



# Dene Tha' First Nation

EMERGENCY MANAGEMENT TEAM  
COVID-19

## COVID-19 CURRENT SITUATION UPDATE RELEASE

February 24, 2021

### DO YOU KNOW?

**Quarantine** is the name used for the time people who have been tested and are waiting for their COVID test results must stay at home indoors. It is to protect others. They have no symptoms. They have been told to quarantine by the Public Health Nurse because they have been in contact with someone who is sick with COVID. You MUST stay home!

**Isolation** is the name used for the time people must stay at home to recover from a COVID illness. They have had a positive COVID tests and the Public Health Nurse will tell them how long they must stay at home indoors. This is to protect others and make sure they are resting and getting the help they need to get better. Assistance is available for food, clean water, masks, medicines, and cleaning supplies. You MUST stay home!

### Chateh Community Lock-Down

February 20, 2021

Due to the rise in active COVID cases the Chateh community is in lock-down. Only essential travel to and from the community is not allowed.

### Dene Tha' First Nation COVID-19 CURRENT CASE UPDATE (information collected since Jan 1, 2021)

<b>Active Cases</b>	<b>217</b>
<b>Recovered Cases</b>	<b>40</b>
<b>Cases to date</b>	<b>257</b>
<b>Deaths</b>	<b>0</b>
<b>In hospital</b>	<b>5</b>

### First Nations living on-reserve in Alberta (as of February 24, 2021)

<b>Active Cases</b>	
<b>Recovered Cases</b>	
<b>Cases to date</b>	
<b>Deaths</b>	

## ***ISOLATION and QUARANTINE INFORMATION***

- All active cases in DTFN are in isolation.
- All possible contacts of COVID 19 are in quarantine.
- You are legally required to isolate for 10 days if you tested positive or have any core symptoms that are not related to a pre-existing illness or health condition.
- You are legally required to quarantine for 14 days from the time you were exposed and monitor for symptoms if you are a close contact of a person who tested positive for COVID-19
- Please cooperate with all Public Health orders.
- Public Health Nurses are doing contact tracing in the DTFN communities.
- You will be contacted by a Public Health Nurse if you have a positive COVID 19 swab or have been exposed to a COVID 19 case.
- You will be instructed by the Public Health Nurse on actions you are to take to look after yourself and keep others safe in your family and community.
- Why do we need to isolate or quarantine? Isolating and quarantining help prevent the spread of COVID-19 by reducing the number of people you could infect if you are sick. Both require staying home and avoiding situations where the virus could spread. By staying home, you lower the chance of spreading the virus to others, who could be fatally infected.

## **Alberta Public Health Orders**

### **Enforcement of Public Health Orders**

- The orders are legally enforceable, and fines can be issued for violations in DTFN communities as in all of Alberta. If you violate a public health order, you may be subject to a \$1,000 fine. Additionally, you can be prosecuted for up to \$100,000 for a first offense.  
More information can be found on the Public Health Orders by following the link:  
<https://www.alberta.ca/covid-19-orders-and-legislation.aspx>  
Order 01-2021 which amends CMOH order 42-2020 (relaxing restrictions on outdoor social gatherings, funeral attendance, and personal and wellness services)  
Order 42-2020 CMOH order which rescinds CMOH order 38-2020 and 39-2020 (masks, gatherings, business restrictions)  
Order 44-2020 CMOH order 44-2020 which amends CMOH order 42-2020 and rescinds CMOH order 43-2020 (counselling services, end of life visits and group physical activities)
- If you are concerned someone is not following public health orders, you can:
  - Remind them that not following orders is against the law and puts people at risk
  - Report them the RCMP
  - The DTFN Chief and Council and EMT committee members will ask you to contact the RCMP if you have a concern of this type.

Please **do not** contact the DTFN Chief and Council and EMT committee members.  
They will ask you to contact the RCMP if you have a concern of this type.



**The DTFN advises these steps to help keep you and your families, healthy and safe during the pandemic.**



Please note the **Mandatory Mask Requirement** will remain in effect until further notice, you must wear a mask in all public places away from your property. This includes all stores, banks, health centres, public offices, the hospital and inside gas stations.

- Stay informed, being prepared, and following public health advice
- Practice good hygiene and other infection prevention and control measures (frequent hand washing, avoid touching face, respiratory etiquette - coughing into your arm, or tissue that is thrown out immediately after, disinfect frequently touched surfaces). Wash your hands before you leave your house and when you return. Clean your hands with hand sanitizer when on the go.
- Maintain physical distancing as much as possible when outside of the home (i.e. from non-household members). Keep at least two metres or 6 feet distance.
- Increase environmental cleaning of one's personal environment.
- Stay at home and away from others if feeling ill or symptomatic (i.e. not going to school/work and following public health advice)
- Stay at home as much as possible if at high risk of severe illness
- Wear a medical mask if available, otherwise a non-medical mask (NMM) or face covering if you are away from your house or property.
- Reduce non-essential travel.

**COVID-19 SYMPTOMS**

**COVID-19 Core Symptoms** – If you have any of these core symptoms, you **need to isolate for at least 10 days** from the start of your symptoms or until they are gone, whichever is longer, or until you test negative for COVID-19.

**Adults over 18**

Cough, fever, shortness of breath, runny nose, sore throat

**Children under 18**

Cough, fever, shortness of breath, loss of sense of taste or smell

**Other Symptoms:**

**Adults over 18** - Any symptom: Stay home and limit contact with others until symptoms are gone. Testing is recommended:

- Stuffy nose, painful swallowing, chills, headache, muscle or joint aches, feeling unwell or fatigue, nausea, vomiting, diarrhea, or unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (also known as pink eye)

**Children under 18**

**1 symptom:** Stay home for 24 hours, get tested if symptoms don't improve.

**Two or more symptoms:** Get tested and stay home until well or test is negative.

- Sore throat, runny or stuffy nose, painful swallowing, chills, headache, muscle or joint aches, feeling unwell or fatigue, nausea, vomiting, diarrhea, or unexplained loss of appetite, conjunctivitis (also known as pink eye)

