



COVID-19 Pandemic Response Plan

March 6, 2020

Revision 0

Issued for Use

Authorization Page

Prepared by:

Date:

Name:

Title:

Endorsed by:

Date:

Name:

Title:

Approved by:

Date:

Name:

Title:

Revision Log

Revision	Date	Revision Description
0	March 21, 2020	Issued for Use

TABLE OF CONTENTS

1.0 PURPOSE.....5

1.1. Background Information..... 5

1.2. Scope..... 5

1.3. Exceptions & Deviations 5

2.0 PREVENTION.....5

2.1. Social Distancing 6

2.2. Hygiene..... 6

2.3. Wearing a Mask 7

3.0 HEALTH MONITORING7

3.1. Signs & Symptoms 7

3.2. Reporting & Disclosure 8

3.3. If You Become Ill 8

3.4. Self-Monitor, Self-Isolate & Isolate 9

3.4.1. Self-Monitor..... 9

3.4.2. Self-Isolate 9

3.4.3. Isolate..... 9

3.5. Diagnosing Coronavirus 10

3.6. Treating Coronavirus 10

3.6.1. Vaccine 10

4.0 COMMUNITY SUPPORT.....10

5.0 TRAVEL.....10

5.1. Limiting Travel & ACcess..... 11

LIST OF APPENDICES

- Appendix A: Hand Washing Protocol
- Appendix B: COVID-19 Screening Questionnaire

1.0 PURPOSE

This Pandemic Response Plan has been developed in response to a global outbreak of the Novel Coronavirus Disease 2019 or COVID-19. Horse Lake First Nation recognizes the risks associated with an increase in transmission rates. With the first presumptive case being diagnosed in Alberta on March 5, 2020 the information in this plan will outline precautions to reduce risks of all members of the community.

As the situation is fluid, Horse Lake First Nation will continue to monitor and respond to events as they arise based on direction from the Government of Alberta, as well as the Federal Government.

1.1. BACKGROUND INFORMATION

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease in Hubei Province, China to be a Public Health Emergency of International Concern. WHO stated there is a high risk of the 2019 coronavirus disease (COVID-19) spreading to other countries around the world.

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them. In other words, COVID-19 spreads in a similar way to flu. Most persons infected with COVID-19 experience mild symptoms and recover. However, some go on to experience more serious illness and may require hospital care.

1.2. SCOPE

The COVID-19 Pandemic Response Plan will apply to all members of Horse Lake First Nation, Visitors, or those who may request to travel through the region.

1.3. EXCEPTIONS & DEVIATIONS

Exceptions or deviations from the information outlined in this plan is prohibited without the express permission of the Chief of Horse Lake First Nation. Permission to deviate from details of this plan will be given in writing should the request be granted.

2.0 PREVENTION

To limit the risk of transmission, all community members should take the following precautions regardless of recent travel. See Appendix B: COVID-19 Screening Questionnaire to help determine preventative measures to protect yourself, and those around you.

- Community members are required to stay home when they are sick.
- Maintain Social Distancing (see Section 2.1) by keeping 2 meters (6.5ft) or more of distance from others, wherever possible.
- Exercise frequent handwashing for at least 20 seconds with soap and water; use an alcohol- based hand sanitizer when soap and water are not available. (See Appendix A: Hand Washing Protocol)
- Avoid touching your face and apply social distance from people who are sick.
- Cover your mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing.
- Avoid direct contact with animals (live or dead) and their environment, or touching surfaces that may be contaminated.
- Avoid touching surfaces that may be contaminated.
- Limit travel, especially if you are sick.

