

PEGUIS FIRST NATION REMAINS IN STATE OF EMERGENCY

As of **WEDNESDAY, MARCH 23, 2022**, 12:01 a.m. (midnight), Peguis First Nation remains under a State of Emergency, extended indefinitely, with Peguis Public Health Recommendations in effect. Current Peguis Public Health Recommendations in effect for Peguis 1B are:

Isolation and General Safety	
<p>Level 3 Pandemic Control</p>	<ul style="list-style-type: none"> • Level 3 Pandemic Control in effect for Peguis 1B. • It is the responsibility of each community member who is COVID-19 positive or symptomatic to isolate. • House Monitors may be used only for those households not following Peguis Public Health Recommendations.
<p>Self-Isolation (Quarantine) for Positive Cases and Contacts</p>	<ul style="list-style-type: none"> • POSITIVE CASES: Individuals who test positive OR who have COVID-19 symptoms must immediately isolate. The isolation period requirements differ based on an individual's vaccination status: <i>People who are fully vaccinated and do not have symptoms</i> need to isolate for five (5) days from the date of their positive test. <i>People who are fully vaccinated and have symptoms</i> need to isolate for five (5) days from the day their symptoms started or the date of the test, whichever is later. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours. <i>People who are not fully vaccinated</i> need to isolate for 10 days from the date of their positive test. They must also continue to isolate until they no longer have a fever and their other symptoms have been improving over the past 24 hours. Positive cases will be responsible for contacting their own contacts. Peguis Public Health will help contact tracing with case. If you are positive or isolating, inform Peguis Public Health by calling (204) 645-2869. • People out of isolation must avoid any non-essential visits or non-essential contact with individuals at high risk for severe disease for five (5) days after your isolation period. • CONTACTS: <i>Contacts who are fully vaccinated and do not have a medical condition</i>, are no longer required to isolate. <i>Contacts who are fully vaccinated and have no symptoms and were recently infected with COVID-19</i> (previous 3 months) are no longer required to isolate. All close contacts who are exempt from self-isolation, particularly household contacts, need to be very cautious while the case is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high-risk for severe disease from COVID-19. <i>Contacts who are unvaccinated and not symptomatic</i>, must isolate 10 days. <i>Contacts who are unvaccinated and symptomatic</i>, must isolate 10 days. If symptoms develop, please take a RAPID ANTIGEN HOME TEST (R.T.) after 24 hours from when symptoms began. For individuals who ARE NOT FULLY VACCINATED AND are living with a COVID-19 positive case in the same household, a mandatory isolation BEGINS AFTER the positive case is recovered. COVID-19 positive cases that

	<p>choose to remain in the home to recover will affect isolation periods for other household members. Health recommends Alternate Isolation accommodations away from the household, this will shorten isolation periods for household contacts.</p> <ul style="list-style-type: none"> • Students who are named as a contact can test themselves daily and monitor for symptoms. If symptoms develop, stay home and continue to test daily. If negative results and symptoms remain, continue to stay home. Once symptoms resolve, wait for 24 prior to returning to school. • For households with a person in isolation, please notify any emergency or housing staff about the isolation PRIOR to anyone entering the household. • Isolate if: A positive case or contact of a case is in the house and you are not fully vaccinated; A person in the house is waiting for test results and you are not fully vaccinated. • International Travel: Anyone travelling from international destinations will continue to be required to meet requirements under the Federal Quarantine Act.
<p>General Safety</p>	<ul style="list-style-type: none"> • Face Masks will continue to be required in all public settings until March 31, 2022; social distancing in public; frequently wash hands for 20 seconds; self-isolate if symptomatic. • Peguis Central School requires face masks to be worn by staff and students as herd immunity for kids is low. Proof of vaccination is required for all visitors. • Face Masks are required for all indoor office settings. N95 Masks are required at the Personal Care Home. • Prepare your household in case you need to isolate. • Wellness Checks: Any members in need of a Wellness Check can request by calling the Peguis Command Centre at (204) 645-2869.

SECTION	EXISTING PEGUIS PUBLIC HEALTH RECOMMENDATIONS
<p>Gatherings/ Visiting/</p>	<ul style="list-style-type: none"> • Proof of vaccination no longer required in public settings. • REGISTRATION/REQUESTS: Please call the 24/7 Peguis COVID-19 Command Centre at (204) 645-2869 or (204) 645-4738. • Households are encouraged to keep records of any visitors for contact tracing, if needed. • No Parties or gatherings allowed where alcohol is involved. • Palliative Care visits are allowed but each visitor must pre-register.
<p>Vaccines/ COVID-19 Tests</p>	<p>Peguis Public Health is seeing that vaccines work. It is preventing those vaccinated from being hospitalized or ending up in the ICU. Vaccinated people who test COVID-19 positive, experience only mild symptoms as their bodies are able to fight against this virus. All vaccines prevent people from getting really sick.</p>

- **Treatments for COVID-19 Positive Members: Both Monoclonal Antibody Treatments and Oral and Infusion Antiviral Treatments are available in Peguis for all First Nations people who qualify for treatment. These treatments are used to reduce the risk of needing hospitalization in people who have symptoms and have tested positive for COVID-19. Early testing is key as treatment must begin within 5 to 7 days of symptoms developing. Contact the Peguis Health Centre if you meet the minimum eligibility criteria that include, but are not limited to: 18 years or older; unvaccinated or partially vaccinated; have a risk factor (smoking, diabetes) or chronic condition**
- RAPID ANTIGEN HOME TEST (R.T.) are available for households at the Peguis Health Centre or Peguis Command Centre after work hours or on weekends.
- VACCINES: Peguis, Dallas, Harwill residents are eligible for a Moderna vaccine (18+ yrs), Pfizer (5+ yrs) and 3rd dose vaccines for those 18+. Vaccine Clinics held every Monday at Peguis Health Centre 1:00 - 4:30 pm.
- Pfizer and Moderna vaccines are available to First Nation members, residing outside the community at Manitoba Super Sites, 1-844-626-8222 (1-844-MAN-VACC). Daily hours are 6:00 a.m. to 8:00 p.m.
- Immunization Cards available at <https://immunizationcard.manitoba.ca>. If you experience problems accessing your card, please call the Peguis Health Centre at (204) 645-2169 for assistance.

The Peguis COVID-19 Pandemic Team would like to thank the entire community for their support. These safety measures are subject to change if cases rise in the community by the Peguis COVID-19 Pandemic Team. Thank you and stay safe!