

Circle of Eagles Lodge Society

Brothers and Sisters COVID-19 Manual/Workbook

Keeping safe and healthy at
Naa-na-himyis Brothers Healing Lodge
and Anderson Lodge Healing Centre for Women

Prepared by
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Updated December 2020

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Updated December 2020

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Contents

Acknowledgements	3
Introduction	5
COVID-19 Overview.....	6
Getting Tested For COVID-19.....	11
COVID-19 Positive Test Results	12
COVID-19 Prevention	14
Sharing safely	17
Handwashing	21
Building Our Immune Systems	24
Physical Distancing.....	24
COVID-19 Cleaning and Disinfecting.....	27
COVID-19 Culture and Wellness	33
COVID-19 Fatigue.....	33
Practicing Cultural Ceremonies in a Safe Way during COVID-19	34
Cultural, Essential, Mental Health Time Extensions	35
COVID-19 Checklist.....	38
Appendix One - Public Health Orders.....	39

Introduction

This handbook has been revised and updated with the latest information on what COVID-19 is, how it is spread, and different ways to protect yourself and those around you. This handbook will help you stay safe and healthy during COVID -19. Please work through this handbook with your Case Management Team.

COELS has and will continue to adapt our approaches to how we support you. All the programs and services will continue following government, public health, and CSC guidelines. As those guidelines change, we will adapt our responses and we thank you for your patience and understanding.

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If you have any questions and cannot find the answers in this handbook, please ask the staff. We will work on getting you the information you need if we are unable to answer right away.

A vaccine has now been developed, but until we have all been vaccinated, we must all do our part in keeping the virus out of our lodges. Our overall goal is keeping you, the staff, and our families safe.

What we are beginning to understand is that many of these prevention measures taken during the time of COVID-19 are becoming the 'new normal'. This means that there will be changes that that will be part of our everyday lives from now on. For example even with the vaccine, we will continue to have to wear masks and follow physical distancing.

The information provided in this resource outline some activities that you can do to help us avoid spreading the virus. It is important to note that we are all in this together.

We should remember that COVID-19 has no boundaries; it affects us all. As a society, we have a responsibility to support each other through these challenging times, to stay positive, and to continue working together in the spirit of kindness and generosity.

Updated December 2020

COVID-19 Overview

COVID-19 is part of the coronaviruses that are a common cause of colds, flus, and other respiratory infections. The current pandemic COVID-19 strain of coronavirus is new to the world's human population.

It can be mild to severe for people who get it.

COVID-19 mainly causes problems in the lungs and airways. However, it may also cause problems in other parts of the body.

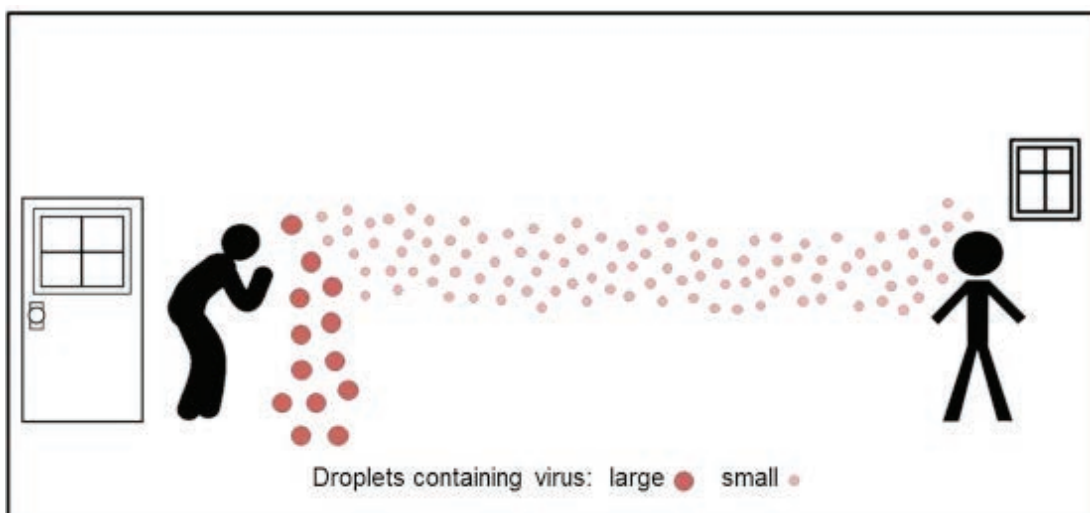
How COVID-19 is Spread

COVID-19 spreads from person to person through respiratory droplets and aerosols created when they cough, sneeze, sing, shout, or talk moistly. The droplets vary in size:

- 1) from large droplets that fall to the ground rapidly (within seconds or minutes)
- 2) to smaller droplets, sometimes called aerosols, which linger in the air under some circumstances.

Infectious droplets or aerosols of COVID-19 may come into direct contact with the mucous membranes of another person's nose, mouth, or eyes, or they may be inhaled into their nose, mouth, airways, and lungs. The virus may also spread when a person touches another person (i.e., a handshake) or a surface or an object that has the virus on it, and then touches their mouth, nose, or eyes with unwashed hands.

Check out this photo to see how far droplets from a sneeze can go. As you can see, the droplets can travel quite far when someone sneezes openly. Therefore, we recommend you sneeze into your elbow. If this person had been wearing a mask and they sneezed, the droplets would not travel like they do without a mask.



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What happens to those who contract the virus?

