



Memo to the Community

Effective Immediately
April 4, 2020

Re: Actions required for Self Monitoring, Self Quarantine and Self Isolation

Under **Band Council Resolution 20.21.01**, Biigtigong Chief and Council supports the Emergency Response Team in the decision to notify the public with a list of individuals who have been given direction to Self-Isolate and Self-Monitor (definitions below) until their period of time expires.

The Council vote is as follows:

Duncan Michano – Yes	Leah Michano – Yes
Dave Courchene – Yes	Grant Michano – Yes
Sharon Ostberg – Yes	Louis Nabigon – Yes
Sarah Kellner – Yes	Simone Desmoulin – Yes
Bonnie Goodchild – Yes	Randal Courchene – No response
Tony Hanson – Yes	Elizabeth Michano – Declared Conflict

This is in the best interest of public safety and to help curve the possible spread of COVID-19. This list will be updated as needed and posted in public places. Witnesses seeing these individuals can note the date/time/place. Should any individuals on the list have questions/concerns about their status, they can contact any member of the Incident Command team at ert@picriver.com or by leaving a message at (807) 229-8900 Ext 221.

What are the differences?

Self-Monitoring	Self-Quarantine	Self Isolation
<p>You have:</p> <ul style="list-style-type: none"> No symptoms <p style="text-align: center;">And</p> <ul style="list-style-type: none"> a history of possible exposure to the novel coronavirus that causes COVID-19 in the last 14 days. 	<p>You have:</p> <ul style="list-style-type: none"> No symptoms <p style="text-align: center;">And</p> <ul style="list-style-type: none"> recently travelled outside the Marathon area travelled to an area with COVID-19 who have been in contact with someone with COVID-19, but are not sick. 	<p>You have:</p> <ul style="list-style-type: none"> symptomatic even if mild <p style="text-align: center;">And</p> <ul style="list-style-type: none"> you have been diagnosed with COVID-19 or are waiting for the results of lab test for COVID-19.
<p>What to do:</p> <p>Self-Monitor yourself for 14 days for one or more symptoms of COVID-19. Go about your day, but avoid crowds.</p>	<p>What to do:</p> <p>Self-quarantine yourself for 14 days in your home and monitor yourself for symptoms, even if mild, for 14 days and stay away from other people as much as possible to prevent the spread of the virus.</p>	<p>What to do:</p> <p>Stay home until you have been advised that you are no longer a risk of spreading the virus to others. Avoid contact with other people.</p>

Self-quarantine requires that you are to stay within your home and not leave for a period of 14 days. Self-monitoring requires that you self-monitor for 14 days checking for symptoms such as shortness of breath, a fever and coughing. If you experience any of these symptoms, please contact Vanessa Anderson or Shelly Livingston at the Health Centre at 229-1836.

These are trying times for all and we must do our part to control the spread of COVID-19. We are a small community with many vulnerable people who have underlying health conditions that put them at a greater risk. We all must do our part in ensuring the safety of our community.

**Miigwetch,
Biigtigong Emergency Response Team**

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