b>	
<b>Dietary Restriction:</b>	
<b>Where are you currently residing:</b>	

**(if more, add them to another page and attach to this document)**

**Caregivers & Alternate Caregivers**

Do you have a caregiver? Someone who can help you with daily activities, if needed.

£ Yes      £ No

If yes, name of Caregiver \_\_\_\_\_

Do you have alternate caregiver, if your caregiver is unavailable?

£ Yes      £ No

Who will be your alternate caregivers? \_\_\_\_\_

## Emergency Contact

This information can be shared with the Health Manager if an individual need to go to the Isolation Centre.

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

## Home

What kind of household do you live in?

£ House      £ Apartment

Do you have a private or shared entryway?

£ Private      £ Shared

Do you share living spaces (bedrooms, bathroom, living room, dining room) with others?

£ Yes      £ No

Do you have your own private laundry at home?

£ Yes      £ No

If not, who can you ask to do your laundry for you? \_\_\_\_\_

Who can deliver to you groceries/food/essentials? \_\_\_\_\_

If you are taking or need to take medication, who can pick up and deliver your medicine to you? \_\_\_\_\_

Do you require assistance for baby needs?

£ Yes      £ No

## Cleaning and Disinfecting

Do you have cleaning supplies to disinfect your home?

£ Yes

£ No

- |  |   |
|--|---|
| < Medical or procedural masks for you and others in the home | < Disposable gloves                           |
| < Eye protection   | < Dish soap                                   |
| < Thermometer  | < Regular laundry soap                        |
| < Hand soap  | < Disposable paper towels                     |
| < Tissues  | < Vacuum cleaner                              |
| < Water container with plastic liner                         | < Store-bought disinfectant . bleach or other |
| < Regular household cleaning products                        |   |

## Family and Friends

During this time of social distancing and self-isolation, it will be challenging to stay home. Often people may start to experience a rise in stress, anxiety, or panic during this time. It is very important for individuals to reach out to family and friends while remaining home. You can be utilizing other forms of communication to keep in touch such as phone calls, facetime, zoom, or other online methods. You can also, reach out too many support workers with in the community by calling (705) 285-4335.

Who are family members and friends that you can call/video call while you are home?

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## Activities you and your family can be doing

While, in self-isolation you and your family must stay home and not leave your home. You can access your outdoor living area but, this means you cannot have any visitors, and you can not go for a drive etc. Throughout, this time what activities can you do while you and your family are at home? (ie. Watch movies, games, beading, fort building, etc.) Prepare ahead of time and begin gathering what you may need/want for activities.

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# COVID-19 UPDATE

## Contact Tracing

### What is contact tracing?



Contact tracing is a routine process used to identify individuals who may have come into contact with someone (the “case”) who has a disease of public health significance, such as COVID-19, and therefore may be at greater risk of getting COVID-19 themselves. By identifying these “contacts” and advising them to self-isolate and/or self-monitor, the spread of COVID-19 may be prevented.

Contact tracing may be conducted by ISC public health professionals, nurses employed by the community, an Indigenous health services organization or the local public health unit, following established practices.

### How long does the process take?

Contact tracing is done for each individual case. It is a multi-faceted process that requires specialized skill. How long it takes depends on the specific situation. If the case has travelled recently, attended large gatherings, or been in close contact with a large number of people, the contact tracing process will take longer than for someone who has already been isolating at home. The closest contacts are those with the highest risk and may need to be prioritized if there are a large number of contacts.

### What happens when ISC is made aware of a confirmed case of COVID-19?

Where ISC is responsible for supporting the public health response, they work with Community Health Nurses and/or an Indigenous Health Services Organization to ensure case and contact follow-up is done according to provincial guidelines. This involves:

- contacting the case to provide guidance and support needed on self-isolation;
- collecting information from the case on their close contacts;
- following up with contacts and providing guidance on self-quarantine, testing, and supports needed;
- closely monitoring and connecting regularly with case and contacts until they are cleared; and
- communicating with community leadership without disclosing personal information.  
*This allows the Chief and other community leaders, along with health experts to take action as required according to their own protocols or emergency pandemic plan.*

ISC officials will also discuss with community leadership what other support they may require.



ISC does NOT share personal information about any individuals with the Chief, community leaders, or case contacts. This includes any information regarding COVID-19 testing, results and/or contact tracing. The identity, health status, and other personal information of a case is only shared as necessary with health care providers.

### Why does ISC not release names of individuals who tested positive?

Personal Information shall not be disclosed by ISC employees without the consent of the individual to whom it relates, unless the disclosure is in accordance with the Privacy Act and the Canadian Charter of Rights and Freedoms.

Chiefs are encouraged to request that community members refrain from sharing or circulating unconfirmed information or rumours that can be harmful to individuals and put entire communities at risk by making it more difficult for health professionals to provide appropriate care. As well, a breach in privacy can lead to loss of trust in the health system and make it less likely for community members to come forward for testing.



# COVID-19 UPDATE

## Infrastructure for Testing, Isolation or Quarantine

Community members who have tested positive for COVID-19 should recover at home unless hospitalization is required. The Government of Ontario has issued [guidance on steps](#) households should take when a member of the household has tested positive and is at home recovering, such as staying in a separate room and using a separate bathroom if it is available.

### What can my community do if there is no space in homes for self-isolation or quarantine?

A number of communities may consider creating isolation or quarantine centres because overcrowding causes challenges with isolation of community members within their homes. As restrictions are lifted and risk levels diminish, buildings may need to be returned to their initial purpose. Funding may be available to support the retrofit of existing spaces for isolation. For more information, please refer to the Financial Support Fact Sheet.

Existing spaces such as schools, community centres, and arenas can be used as isolation or quarantine space while regular programs and services are suspended, but must be retrofitted to ensure community members have appropriate facilities and care.

In planning for and setting up such centres, ISC recommends that communities consider good practices such as those available from the World Health Organization including:

- [Considerations for quarantine of individuals in the context of containment for coronavirus disease \(COVID-19\)](#); and
- [Severe Acute Respiratory Infections Treatment Centre](#)

By using these guidelines as much as possible, the health and well-being of those staying in the centres and those providing services can be protected and the spread of infection prevented.

Additional factors to consider include:

<b>Purpose</b>	Is it for quarantine (people who are not yet sick but were exposed to sick people) or isolation (for people who are sick)?
<b>Safety</b>	Is the space safe with respect to exits, ventilation, water, and other sanitation issues?
<b>Spacing</b>	Is the space between beds adequate?
<b>Care</b>	Who will provide services and care, and do they have the appropriate training and equipment?
<b>Cleaning</b>	Who will provide cleaning, and how often, to ensure adequate infection prevention and control? Are the appropriate cleaning supplies available?
<b>Food</b>	Are food handling and safety practices in place?



Pictured here: a Blue-Med structure

### What if communities do not have access to such spaces?

In the event that communities do not have access to existing spaces to repurpose as an isolation or quarantine centre, ISC has procured two styles of temporary shelters including:

- the BLU-MED, a portable, temporary medical structure to provide assessment and testing space outside of community health clinics; and
- the Matrix, a seven-room extreme weather shelter that can be used for isolation or quarantine for three to six people.

ISC prioritizes the assessment of all requests, made by community leadership, for the deployment of these structures.

Deployed temporary structures will remain in communities on an as-needed basis, in the context of COVID-19, and discussions with community leadership will take place prior to removal.