Most people who get the virus, will have mild to moderate symptoms like a cold or flu. And some people, will not have any symptoms at all and they will not feel sick. However, Doctors think there may still be some risk of spreading COVID-19 even if you do not have any symptoms or feel sick.

The risks get higher the older you are and if you have other medical health problems such as diabetes, cancer, smoke, etc. Many of those who became severely sick and/or who have died were seniors and Elders.

However, younger people are not immune and may get severely sick as well.

It is important to protect yourself and those around you by being mindful of the potential ways you may contract the virus.

Updated December 2020

Symptoms

The symptoms of COVID-19 are like other respiratory illnesses including the flu and common cold. The most common symptoms of COVID-19 include:

<input type="checkbox"/> Fever *(see below)	<input type="checkbox"/> Headache
<input type="checkbox"/> Chills	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Cough or worsening of chronic cough	<input type="checkbox"/> Diarrhea
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Loss of appetite
<input type="checkbox"/> Sore throat	<input type="checkbox"/> Nausea and vomiting
<input type="checkbox"/> Runny nose	<input type="checkbox"/> Muscle aches
<input type="checkbox"/> Loss of sense of smell or taste	<input type="checkbox"/>

While less common, symptoms can also include

Stuffy nose

Conjunctivitis (pink eye)

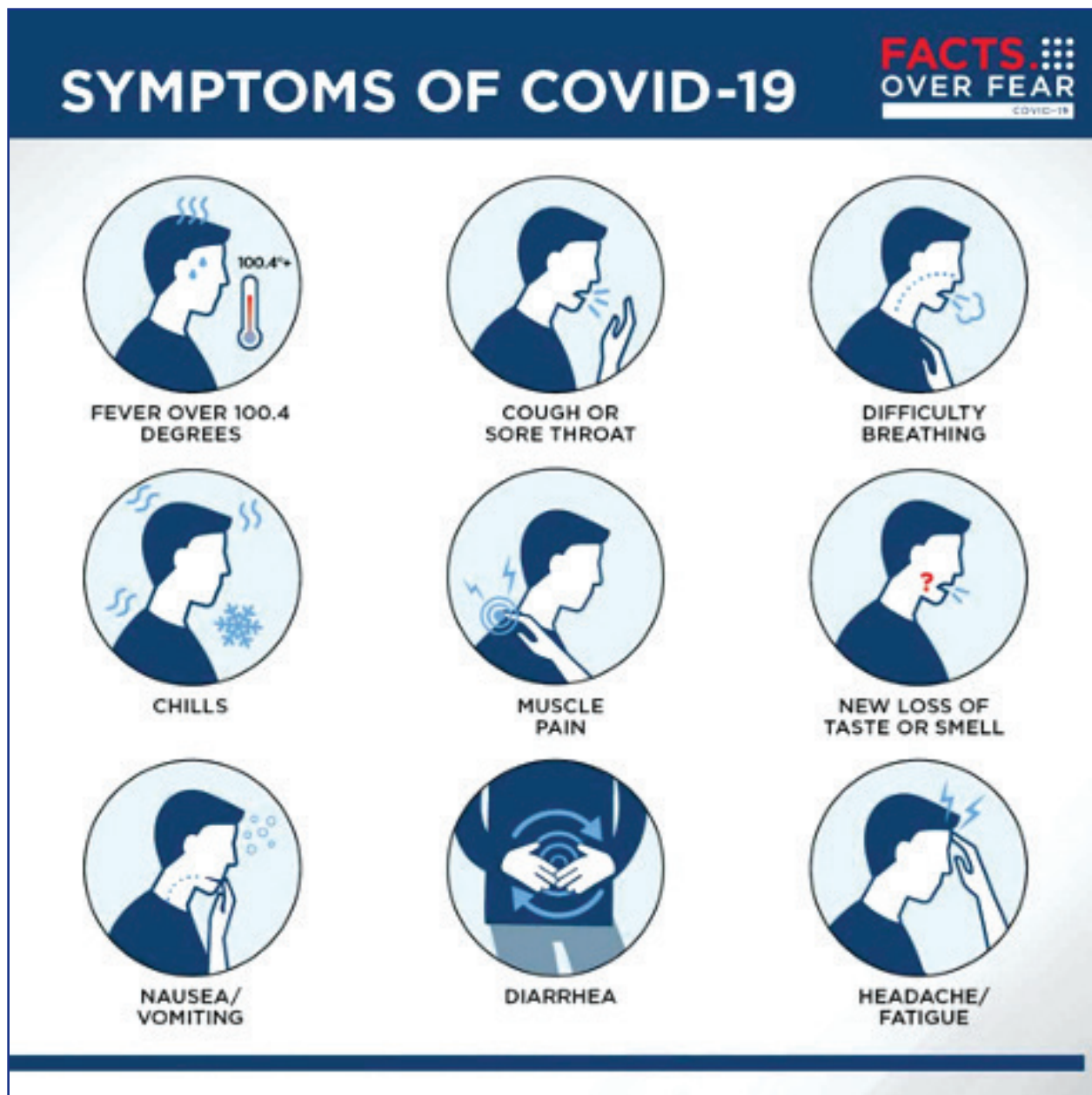
Dizziness, confusion

Abdominal pain

Skin rashes or discolouration of fingers or toes.

*Fever: Average normal body temperature taken orally is about 37°C.

Please let the staff know right away if you have any of these symptoms. We will take steps to get you medical care if needed or to get tested to make sure. Please isolate in your room until Public Health has told you that you can stop self-isolating.



Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups.

