

# Whitefish River First Nation Household Isolation Guide



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## WHAT TO DO IF YOU HAVE BEEN TOLD TO ISOLATE

1. If you are required to isolate due to COVID-19 exposure notify the Band Manager at (705) 863-3294.
2. The Band Manager will ask for the following information:
  - a. Community Member's name
  - b. Contact information
  - c. Start date of the household isolation
  - d. Testing date(s)
  - e. Including the names of the other members of the household
3. The Band Manager will notify the Incident Commander and will assign the appropriate resources, as required
4. Provide the Band Manager with PCR test results
5. When in isolation, you must:
  - a. Go directly home
  - b. stay in your home or co-living setting
  - c. monitor your for symptoms (even just one mild symptom).
    - i. Immediately contact your health care provider or local public health authority and follow their instructions
    - ii. See page 5 for a list of symptoms
  - d. record your temperature daily or as directed by your local public health authority (see page 9 for template)
  - e. avoid using fever-reducing medications like acetaminophen or ibuprofen as much as possible, as these medications could hide an early symptom of COVID-19
  - f. follow the public health authority's advice on testing instructions**
6. If you're in isolation wear 3 ply medical mask when:
  - a. In shared indoor spaces with others, like:
    - i. hallways
    - ii. the kitchen
    - iii. washrooms
  - b. your household members are with you in a private outdoor space, like:
    - i. a balcony
    - ii. the backyard
    - iii. you need care (either direct physical care or close-range interactions)
    - iv. your caregiver should also wear a mask
7. If you're isolating at home, your household members may need to isolate after their last exposure to you. Your local public health authority will determine their length of isolation based on a variety of factors, including:
  - a. your vaccination status and

- b. how well they can separate from you in your home or co-living setting (like whether you have access to a separate bedroom and washroom)
8. While in isolation, you should:
  - a. follow all advice and direction from your local public health authority
  - b. maintain the greatest physical distance possible with other household members
  - c. open windows to keep rooms ventilated, when possible
  - d. clean and disinfect high-touch surfaces and objects
  - e. wash your hands often with soap and water
    - i. if unavailable, use hand sanitizer
9. Ensure you and your household members are wearing the 3 ply medical mask in the appropriate situations.
10. Children under the age of 2 years should **not** wear masks. Children 2 to 5 years of age may wear a mask if they:
  - a. can tolerate it
  - b. are supervised
  - c. know how to take it on or off
11. Children older than 5 years of age should wear a mask in the same situations or settings as adults.

## **IF YOU DEVELOP SEVERE SYMPTOMS**

Call 911 or your local emergency number if you develop severe symptoms, such as:

- significant difficulty breathing
- chest pain or pressure
- new onset of confusion
- difficulty waking up

If you take an ambulance to the hospital, tell the dispatcher that you have or may have COVID-19.

If you take a private vehicle to the hospital, call ahead to let them know that you have or may have COVID-19. If possible, only one healthy person should drive you.

While in the car:

- you should maintain physical distance (sit in the back of the car away from the driver)
- you and any other passenger should wear a 3 ply mask
- open vehicle windows while travelling to the hospital

## DO'S AND DON'TS OF ISOLATION

1. Take precautions with your pets by:
  - a. practising good hygiene
  - b. avoiding close contact with pets
  - c. walking your pet only on your own property
  - d. having another member of your household care for your pet
    - i. if not possible, find someone to help with pet care, like family, friends or social services
2. While in isolation, do **not**:
  - a. visit public areas
  - b. go to work or school
  - c. visit friends or family
  - d. have guests over to your home
  - e. participate in household group activities like:
    - i. shared meals
    - ii. family games
    - iii. watching television together
    - iv. leave your home or co-living setting unless you need medical care
    - v. have contact with anyone at risk of more severe disease or outcomes (based on their age or chronic medical condition)
    - vi. share personal items
  - f. Do **not** use shared indoor spaces or private outdoor spaces with your household members. If not possible, use a separate:
    - i. room for sleeping, or if not possible:
      1. sleep in a separate bed, positioned head-to-toe to keep as far away from one another as possible
    - ii. washroom, or if not possible:
      1. open the window
      2. put the toilet lid down before flushing
      3. clean and disinfect surfaces and objects that have been touched after each use

Do **not** use a taxi service to seek medical care unless you have no choice.

## COVID-19 SIGNS AND SYMPTOMS

The following are the most common symptom associated with COVID-19, and each symptom can be treated. It is important to record and monitor your health in any period of -isolation.

The listed symptoms have been directly provided by Ministry of Health Ontario, Public Health Canada.

### Common symptoms:

Fever (temperature of 37.8 degrees Celsius or greater)

New or worsening cough

Shortness of breath

### Other symptoms:

Sore throat

Difficulty swallowing

New olfactory (smell) or taste disorder(s)

Nausea/vomiting, diarrhea, abdominal pain

Runny nose, or nasal congestion - in

absence of underlying reason for symptoms such as seasonal allergies

### Tips to Ease Symptoms

- Increase daily fluid intake
- Use Tylenol (following the package instructions and guidelines)
- Keeping cool temperature settings
- Use cough drops or other cough suppressants
- Breathing exercises
- Deep breathing exercises
- Throat lozenges
- Rest
- Drink fluids
- Gargle saltwater
- Use artificial saliva
- Always keep upper body elevated
- Diet restrictions (if necessary)
- Monitor and record any change
- Increase fluids intake
- Avoid solid foods
- Saline Sprays
- Ensure proper sneezing/coughing etiquette
- Wash hands if blowing nose or after disposing of facial tissue

