



## Pictou Landing First Nation

### COVID-19 Information

**Symptoms of COVID-19 are:** fever, cough, difficulty breathing and pneumonia. These symptoms can be mild to severe.

If you are experiencing signs of COVID-19 please complete the online survey located at <https://when-to-call-about-covid19.novascotria.ca/en>. Please do this before calling 811.

#### **Self Isolation is key during this challenging time. What does Self isolation mean?**

- Go directly home; avoid work, school or other public areas.
- Limit contact with people you live with, if you have symptoms.
- Use a separate bedroom and bathroom, if possible, if you have symptoms.
- Take and record your temperature daily, and avoid fever reducing medications.
- Call 811 if you have a fever above 38C, a cough and/ or difficulty breathing.
- Make plans to have groceries and other supplies delivered

- Avoid anyone with chronic conditions, compromised immune systems or older adults.
- Do not have visitors to your home.

#### **In your home:**

- Keep shared spaces clean and well ventilated.
- Use soap and water to clean dishes and utensils after each use.  
clean door handles, light switches, railings, remotes and other high touched areas, daily.
- Clean your home and household items with store bought disinfectant or diluted bleach.
- Wash clothes and linens using regular laundry soap and water.
- If available use, disposable gloves and protective clothing when cleaning anything with soiled body fluids.

#### **Protect yourself:**

- Wash your hands with soap and water regularly or use hand sanitizer.
- Cough into your sleeve or tissue and discard immediately.
- Do not touch eyes, nose or mouth.

If you leave your home to grab essentials, please be sure to:

- Wipe down all carts and baskets you use
- Take hand sanitizer with you if possible
- Wash hands immediately when you return home
- Wash down all items your purchase at stores with Lysol wipes.
- Change clothes and wash them immediately
- Treat everything like it has mud on it!

At the PLFN Checkpoint, you will be given a Lysol wipe to wipe down steering wheel and clean hands before entering the community.

### **Community Reminders:**

- Due to the COVID-19 outbreak in NS, Canada and the Country, it has been decided to enforce a community curfew effective Monday March 23, 2020 beginning at 7:00pm. Curfew will be in effect from 7:00 pm – 7:00 am daily. There will be no activity in the community during this time. Community members are allowed to go for walks, but MUST be in their homes by 9:00 pm till 7:00 am.
- Security will be stationed at checkpoints at both ends of the community with log books to note anyone who enters and leaves the community during the day. Security will patrol the community while working 24/7.

People who live in the community can go out of the community from 7:00 am – 7:00 pm

- Only in the event of a medical emergency will you be able to leave your home after hours.
- If you work outside the community and will be required to be outside the community during the community curfew hours, please contact Derek Francis 902.301.9758 so he can ensure your name is in the log books for the security staff.

- Only essential workers, store deliveries, mail and Band staff who live outside of the community will be permitted from the outside to enter the community.

### **COVID Rules:**

- Self Isolation and Social Distancing of 6 feet is mandatory for all members of the community.
- There are to be no community gatherings. This means no visiting, no dances, no parties, or any social events of any kind.

### **Health Update:**

- Should you require to go to town for necessities, it should be one member from your household.
- If you require to go to town for a medical appointment, there should be 2 people maximum in the vehicle. PLEASE NOTE: Shoppers Drug Mart will deliver prescriptions, please call Michelle.
- With the recent closure of the health centre, there is now a new mobile health line 902.301.6690 that community members can call for prescription refills, medical transportation, prescription pick-up and delivery, milk tokens, etc.
- All Health Staff will be working from home, but community members can reach out directly to staff or call Michelle Denny during regular business hours (9am-4pm) at 902.301.6690.
- Any emergency calls made to the new mobile health line after 4pm and on weekends will be forwarded to the Health Director.
- Medical drivers will not be operating at this time, but PLFN will assist with gas expenses at the Victoria Corner Market for medical appointments. Call Michelle on the new mobile health line for prior approval.

- For any home care inquiries, call Jyl Cress at 902.301.9965 or Kayla McCulloch at 902.301.9524.
- There are also several Mental Health Clinicians and Counsellors (listed below) that are available to do counselling sessions over the phone or via video chat for community members, so please do not hesitate to reach out, as this is a stressful time.

Emma Larson (Children & Youth): 902.759.8145

Michelle LeBrun: 782.440.2711

Tiana Fusco: 902.754.4632

George Maringpasi: 902.237.4844

Theresa Fraser (Children & Youth): 902.301.9192

### **General Community Update:**

- Please keep all animals fenced, kennelled, or on a leash. Failure to do so will result in the SPCA being phoned.
- PLFN playground is closed as well as the PLFN beach.

**Fisheries Update:**

- For any questions or emergencies relating to Fisheries you can reach out Marsha Mills at 902.921.8432.

**VCM Update:**

- The store has new hours effective today. The store is open 9:00 am – 6:00 pm. 9:00 am – 10:00 am is for Elders only.
- There is a limit on the number of customers in the store. It is a maximum of 5 people.
- There is no longer self serve gas, all gas will be full serve.
- Remember to WASH your hands often, we can all do our part and fight this together,

For any issues relating to the Band Office please phone Katie at 902.301.4589.

Concerns relating to the Health Centre can phone Michelle at 902.301.6690

Concerns relating to Fisheries call Marsha at 902.921.8432

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Chief & Council