Children tend to have abdominal symptoms and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19. (Source: Canada.ca)

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List the symptoms of COVID-19?

What is the first thing you should do if you have any symptoms?

Getting Tested For COVID-19

There are several instances where you will have to go and get tested. If you display any symptoms of the cold or flu, or if you have come into contact with someone who has tested positive for COVID-19 you may be asked to go and get tested.

There are several locations throughout Vancouver and beyond where you will get tested. At the time of writing this handbook, the closest testing location for COELS is at the Vancouver Community College, a couple of blocks from the CRFs. You may walk in and/or drive in. The public health nurses will ask you several questions and get all your information. Please ensure that you also ask that COELS be contacted with any test results.

Adults will generally have a swab placed in the back of their nose for several seconds. Children now have the option of swishing the liquid in their mouths and spitting into a container.

The test will be sent to the lab and you should generally get a response back within a day or two.

While you are waiting for your results, public health will advise you to self-isolate in your room.

Contact Tracing

Contact tracing is an important tool to help identify people who may have COVID-19 sooner and prevent the virus from spreading in your community.

- 1) If you are a confirmed case of COVID-19, Vancouver Coastal Health will notify all the people you may have come in contact with.
- 2) Public Health may contact you if *you* have come into contact with someone who has tested positive for COVID-19. This call will assess whether you need to self-monitor, get tested or self-isolate depending on the outcome of their questions.

Public Health may experience a back-log with contact tracing so you can help slow the spread by notifying the people you came into contact with since known exposure.

This can also include notifying when possible public locations such as restaurants and shopping stores.

Direct Contact

Direct contact as defined by BCCDC which included being in the same room with an individual that has tested positive for COVID-19 with no mask on, within 6 feet of each other, and for longer than 15 minutes, will require self-isolation for 14 days.

COVID-19 Positive Test Results

If you get a positive test result, it is important to stay calm and to know that you will have a lot of support from COELS, CSC and through Public Health.

COELS, CSC and Public Health will work together to ensure that you are safe as well as ensure the safety of everyone else at the Healing Lodges. The following steps will generally be followed:

1. Brother or Sister tests positive -Staff will follow the isolation protocols and procedures,
 - a. The Brother or Sister will immediately self-isolate in their room.
 - b. Staff will notify Admin, the CEO, Director of Operations, House Manager.
 - c. Ensuring that food is brought to the Brother's or Sister's room.
 - d. Posting a sign on the closest bathroom for use ONLY by the Brother or Sister that tested positive.
 - e. Practicing Universal Precautions while serving or interacting with the Brother or Sister.
2. CSC and Public Health will determine if the Brother and Sister are to self-isolate.
3. Public Health will issue a letter directing the person testing positive for COVID-19 to self-isolate.
4. CSC will identify where the Brother or Sister will self-isolate, Brothers will be moved to another facility such as a trailer in North Vancouver, Tim's Manor and/or other locations.
5. Sisters who are homeless, will be placed at a COVID-19 hotel and other community supports.
6. Public Health will inform Brother and Sister when they no longer have to self-isolate.
7. Brother or Sister will move back into the Healing Lodges once their self-isolation is completed, generally from 10-14 days.

COELS is not able to provide a safe space at this time to self-isolate individuals in the Healing Lodges. Your cooperation and understanding as you go through this incident will ensure that you are safe and that those that live and work within the Healing Lodges and by extension their families are safe as well.

Long Term Effects of COVID-19

We know in some cases of COVID-19 there have been very few symptoms, however that does not impact potential long-term effects COVID-19 can have. CDC is actively working to learn more about the whole range of short- and long-term health effects associated with

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COVID-19. As the pandemic unfolds, we are learning that many organs besides the lungs are affected by COVID-19 and there are many ways the infection can affect someone's health.

While most persons with COVID-19 recover and return to normal health, some patients can have symptoms that can last for weeks or even months after recovery from acute illness. Even people who are not hospitalized and who have mild illness can experience persistent or late symptoms.

Updated December 2020

COVID-19 Prevention

"An ounce of prevention is worth a pound of cure."

Education and other prevention measures are very important to keep everyone safe. COELS has identified wise practices and has implemented them for all of our locations. As we learn more about the COVID-19, these prevention measures will change or shift as we continue to adapt.

COELS, other halfway houses, CSC along with everyone else in BC must follow all Public Health Orders. At the time of writing this manual, December 17, 2020 the following Public Health Order was in place.

Once a Public Health Order has been issued, CSC, BC Yukon Halfway House Association will meet to discuss what the Public Health Order means.

1. CSC will issue new directions and may suspend some activities, i.e. weekend passes, travel, and other.
2. COELS will also issue a memo to staff, Brothers and Sisters.

The Public Health Orders must be followed and please note that fines may be issued if they are not followed.

In this section we will learn how to protect ourselves and others. These are recommended by Public Health, Federal and Provincial guidelines, BC Centre for Disease Control, WorkSafe BC, and CSC.

We thank you for your patience.

