

# Native Addictions Council of Manitoba Covid-19 Participants Protocol



Created by  
N.A.C.M. Health and Safety Committee



**Native Addictions Council of Manitoba**  
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## Preamble

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

N.A.C.M. 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 N.A.C.M. 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.”



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## 1. Prior to Arrival to N.A.C.M.

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 N.A.C.M. Program.

### a) Quarantine

- Participants are expected to quarantine themselves for 14 days prior to arrival to N.A.C.M.

### b) Testing

- Participants are required to be tested for Covid-19, three days prior to their departure to N.A.C.M.
- If a participant test positive for Covid-19, the participant will not be allowed to attend N.A.C.M. for their program.
- Once the participant has arrived at N.A.C.M. they will be brought into the testing room and be given a Covid-19 rapid test.
- **If participants test positive for Covid-19 they will be asked to leave and go to a hotel that NNADAP worker/Chief and Council has set in place for them.**
- Due to the 10-day incubation period, counsellors will be testing all participants using the Covid-19 rapid test on the 10<sup>th</sup> day of programming.
- If a participant tests positive for Covid-19 after the 10-day incubation period or becomes sick during the program they will be put into the isolation area until they are transported to hospital or a hotel set up by NNADAP/Chief and Council until they test negative

## 2. Personal Hygiene

### a) Hand Washing

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



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### 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.
- Throw all used tissue into the garbage, wash or sanitize hands immediately after.

### c) Wearing a Mask

- Wearing a mask is mandatory in any public areas of the N.A.C.M. building.
- You may remove your mask in the safety of your bedroom or when eating meals.
- 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.

### N.A.C.M. Physical Distancing

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

- 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.



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- 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.
- Participants will be responsible for the cleaning and disinfecting of their rooms and bathrooms (sinks, toilets, bathtubs etc.)

## 5. Isolation

- If participants are placed into the Isolation area, they will not be permitted to leave that area for any reason; accept to be transported to the hospital or transportation has been arranged to take them home.
- Participants must make sure they are only accessing the areas designated to their program or isolation unit. All other areas are off limits.
- ONLY staff in isolation gear may enter the isolation area.
- Participants will not be permitted out of isolation until they test negative.

***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: \_\_\_\_\_