2.1. SOCIAL DISTANCING

Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. This means making changes in your everyday routines to minimize close contact with others, including:

- avoiding non-essential gatherings
- avoiding common greetings, such as handshakes
- avoiding crowded places such as concerts, arenas, conferences and festivals
- limiting contact with people at higher risk like older adults and those in poor health
- keeping a distance of at least 2 arms-length (approximately 2 meters) from others

2.2. HYGIENE

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
 - use alcohol-based hand sanitizer if soap and water are not available
- when coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand

- dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands
- use approved disinfectants when cleaning hard high-touch surfaces
- clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1-part bleach to 9-parts water):
 - toys
 - toilets
 - phones
 - electronics
 - door handles
 - bedside tables
 - television remotes

2.3. WEARING A MASK

If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19.

Wearing a mask when you are not ill may give a false sense of security. There is a potential risk of infection with improper mask use and disposal. They also need to be changed frequently.

A health care provider may recommend you wear a mask if you are experiencing symptoms of COVID-19 while you are seeking or waiting for care. In this instance, masks are an appropriate part of infection prevention and control measures. The mask acts as a barrier and helps stop the tiny droplets from spreading you when you cough or sneeze.

3.0 HEALTH MONITORING

3.1. SIGNS & SYMPTOMS

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are like a cold or flu.

Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known incubation period for this disease. We are currently investigating if the virus can be transmitted to others if someone is not showing symptoms. While experts believe that it is possible, it is considered less common.

Symptoms have included:

- Fever
- Cough
- Difficulty breathing
- Pneumonia in both lungs
- Sore throat
- Runny nose

In severe cases, infection can lead to death.

Do you think you might have COVID-19? Please visit Health Canada's website and use the self-assessment tool to find out what to do. The self-assessment tool can be found at <https://ca.thrive.health/covid19/en>

3.2. REPORTING & DISCLOSURE

All members of the community must immediately report if they are developing any of the symptoms listed above, or if you are diagnosed with COVID-19. Information received will be used for ongoing monitoring and identification of needs regarding necessary health resources.

Please notify Azar Kamran by calling or sending a text message to (780) 399-5150 or by emailing azar@horselakefn.ca.

If you have been in close contact with a person known to have COVID-19, live in or have recently traveled from an area with ongoing spread of COVID-19 you are also required to disclose this information.

3.3. IF YOU BECOME ILL

If you are showing symptoms of COVID-19, reduce your contact with others:

- isolate yourself at home for 14 days to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance
- immediately call 8-1-1 from any cellular or landline phone to receive any assessment and determine the need to proceed to a testing centre.

Anyone who is needing emergency assistance should contact 9-1-1.

3.4. SELF-MONITOR, SELF-ISOLATE & ISOLATE

3.4.1. Self-Monitor

You need to self-monitor if you:

- have no symptoms and
- may have been exposed to COVID-19 in the last 14 days or
- are in close contact with older adults or people who are medically vulnerable or have been asked to do so by your Public Health Authority

Self-monitoring means to:

- monitor yourself for 14 days for symptoms of respiratory illness, such as fever, cough and difficulty breathing
- avoid crowded places and increase your personal space from others whenever possible

If you develop symptoms, isolate yourself from others immediately and contact your public health authority as soon as possible.

3.4.2. Self-Isolate

Self-isolate if you:

- have no symptoms and may have been exposed to COVID-19 as a result of:
 - travelling outside of Canada within the last 14 days or
 - coming in close contact with someone diagnosed with COVID-19
- have been asked to do so by your Public Health Authority

Self-isolation means to:

- stay at home
- monitor yourself for symptoms, even if mild, for 14 days
- avoid contact with others

If you develop symptoms, even if mild, stay home, avoid other people and contact your Public Health Authority as soon as possible.

3.4.3. Isolate

You need to be isolated 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

Isolating yourself means to:

- stay home until the local public health authority says you are no longer at risk of spreading the virus
- avoid contact with others
- If your symptoms get worse, immediately contact your healthcare provider or Public Health Authority and follow their instructions.

3.5. DIAGNOSING CORONAVIRUS

Coronavirus infections are diagnosed by a health care provider based on symptoms and are confirmed through laboratory tests.

3.6. TREATING CORONAVIRUS

Most people with mild coronavirus illness will recover on their own.