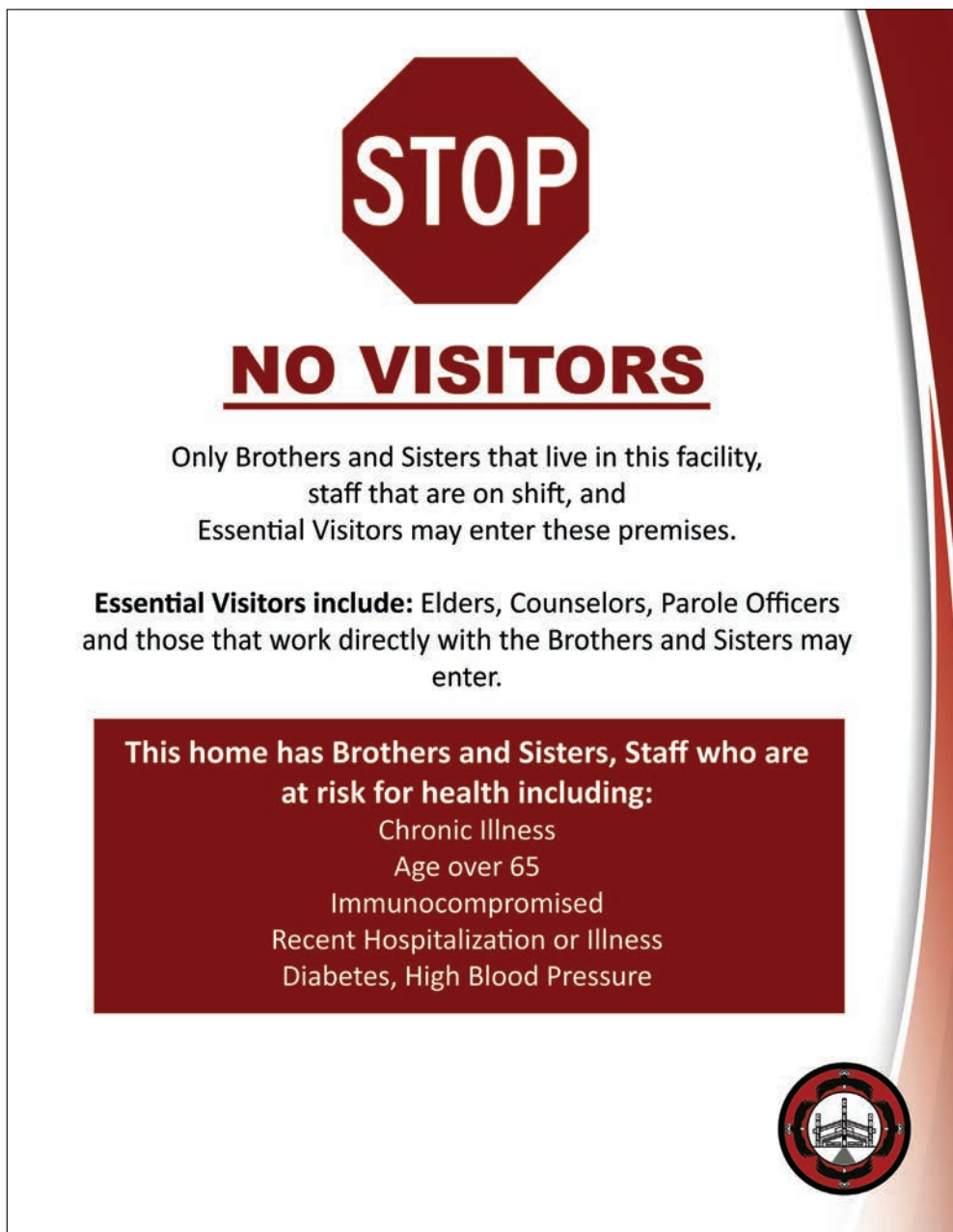
Updated December 2020

Visitors

We understand that it is important for Brothers and Sisters to continue to meet with their loved ones and family. We encourage you to reach out to your families in a safe way either through phone, email or other means. For the time being, COELS has adopted a **No Visitors** policy.

Guests are not allowed in the buildings; however, guests may visit you outside.

We also understand that although this is your home, it is also important that staff feel safe. Being mindful & respectful of each other during this time is expected. Please note that staff are following these guidelines in their own homes as well.



STOP


NO VISITORS

Only Brothers and Sisters that live in this facility,
staff that are on shift, and
Essential Visitors may enter these premises.

Essential Visitors include: Elders, Counselors, Parole Officers
and those that work directly with the Brothers and Sisters may
enter.

**This home has Brothers and Sisters, Staff who are
at risk for health including:**

- Chronic Illness
- Age over 65
- Immunocompromised
- Recent Hospitalization or Illness
- Diabetes, High Blood Pressure



Updated December 2020

Mandatory Mask Wearing Policy

For the past several months COELS has had a Mandatory Mask Wearing Policy. This policy is to be followed by all staff, residents, volunteers, and essential service personnel in all our facilities. Please work with your case worker(s) if wearing a mask is an issue. We also have face shields, and they may be used in place of a mask.

Masks are available for all and they can be found in the House Manager's office. Each person will be given some cloth masks, please remember to wash the masks regularly and wash them with soap and hot water.

This policy has prevented the transmission of COVID-19 in our Healing Lodges and it is necessary to keep everyone safe.

Protecting Your T - Zone

As the province and other communities begin to open and ease restrictions, it will be even more important to remain diligent and protect ourselves and each other. **Protecting your T-Zone within the common areas will be required.** This will be mandatory for all staff, Brothers and Sisters, all essential visitors and guests.