	<ul style="list-style-type: none"> <li>• Rest</li> </ul>
<b><u>Atypical symptoms:</u></b>	
Unexplained	
Tiredness, Fatigue,	
Sore Muscles or Aches	<ul style="list-style-type: none"> <li>• Medical attention</li> <li>• Call 9-1-1</li> </ul>
and or pain	
Mental Confusion	
{Acute altered mental	<ul style="list-style-type: none"> <li>• Use of support {walker/cane)</li> <li>• Rest</li> </ul>
status/ Delirium)	
Increased/unexplained	<ul style="list-style-type: none"> <li>• Monitor</li> <li>• Emergency medicine</li> </ul>
number of falls	
Unable to carry out	
physical tasks {Acute	<ul style="list-style-type: none"> <li>• Monitor</li> <li>• Emergency medicine</li> </ul>
functional decline)	
Worsening of chronic	<ul style="list-style-type: none"> <li>• 9-1-1 if health worsens</li> <li>• Cover in warm clothing/blankets</li> <li>• Drink fluids</li> <li>• Tylenol</li> </ul>
conditions/symptoms	
Chills	<ul style="list-style-type: none"> <li>• Rest</li> <li>• Increase water intake</li> </ul>
Headaches	
Pink Eye	<ul style="list-style-type: none"> <li>• Prescription Eye drops</li> <li>• Wash hands</li> </ul>
{Conjunctivitis)	

<b>COVID 19 Assessment Centres</b>	
<b>Health Science North (Sudbury)</b> 705.671.7373	<ul style="list-style-type: none"> <li>• 7 days per week between the hours of 9 a.m. and 5 p.m.</li> </ul>
<b>Manitoulin Health Centre Assessment Centre</b> 705.368.2300	<ul style="list-style-type: none"> <li>• Monday between the hours of 8:30 a.m. to 1 p.m.,</li> <li>• Tuesday and Thursday between the hours of 8:30 a.m. to 7:30 p.m.</li> </ul>
<b>Noojmowin Teg Health Centre</b> 705.368.2182	<ul style="list-style-type: none"> <li>• Monday to Friday between the hours of 8:30 a.m. and 4:00 p.m.</li> </ul>
<b>Espanola and area COVID Assessment Centre</b> 705.869.1420, ext. 4500	<ul style="list-style-type: none"> <li>• Monday to Friday between 8 a.m. and 4 p.m.</li> </ul>

## **CLEANING**

If you are in -isolation it is important to be mindful of garbage disposal and soiled laundry practices. Throw used items in the garbage (paper plates, tissue, plastic utensils etc.).

Designate a garbage bin specifically for regular garbage. Each Bin will be double bagged and should be disposed of immediately when full.

Your place of -isolation should have disinfecting cleaners and some of the other items listed below:

- Hand Sanitizer (500ml bottles)
- Paper towel supply (to be disposed in garbage bin after single use)
- Disinfectant wipes (a container per unit)
- Disposable gloves
- Mop & Bucket
- Cleaning cloths
- Other supplies - Sharps Container, Cleaning caddy (to keep all supplies organized)

## **MENTAL HEALTH AND ADDICTIONS**

In some circumstances accessibility to substances may be reduced while an individual is in isolation, and if you are addicted to a substance(s) you may go through withdrawal. Withdrawal can lead to behavioural changes, such as mood swings, and/or physical symptoms such as seizures that can potentially be dangerous.

If you have concerns about any withdrawal symptoms contact your healthcare provider or in an emergency call 9-1-1. It is important that you disclose information on mental health and addictions, such as medications for treatment type of substance disorder and or if you have an alcohol disorder.

## **CRISIS & ISOLATION**

If you are thinking about suicide or in severe emotional distress, please call 9-1-1.

If you feel like you are in crisis or need somebody to talk to, community resources are here to help.

*Mnidoo Mnising Mental Wellness Crisis Response Team*

24-line (705) 348 1937

*Crisis Services Canada*

1-833-456-4566 (24 hours, 7 days a week toll-free) Text 45645 (4 p.m. – midnight ET)

*Kids Help Phone*

1 800 668 6868 (voice), Text: 686868 (24 hours, 7 days a week)

*ConnexOntario: Addiction, Mental Health, and Problem Gambling Treatment Services*

1-866-531-2600 (24 hours, 7 days a week)

## **COPING WITH ISOLATION**

Fear, Stress and Worry are Normal in a Crisis

The COVID-19 pandemic has resulted in many changes. You might feel like you're no longer in control of things. It is normal to feel sad, stressed, confused, scared or worried. People react in different ways.

### **Some common feelings**

- Sensing that you are being socially excluded or judged
- Concerns about your children's education and well-being
- Fear of getting sick with COVID-19 or of making others sick
- Worry about losing your job, not being able to work or finances
- Fear of being apart from loved ones due to isolation or physical distancing
- Helplessness
- Boredom
- Loneliness
- Depression due to isolation or physical distancing

### **Tips for taking care of your: include:**

- Stay informed but take breaks from social media and the news.
- Practice physical distancing, but stay socially connected to friends and family through:
  - email
  - phone calls
  - video chats
  - social media
- Practice mindfulness by:
  - stretching
  - meditating
  - taking deep breaths
- Try to:
  - eat healthy meals
  - exercise regularly
  - get plenty of sleep
  - focus on the positive aspects of your life and things you can control.
  - be kind and compassionate to your and others.

For more help you can call: **Hope for Wellness Help Line**

Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat.

Available to all Indigenous peoples across Canada who need immediate crisis intervention. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed.



