

CURVE LAKE FIRST NATION COVID-19 SAFETY PLAN

The COVID-19 Curve Lake Safety Plan

Curve Lake First Nation employees, Curve Lake First Nation membership, residents of Curve Lake, members of their households, and visitors need to make sure they understand and comply with the prevention standards and guidelines put in place concerning the novel Coronavirus (“COVID-19”). The following Safety Plan is put in place to mitigate the spread of COVID-19 in the workplace, at indoor and outdoor community events, and when entering Curve Lake owned buildings and facilities.

The Safety Plan will describe the requirements Curve Lake First Nation employees have to Curve Lake First Nation membership, residents of Curve Lake, members of their households, and visitors when entering Curve Lake owned building and facilities and participating in indoor and outdoor community events.

What are the risks of COVID-19?

Every individual who either, resides, works, visits, or conducts business in Curve Lake has the right to know and understand the risks of COVID-19. COVID-19 spreads from person to person, most commonly through respiratory droplets. It can also be spread through touching something with the virus on it and then proceeding to touch your nose, eyes, or mouth before washing your hands. COVID-19 can occur when personal preventative practices are not consistently followed.

The key risk factors for COVID-19 transmission include, close proximity (working close to others), longer exposure (spending more time with infected people), crowded places (having more people in a space), closed spaces (poor ventilation), forceful exhalation (physically demanding activity, speaking loudly).

How will the Curve Lake Safety Plan work to mitigate COVID-19 risks?

Curve Lake will ensure that the Safety Plan shall fulfil the requirements of the *Reopening Ontario Act, 2020* by including screening, physical distancing, masks or face coverings, cleaning, and disinfecting surfaces and objects, wearing of personal protective equipment, and preventing and controlling crowding.

Screening for Curve Lake First Nation Members, residents of Curve Lake, members of their households, and visitors:

In accordance with the recommendations and instructions issued by the Office of the Chief Medical Officer of Health every person entering a building or site owned by Curve Lake First Nation must answer screening questions and provide contact information for contact tracing.

This information is subject to the *Health Protection and Promotion Act* and as such these records can only be disclosed to a medical officer of health or inspector.

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It is important for Curve Lake First Nation members, residents of Curve Lake, members of their households, volunteers, and visitors to continue to monitor their own symptoms at all times.

Screening for Employees of Curve Lake First Nation:

A self-assessment tool is available to every employee (GO EVO PPA app). This must be completed before every employee enters the building or starts their workday. Every self-assessment is then sent to supervisors or administration to ensure they are being filled out. This information will be stored in a safe, secure file in line with all applicable personal information protection laws. It is important for employees to continue to monitor their own symptoms at all times.

Masking and Physical Distancing for Curve Lake First Nation Members, residents of Curve Lake, members of their households, volunteers, and visitors:

Every person is required to wear a mask (medical grade, non-medical masks with at least 3 layers or N95) or face covering in a manner that covers their mouth, nose and chin when entering a Curve Lake First Nation building. The requirement does not apply to:

- A person who is younger than two years of age
- Has a medical condition that inhibits their ability to wear a face covering or mask
- Is unable to put on or remove their mask or face covering without the assistance of another person
- Is being accommodated in accordance with the *Accessibility for Ontarians with Disabilities Act, 2005*
- Is being reasonably accommodated with the *Human Rights Code*
- Performs work for the business or organization and is in an area that is not accessible to members of the public and is able to maintain a physical distance of at least two meters from every person while in an indoor area

A person shall maintain 2 meters from other persons in all Curve Lake Buildings and at community events except from their caregiver or members of their household.

A person shall wear appropriate Personal Protective Equipment, such as protective eyewear, only if in the course of providing services a distance of 2 meters cannot be maintained, masking is not properly covering the mouth, nose, and chin and the persons are not separated by plexiglass or some other impermeable barrier.

In compliance with the *Opening Ontario Act, 2020* Curve Lake First Nation will post signs in conspicuous locations visible to the public that states the capacity limits under which the meeting or event space is permitted to operate.

Masking and Physical Distancing for Curve Lake First Nation employees:

Curve Lake First Nation operated buildings have a mandatory face covering protocol.

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All employees must wear a face covering in public/common spaces where 2-meter distance is not achievable (ie. photocopier, supply rooms, bathroom, whenever you are walking around the building)

Once at your desk or office you may remove your face covering as it is your personal space if you are able to maintain 2 meters from others.

If two Individuals are meeting behind a plexiglass, they do not have to wear a face covering.

If you are within 2 meters of another employee, you must wear a face covering, unless you have a solid barrier between you and the next person. You may not share your personal desk space or enter another employee's office without permission.

If you must enter another employee's office, you are to remain 2 meters, if possible, from each other and wear a face covering. If there is a plexiglass barrier between two employees in an office space, masks can be removed.

For some employees, CLFN may determine that wearing face-coverings presents or exacerbates a hazard. Face covering can also interfere with communication for employees who rely on lip-reading. In those cases, using face coverings with clear plastic windows around the mouth may be necessary or using spaces where physical distancing and optimum ventilation are possible to omit to face covering.