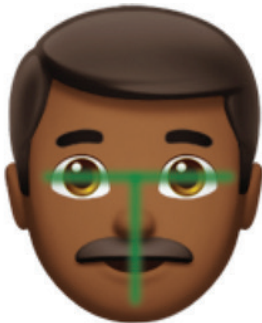


Figure 1 - T-zone

According to public health, it is important to protect your T-Zone which is, M-outh, E-yes, and N-ose (M.E.N.). Avoid touching T-Zone at all times, unless you have just washed your hands with soap and water or sanitized. And remember to always respect the W.O.M.E.N. guidelines below;

W = Wash your hands often

O = Obey social distancing

M = Mask Up

E = Exercise and eat well

N = No big crowds were possible

Public Health Order - Mask enforcement

PUBLIC HEALTH ORDER Dec. 11, 2020

Mask enforcement

Updated December 2020

You are subject to a \$230 fine if you:

- Do not wear a mask in an indoor public setting, unless you are exempt.
- Refuse to comply with the direction of an enforcement officer, including the direction to leave the space
- Engage in abusive or belligerent behaviour

Cultural and Social Gatherings

No social gatherings of any size at your residence with anyone other than your household or core bubble.

For example:

Do not invite friends or extended family to your household

Do not host gatherings outdoors

Do not gather in your backyard

Do not have playdates for children

Core bubble

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling.

For example:

If you have a rental suite in your home, the suite is a separate household

If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

Sharing safely

Sharing is a big part of our culture, but it is important to know how to do it safely. If you were to share things with others, like food or traditional medicines, or arts and crafts you made, you can sanitize these things before giving them to another person. Plastic containers that have been washed or spray sanitizers can be used on the objects you are sharing or giving away, then place them in clean plastic bags to help them not get re-infected. For now, though, it may be best to consider safe ways to sanitize, clean or receive gifts, items and food.

Updated December 2020

COVID-19 and Sex

You are your safest sex partner.

"If you're feeling fine and have no symptoms of COVID-19, you can still have sex. If you're feeling sick, skip sex." BCCDC

The virus has been found in semen and feces (poop). It is not yet known if the virus is found in blood or internal genitalia/vaginal fluids. It is not yet clear if the virus can be transmitted through sex. You are your safest sex partner; your next-safest sex partner(s) is/are the person(s) you live with, or the person(s) who has close contact with only you and no one else

Steps to protect yourself during sex

- ✓ Here are some ways to lower the chances of being exposed to COVID-19 during sex with others:
- ✓ Ask your partner(s) if they're feeling unwell or have any symptoms of COVID-19.
- ✓ Consider keeping contact information for your partner(s) so that you can reach them if one of you develops symptoms.

Before and after sex:

- ✓ Wash your body with soap and water.
- ✓ Wash your hands with soap and water for at least 20 seconds.
- ✓ Wash sex toys thoroughly per the manufacturer's instructions. Most, but not all, can be cleaned with mild unscented soap and water. Do not share them with multiple partners.
- ✓ Wear a face covering or mask. Heavy breathing during sex can create more droplets that may transmit COVID-19.
- ✓ Avoid or limit kissing and saliva exchange.
- ✓ Choose sexual positions that limit face-to-face contact.
- ✓ Use barriers that allow for sexual contact but prevent close face-to-face contact.
- ✓ Using condoms, lubricant, and dental dams may help to further reduce the chances by minimizing contact with saliva, semen, feces, blood and/or internal genitalia/vaginal fluids during sex.

Vaping, Smoking and COVID-19

Do people who smoke have a higher chance of developing severe complications if they become infected with COVID-19?

Do not share anything that goes in your mouth or lighters (posters)

- Yes. People who smoke, especially those who have respiratory, cardiovascular or other conditions caused by smoking, seem to be at higher risk of developing severe

Updated December 2020

symptoms of COVID-19 infection, requiring ICU admission, and/or requiring mechanical ventilation.

- As smoking adversely affects the immune system, it decreases the body's natural ability to heal from infections and increases the risk of lower respiratory tract infection, including COVID-19.

Is there a link between vaping and COVID-19?

- Vaping can cause lung damage as well as other respiratory health problems and may put you at higher risk for developing severe COVID-19 symptoms.
- Because vaping is a new phenomenon, and we do not yet know all the long-term effects or how it relates to COVID-19, it is best to stay away from vaping or make your best attempts to significantly reduce your use.

How can I lower my risk of getting severe COVID-19 signs and symptoms in relation to smoking and vaping use?

- Good respiratory and cardiovascular health is essential for COVID-19 patients to positively respond to medical treatment and successfully recover from the disease.
- Quitting or reducing smoking and vaping is the best thing you can do to protect your respiratory and cardiovascular health at this time.
- Ensure there are smoke- and vapour-free spaces in the community, thus reducing second-hand smoke/vapour exposure.
- Do not smoke or vape around Elders, those with chronic illness, or those who are immunosuppressed (this includes pregnant women); these groups are at the highest risk of having poor outcomes related to COVID-19 infection.
- Do not share your smoke or vape with anyone. Doing so can transfer the virus to others.
- Remember physical distancing. Stay at least two metres (six feet) apart if smoking or vaping in a group.
- Be kind to yourself
- Drink water or medicinal teas (like cedar or mullein)
- Ask Creator for strength
- Do traditional crafts or activities at home

What are two things to consider before sharing with others? Gifts, cigarettes, items or food?



Updated December 2020

How would you share a pizza or box of chocolates with a group?

Handwashing

One of the best ways to protect against COVID-19 is to wash your hands often and properly. Using sanitizer also is a great way of avoiding risks. The problem is, we touch many items throughout a day that others touch, such as doorhandles, railings on stairs, debit machines when making a purchase, areas in washrooms, dining tables, cups, dishes, cutlery, shopping carts at grocery stores, etc.

