

Native Addictions Council of Manitoba Covid-19 Participants Protocol



Created by
NACM Health and Safety Committee



Native Addictions Council of
Manitoba
160 Salter Street
Winnipeg, MB R2W 4K1
Phone: (204) 586-8395

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Preamble

Native Addictions Council of Manitoba (NACM) is committed to providing a safe and healthy environment for participants, staff, volunteers, and visitors.

NACM will be following all Provincial Public Health orders and are dedicated to taking all precautions necessary to minimize the risk and impact of COVID-19 with-in our facility

We at NACM have set in place Covid-19 procedures and protocols to ensure that we are keeping our staff and participants safe during this time.

“Creator gave us one of the greatest gifts of life...health...to be healthy holistically in mind, body and spirit. Through spiritual guidance and harmony, we will continue to preserve life in the best ways that we have been taught by our elders, our parents, and our communities. We will continue to preserve our survival as a healthy organization for all Anishinaabe and other cultures for our future generations to come.”



1. Prior to Arrival to NACM

NNADAP and Chief and Council should have a hotel set in place for their members to go to if they test positive for Covid-19 prior to being accepted into the NACM Program.

a) Quarantine

- i. Participants are expected to quarantine themselves for 14 days prior to arrival to NACM

b) Testing

- i. Participants are required to be tested for Covid-19, three days prior to their departure to NACM.
- ii. Participant must have a negative Covid-19 test result, before entering the NACM program.
- iii. If a participant develops any signs and symptoms pertaining to Covid-19, during their stay at NACM, they will be sent to a near by Rapid Testing Site to be tested for Covid-19.
- iv. If the test result is positive, then the participant will be transported /referred to the Alternative Isolation Accommodations.
- v. If the test result is negative, then the participant will be self isolating at NACM for the next 24hours / symptom free (from the time of the symptoms started).

2. Personal Hygiene

a) Hand Washing

- i. Personal hygiene includes regular hand washing with soap and warm water for at least 15 seconds and the use of alcohol-based hand sanitizer.
- ii. Good hand hygiene provides significant protection from many infections, including viral respiratory illnesses such as influenza and Covid-19.
- iii. Participants and staff are encouraged to take all prevention measures.
- iv. Make sure to thoroughly dry your hands after washing and allow your hands to dry after using hand sanitizer.

b) Cover your Cough/Sneeze.

Always cover your mouth or nose with a tissue, or the crook of your arm/sleeve when coughing or sneezing.

c) Throw all used tissue into the garbage, wash or sanitize hands immediately after.



d) Wearing a Mask

- i. Wearing a mask is mandatory in any public areas of the NACM building.
- ii. You may remove your mask in the safety of your bedroom or when eating meals.
- iii. When masks are not worn properly, they will not prevent the spread of Covid-19 to themselves or others.

3. Social Distancing

Physical distancing works by limiting the number of people that you, and your family, come into close contact with (2 meters/6 feet). Physical distancing should be always practiced with people from outside your household, except for very brief exchanges.

NACM Physical Distancing

- a) Please ensure you keep to either side of the hallway when passing others.
- b) Only 2 people permitted in elevator at one time.
- c) Keep 6 feet or more between you and another person when in public spaces.
- d) Only yourself is allowed in your room, this is not just covid protocol but is a NACM policy.
- e) No visitors shall be permitted in the building due to provincial health guidelines and NACM Covid-19 protocols
- f) Participants will not be permitted to leave NACM property during their stay.

4. Sanitization

Cleaning with soap and water reduces several germs, dirt and impurities on the surface. Disinfecting kills any remaining germs, which further reduces the risk of spreading infection and/or Covid-19.

- a) Practice routine cleaning and disinfecting in high traffic areas and on surfaces. Frequent cleaning and disinfecting may be required depending on the level of use.
- b) Surfaces and objects in public places such as counters, tables, handrails, doorknobs, phones, toilets, and taps must be cleaned on a regular basis before and after each use.
- c) Participants will be responsible for the cleaning and disinfecting of their rooms and bathrooms (sinks, toilets, bathtubs etc.)

Any participant not following Covid-19 protocols set out by Native Addictions Council of Manitoba will be discharged.

I have read and acknowledged these protocols.

Participant Signature: _____

Date: _____