If you are concerned about your symptoms, you should self-monitor and consult your health care provider. They may recommend steps you can take to relieve symptoms.

Most physician's offices are limiting in person appointments. If you require medical attention, please call ahead before travelling to medical clinics, even for scheduled follow-up appointments.

3.6.1. Vaccine

At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19.

4.0 COMMUNITY SUPPORT

5.0 TRAVEL

The health and safety of community members will always be our highest priority; therefore, Horse Lake First Nation is limiting travel to and from the community to reduce the risk of transmission. Travel will be limited to instances that are essential to survival,

including medical appointments, obtaining groceries, or prescription medications and travel that doesn't create an unacceptable health hazard.

Community members who are required to travel will make every effort to maintain distance from others, carry hand sanitizer for regular use and select routes of travel that pose minimal risk of exposure.

Returning travelers from China (including airport transits), Hong Kong, Singapore, Iran, South Korea, Japan or Italy, must self-isolate for 14 days after their return to Canada. Travelers from the above regions are only permitted to return to work if they have been symptom free for this 14-day period, until further notice.

Impacted travelers having fever and respiratory symptoms within 14 days of travel, or those in close contact with anybody sick with respiratory symptoms who have recently travelled to the countries noted above, should seek further medical evaluation by calling 8-1-1 from any cellular or landline phone. Individuals presenting symptoms of COVID-19 are being asked not to proceed to their physician's office at this time. Anyone presenting symptoms that may require testing will be directed to the appropriate testing center by calling the number above.

5.1. LIMITING TRAVEL & ACCESS

Horse Lake First Nation will be installing barricades at all access points of the community to limit visitors to the community. This is in efforts to limit risks of transmission and will maintain in effect until further information is received by local authorities indicating a decreased risk of transmission of COVID-19.


Barricades will be placed at the access points shown below:

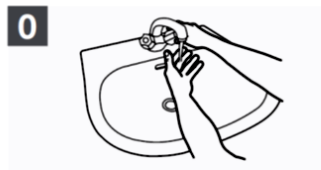


Appendix A: Hand Washing Protocol

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



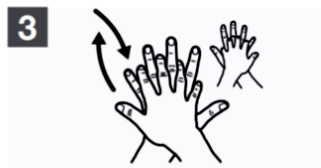
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use. WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009

Appendix B: COVID-19 Screening Questionnaire

The following questions are designed to identify high-risk individuals:

IMPORTANT: For the health of the community, the following questions must be answered truthfully, completely and accurately.

1. Are you currently experiencing any of the following symptoms?

Yes (Check all that apply): No

- Cough
- Shortness of Breath
- Fever
- Difficulty Breathing

2. Have you travelled outside Canada since Mar. 14 or have you recently returned from out of country travel?

Yes No

3. In the last **14 days** have you travelled on any cruise ship?

Yes No

4. Have you been in close contact* with a probable or confirmed case of COVID-19?

Yes No

5. Have you been in close contact* with a person with acute respiratory illness who has been outside Canada since Mar. 14 or on any cruise ship in the 14 days before their illness?

Yes No

**Close contact means:*

- *Lived with a person or had prolonged contact with a person (within 2 meters for 10 or more minutes) who has been identified as being infectious with COVID-19.*
- *Provided care for an individual who has been identified as being infectious with COVID-19; or*
- *Had direct contact with bodily fluids (coughed or sneezed on) from an individual who has been identified as being infectious with COVID-19*

Person Screened: _____ Date: _____

Witness: _____ Date: _____

Please note that this screening form and direction related to this screening will be subject to revision and change as further information and protocols regarding COVID-19 are released by applicable governmental agencies.

If you answer YES to any question, you MUST immediately self-isolate for 14 days, monitoring for any symptoms as listed above.

If answer is **No** to all questions, you are not required to isolate/quarantine but are to ensure you are remaining socially distant, while monitoring your health and wellness. Should your condition change, self-monitor your symptoms and contact 8-1-1 from any cellular or landline phone to determine the need for testing.