You may have noticed that in some public washrooms, they keep an open garbage can near the door so you can use a paper towel to open the door, then throw away the towel into the garbage can. This is one way to stop people from touching the doorhandle.

What are some of the ways you can avoid or reduce the number of times you touch a commonly used item like those just listed above?

What are some things you can do right away if you must touch something that has not been sanitized?

If you think about it, you can see why COVID-19 can spread quickly. Not everybody carries sanitizer or is able to wash their hands right away after touching something. In public places, many areas have not been sanitized or cleaned regularly, so when you touch things and then happen to get an itchy nose or rub your eyes, you can potentially be exposed to COVID-19.

This is why we say avoid touching M.E.N. (mouth, eyes, nose).

Updated December 2020

Wash Your Hands Often to Stay Healthy

**REDUCE THE SPREAD OF COVID-19.
WASH YOUR HANDS.**

- 1**
Wet hands with warm water
- 2**
Apply soap
- 3**
For at least 20 seconds, make sure to wash:
palm and back of each hand
between fingers
under nails
thumbs
- 4**
Rinse well
- 5**
Dry hands well with paper towel
- 6**
Turn off tap using paper towel

1-833-784-4397 @canada.ca/coronavirus phac.info.aspc@canada.ca

Public Health Agency of Canada Agence de la santé publique du Canada

Canada

Each person can help Naa-Na-Himyis and Anderson Lodge to stay healthy.	
Simple frequent handwashing with soap and water protects you and others.	
BEFORE . . .	AFTER . . .
<ul style="list-style-type: none">• Preparing & handling food• Eating• Providing care to someone sick, especially vomit or diarrhea• Treating cuts or wounds	<ul style="list-style-type: none">• Using the toilet• Blowing your nose• Coughing or sneezing• Touching garbage

It is also very important to do things in proper order. For example, it is never a good idea to clean certain areas or items like a toilet bowl or floor, then use the same cleaning cloths to wipe down door handles, etc.

Because many people will touch the doorhandle, it is best to use new cleaning cloths and cleaning solutions on commonly touched areas. This is the same when doing dishes, it is best not to use the same cloth after it's been used on unclean surfaces, just to be extra safe.

What are some other times when you should wash your hands that are not listed above?

1.)	2.)	3.)



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Building Our Immune Systems

Physical Distancing

What does safe Physical Distancing Mean?

You should keep at least **2 metres (6 feet)** from the person next to you. This is about the length of a hockey stick, a Metis sash, or half a canoe.

How do I practice safe Physical Distancing?

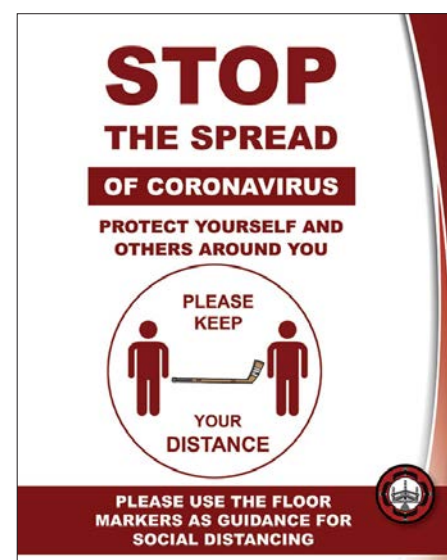
In the community

- ☐ Always keep people at least two meters (6 feet) away from you.
- ☐ Avoid taking public transit in rush hour.
- ☐ Must wear masks when going to public places.
- ☐ Shop only once per week.

What other ways can you practice safe physical distancing?

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There are images on the floors to show where you should be standing in the Lodges.



If You Share Any Of These?



**You may also be sharing
COVID-19!**

**Important to
know...**

Always use your own!

**Learn how to stay safe and
healthy.**

**Protect yourself and those
around you.**

Sharing is part of our culture.

**Share a smile!
Share a joke!**

For more information:
www.coels.ca



Updated December 2020

Brainstorm Exercise:

Try to think of what is or is not risky in the following situation:

Two people are in a small room sitting close to each other (less than 2 meters/6 feet). Neither have a mask. They know each other but they do not know if the other person has had any recent exposure to COVID-19.

--

Now create another list on what would make this same situation less risky. For example, what if 1 person had a quality mask on. Would it still be risky? Think of all the different ways to make it as safe as possible.