A person shall wear appropriate Personal Protective Equipment, such as protective eyewear and/or disposable clothing covers, only if in the course of providing services a distance of 2 meters cannot be maintained, masking is not properly covering the mouth, nose, and chin and the persons are not separated by plexiglass or some other impermeable barrier.

Cleaning and Sanitizing for Curve Lake First Nation Members, residents of Curve Lake, members of their households, volunteers, and visitors:

All persons are required to sanitize both upon entry and exit of Curve Lake First Nation-owned buildings even if their hands are not visibly soiled.

All persons are asked to avoid touching their eyes, nose, and mouth, to cough or sneeze into the bend of their arm, and to avoid touching surfaces people touch often, if possible.

Signage with reminders for hand hygiene and physical distancing will be posted.

Cleaning and Sanitizing for Curve Lake First Nation Employees:

All employees are required to sanitize both upon entry and exit of Curve Lake First Nation owned buildings even if their hands are not visibly soiled. All persons are asked to avoid touching their

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eyes, nose and mouth, to cough or sneeze into the bend of their arm, and to avoid touching surfaces people touch often, if possible.

Signage with reminders for hand hygiene and physical distancing will be posted.

Employees are asked to only enter and exit through designated entrances and exits. All other entrances and exits should be marked and it is asked that you do not use them unless it is an emergency.

If you are entering a building that is not your primary office, you are to check in with reception of the department.

Use appropriate products to clean items like your desk, work surface, phones, keyboards and electronics, cash registers, keypads, elevator buttons, visitors, service counters, and tables more often and especially when visibly dirty. If they can withstand the use of liquids for disinfection, frequently touched electronics such as phones, computers, and other devices may be disinfected with 70% alcohol.

Do not congregate in workrooms, kitchens, copier rooms, or other areas where people socialize. All offices and desks must be in a reasonable state, regardless of personal preference. Every space will be sanitized by the custodian regularly.

Preventing and Controlling Crowding:

All indoor gatherings must account for physical distancing, two meters. Households and caregivers do not need to maintain a two-meter distance from each other. However, they must maintain a two-meter distance from other households and individuals. Signage will be posted at every entrance with the allowed capacity for each space to maintain physical distancing.

If a line up indoors begins to form and a distance of two meters cannot be maintained, employees may encourage patrons to leave and call to schedule an appointment or take overfill into an empty office.

All outdoor gatherings must account for physical distancing, two meters. Households and caregivers do not need to maintain a two-meter distance from each other. However, they must maintain a two-meter distance from other households and individuals. Masks must be worn in all line ups.

Staff must monitor outdoor line ups and adjust space accordingly to maintain 2 meters of physical distancing.

Responsibilities for Curve Lake First Nation Members, residents of Curve Lake, members of their households, volunteers, and visitors:

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If you have COVID-19 symptoms (fever, cough, and difficulty breathing), you should stay home and isolate as per direction by health officials until you no longer present symptoms or have been directed otherwise.

Responsibilities for Curve Lake First Nation Employees:

If you have COVID-19 symptoms (fever, cough, and difficulty breathing), you should inform your manager, go home if in the office, and follow the Symptom Chart provided by the provincial government. To avoid spreading the virus to colleagues and clients, if you have symptoms of COVID-19 (see attached list of symptoms), you have a duty to isolate and to stay home until 24 hours after your symptoms improve.

Employees must also report to the employer any circumstance in a workplace that is likely to be hazardous to the health or safety of employees or others in the workplace.

Employees must notify their supervisor if they believe they are in a position to be contract traced.

What is a close contact?

- Contact with someone who had a prolonged (15 minutes or more) exposure in close proximity (within 2 metres) to a person diagnosed with COVID-19.
- Contact with a person who is infected with the COVID-19 virus during their infectious period and type of interaction with them.
- Infectious Period:
 - 48 hours before the person began having symptoms until 10 days after their symptoms started.
 - 48 hours before the test day for someone who did not have symptoms at the time of testing.

Type of interaction:

- You live or provide care in the same home with a person diagnosed with COVID19.
- You were within 2 metres in the same room, workspace, or area for a prolonged period of time while the person was infectious.
- You had multiple close encounters less than 2 meters away over a 24-hour time period with the person.
- You had close physical contact with the person, such as a hug or a handshake.

To ensure sufficient staffing levels, employees will have the opportunity to return to work early on day seven (7) of their isolation with a negative PCR test, or two (2) negative rapid antigen tests done on day six (6) and seven (7).

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CHECKLIST OF SYMPTOMS

Fever and/or chills	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher and/or chills.		
Cough or barking cough (croup)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions you already have)		
Shortness of breath	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)		
Decrease or loss of taste or smell	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Not related to seasonal allergies, neurological disorders, or		
Sore throat or difficulty swallowing	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)		
Runny or stuffy/congested nose	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have		
Headache	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have)		
If you received a COVID-19 and/or flu vaccination in the last 48 hours and is experiencing a mild headache that only began after vaccination, select "No."		
Extreme tiredness	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Unusual, fatigue, lack of energy (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have)		
If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing mild fatigue and/or mild muscle aches/joint pain that only began after vaccination, select "No."		
Muscle aches or joint pain	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing mild fatigue and/or mild muscle aches/joint pain that only began after vaccination, select "No."		
Nausea, vomiting and/or diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions you already have		