



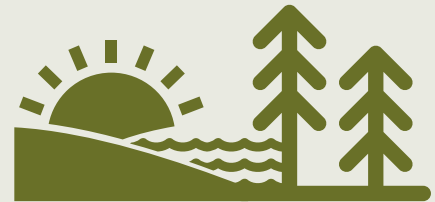
Sioux Lookout
First Nations
Health Authority

**CORONAVIRUS
COVID-19**

PUBLIC HEALTH GUIDANCE

LIVING ON THE LAND DURING COVID-19

FOR LEADERSHIP & PANDEMIC/EMERGENCY RESPONSE TEAMS



We recognize that this is a time families usually go out on the land to hunt. It is also a good practice for social/physical distancing for families to be further away from populated areas. We have developed some guidelines for communities to consider to ensure the safety of their community members during the COVID-19 pandemic. It is important to ensure the nursing station personnel are aware of these protocols as well. Include the First Nation lands and resources department if there is one in existence. They are usually aware of where people have their family traplines and camps. This department would be useful for locating people who are out in their camps for any reason whatsoever. Lastly, the Community Pandemic Team should be notified of all these activities so that they are not surprised by any situation or issues that may arise.

BEFORE PEOPLE LEAVE:



- Ask community members to **notify you before going** and provide:
 - How many people are going
 - When they are leaving
 - Where they are going (outline on a map if possible)
 - An expected return timeframe (if possible)
 - A contact number (if possible)



- Encourage community members to **take medications to treat pain and fever, enough chronic medications** for the length of their stay, and the **phone number for the nursing station.**



- It is also encouraged for community members to **bring or collect traditional medicines.** Encourage them to bring any necessary tools for gathering medicines, such as a shovel, if they don't have them at their camps.
- Make sure community members have the essential equipment and food that they need while at their camp. As mentioned, some families do have some tools at their camp already, but it is just an extra reminder to do these things before heading out on the land.



- Give them the **"Living on the Land during COVID-19"** advice sheet.



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WHILE AWAY:

- Advise people to take **self-monitoring checklists** with them and to **self-monitor while away**.
- Advise people to take a **satellite phone** with them in case of emergencies. If they do not have one, encourage them to camp separately from other people but close enough to borrow a neighbour's satellite phone to call into the community if needed. Remind them to avoid contact when borrowing the phone (i.e. have the neighbour leave it somewhere and back away before you approach to get it).
- Advise people to take an **extra tent** if they have one, so that they can create an isolation shelter if they must.
- Remind them to keep **social/physical distancing** while out in the bush as they encounter others (keep at least 2m/6ft away).
- Remind them to camp only in their family unit.
- This is also a good time to **collect traditional medicines**. Some medicines may not yet be accessible as the ground may still be frozen in some areas.



WHEN RETURNING:



- **If a member of the family gets sick**, advise them to **call the nursing station before re-entering** the community. The nurses will do a screening questionnaire. If suspected for COVID-19 they will be told where to go to self-isolate (their house or an alternate site) and a time for them to be assessed.
- Community members should **communicate their return** and whether they are **well or not** to leadership or the Community Pandemic Team.
- Community members should **follow all the necessary steps** that are usually taken when coming back from camping such as safety checks on firearms and cleaning any equipment that has been used.