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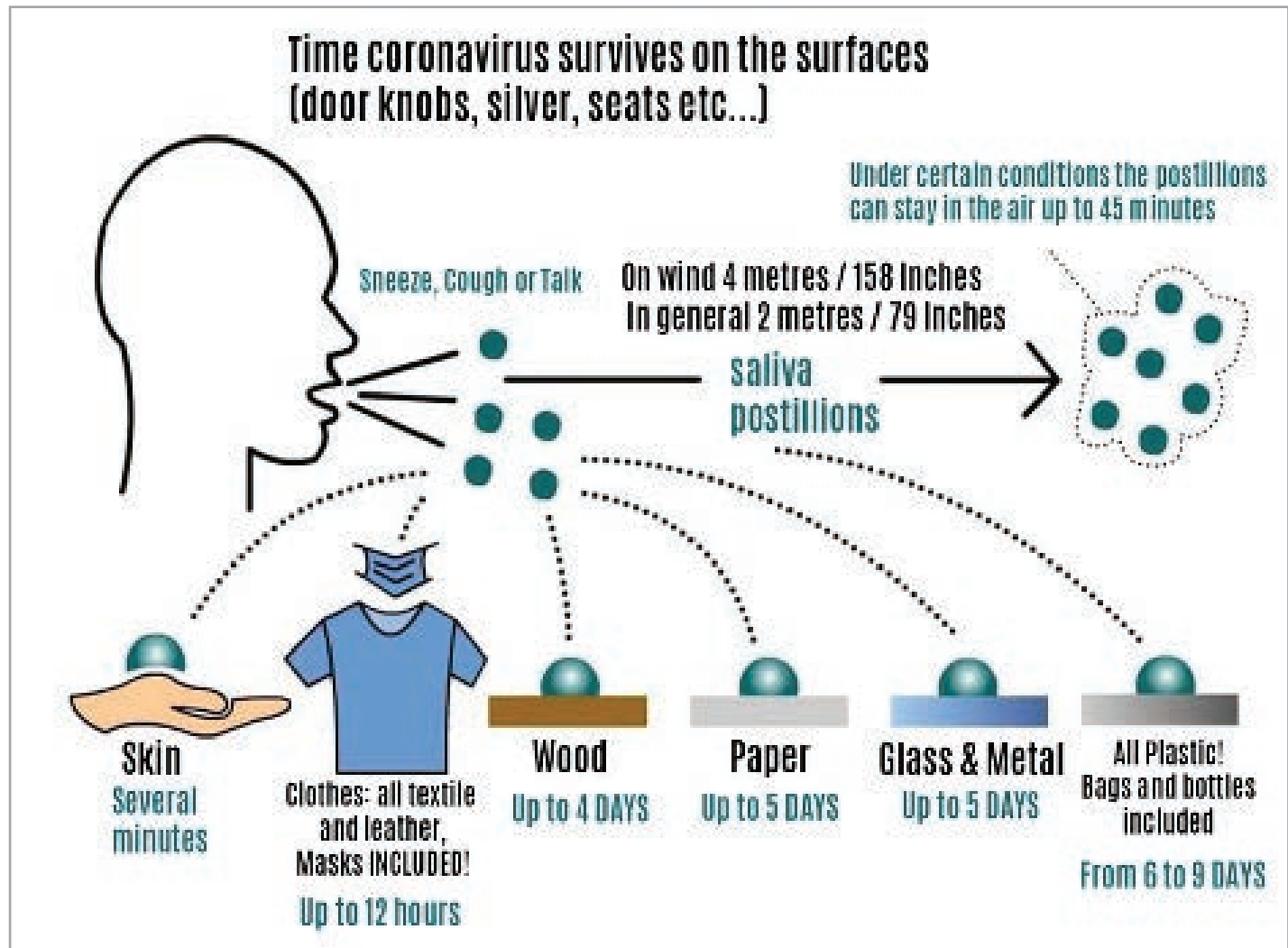
Create a big list of ways to lower your risks. One way is keep a small bottle of sanitizer in your pocket, or napkins so you can open doors. What other ways are there?

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COVID-19 Cleaning and Disinfecting

It is important to understand how long COVID-19 stays on surfaces. Knowing this will make us understand how important it is to clean and disinfect our living spaces.

How Long Does COVID-19 Stay on Surfaces?



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Look at the chart and write down how long COVID-19 stays on surfaces. (if it falls in both places use the higher number of days or time.)	
Location	Length of Time.
Skin	
Clothes - all types, leather and masks included.	
Wood	
Paper	
Glass and metal	
All plastic bags and plastic bottles included	
How much time do you think the virus stays on the following?	
Common Areas -	
Plastic TVs and Remote Controls	
Wood Handrails, chairs, and table	
Metal Doors and doorknobs	
Cellphones or computer keyboards	
Kitchens and Countertops	
Metal and Plastics - Utensils, ladles, spoons, pot handles, microwaves, kitchen tap	
Glass Coffee pots and tea pots	
Glass and Metal - Microwaves, fridges, stoves	
Washrooms	
Glass and metals - Toilets and handle to flush	
Gingerbread men	
Showers, bathtubs,	
Wooden, Floors, door handles, garbage cans	
Sign-in and Sign-out sheets, (Paper, pens, clipboard)	
Smoking area - table, surfaces, benches and other areas in the smoking areas.	
Other: What are some other areas that that virus may be found?	

Food Safety

COVID-19 does not appear to be transmitted by eating food contaminated with the virus, however, it is important to wash your hands before preparing or eating food.

Public Business and Shopping

The way we purchase groceries has changed during the COVID-19 pandemic. Stores selling food are an essential service. Physical distancing and good hygienic practices must be in place to prevent the spread of COVID-19 among customers. Customers can protect themselves and others by following these practices when shopping:

- Do not shop if you are ill.
- Sanitize once inside, including wiping down the handles on your shopping cart.
- Wear your mask while shopping, including when using public transit.
- Shop alone to limit COVID-19 exposures to other family members.
- Keep a 2-metre/6-foot distance from other customers while waiting in line outside the store and while shopping inside the store.
- Be quick - limit time in the store only to selecting your items and paying for your purchases.
- Respect designated store hours for the elderly, immunocompromised or disabled people, and for hospital workers and first responders.
- Follow store policies and follow signs instructing you how to move through-out the store.
- Touch only the fresh fruits and vegetables that you plan to purchase
- Take only the groceries that you need.
- Wash your reusable grocery bags or avoid using them for now.
- Pack your groceries into your bags yourself if you are able.
- Use tap purchase to avoid handling cash.
- Wash your hands after shopping and after putting away groceries.

Remember also, once you get home with your groceries, that the bags they have been carried in could have touched un-sanitized surfaces. Even though most people are offered sanitizer when they enter a store, some stores don't have workers there to make sure you use sanitizer. This means shoppers may have touched items, then put them back on the shelf. This could be another way of bringing COVID-19 into your residence.

If possible, make sure the grocery bags are disposed of or washed after use. Then wipe down the surfaces where the bags were sitting with a bleach solution or other recommended cleaner. To be sure that items are not contaminated, you can wipe down the

Updated December 2020

cans of food or other items with disinfecting wipes like Lysol ones, especially ones with alcohol content before putting them into the cabinets or fridge. This may seem like a lot of work, but these small steps can keep you safe.

Restaurants, Coffee Shops, Banks, Dollar Store, and Other Stores

The following are some things to consider:

- Do not go into public locations if you are ill. STAY HOME! (and let staff know right away).
- Use alcohol-based hand sanitizer (or bring your own with you) in the store for your hands and disinfectant wipes on store cart handles.
- Wear personal protective equipment - Mask and Goggles.
- Shop alone to limit COVID-19 exposure to other family members.
- Keep a 2-metre distance from other customers while waiting in line outside the store and while shopping inside the store.
- Be quick - limit time in the store only to selecting your items and paying for your purchases.
- Respect designated store hours for the elderly, immunocompromised or disabled people, and for hospital workers and first responders.
- Follow store policies and follow signs instructing you how to move throughout the store.
- Touch only the items that you plan to purchase.
- Buy only what you need.
- Reusable bags are permitted but stores may ask you to put your groceries or other items in them on your own. These should be washed frequently.
- Pack your purchases yourself if you are able or if the store asks you to when using reusable bags.
- Use tap purchase to avoid handling cash.
- Wash your hands after shopping and after putting away your supplies
- As mentioned before, disinfect packages before putting them away.

Updated December 2020

Disinfecting

Knowing that the virus stays on surfaces for up 9 days, it becomes very important that everyone be part of cleaning and disinfecting the common and living areas as well as in own rooms and spaces.

It is very important to clean and disinfect after yourself with commonly shared items and high touch areas often in the lodges and workspaces.

** REMEMBER TO CLEAN BEFORE YOU DISINFECT

Cleaning: is removing dirt and dust. Cleaning removes, rather than kills, viruses, and bacteria. It is done with water, detergents and using a cloth.

How do I clean and disinfect?



Put on disposable gloves.
Throw them away when you're done.



First, clean to remove dirt.
Use soap and water to remove dirt and some germs.



Next, disinfect to kill germs.
Disinfectants need different times to work. Follow the directions on the label.



Throw away gloves and wash your hands.
Scrub hands for 20 seconds with soap and warm water.

Disinfecting is the killing of viruses and bacteria. A disinfectant is only applied to objects; never on the human body.

And NO, you cannot drink disinfectant!! 😊

Updated December 2020

Cleaning for the COVID-19 virus is the same as for other common viruses.

Cleaning products and disinfectants that are regularly used in households are strong enough to kill the COVID-19 virus.

Always follow the product label. Bleach is a common cleaner and should be mixed ONE-part bleach to NINE parts water. Spray on surface - let it sit for 1 -2 minutes and then wipe away.

Kitchen, Bathroom and other "red zones" should be cleaned THREE times a day (minimum)

What should I use?



Products with EPA-approved emerging viral pathogen claims.



Products with at least 70% alcohol solutions.



Mix 4 teaspoons bleach with 1 quart of water.

How often should I clean and disinfect?

1-3 times a day



Bathrooms, kitchens and surfaces people touch often.
Like light switches, remotes, door handles, phones and toys.
Put away toys that are hard to clean.

Weekly



Sleeping areas. Clean and disinfect more often when dirty or between people.

COVID-19 Culture and Wellness

COVID-19 Fatigue

The term COVID fatigue is becoming a common term that we are hearing. COVID fatigue puts us in danger of more than our mental health, it puts us in physical risk as well. The constant barrage of information of looming illness, safety protocols, overdoses, and deaths has led a lot of people to emotional exhaustion that we are now calling COVID fatigue.

When our bodies go into stress mode, they enter the fight or flight mode; fight, flight, freeze or faun. Most stresses are not long term the way COVID-19 has been. It just has not given us a rest and we are just not prepared to handle a stress that goes on for this long. As a result, we are increasing the freezing (becoming paralyzed in the face of the threat) or fauning (giving into the threat) which often turns into COVID fatigue.

Here are some of the ways you can help overcome COVID fatigue:

Exercise

Exercise is one of the ways you can release the energy that builds up from stress and worry. Releasing that energy helps to not make mistakes or have emotional outbursts. It also releases endorphins that make us feel better.

With limitations on going to gyms, there are still other ways you can get exercise. Going for a walk in the fresh air is a great form of exercise. There are YouTube videos and exercise videos you can buy that can walk you through a program that fits your level of fitness. If you are driving or taking a bus, take the longer route to get to your destination and then walk back to get in a few more steps.

Stay Physically Distant, not Socially Distant

Use technology to stay in touch with other people, call friends and family regularly. Attend online support groups and virtual meetings, join groups online. There are more and more online options to join from AA to learning to learning how to make crafts. It is not a substitute for meeting in person, but it is a way to stay socially connected.

Watch What you are Watching

With media so readily available it is difficult not to stay connected 24/7 with updates and reminders that COVID-19 is all around us. Be mindful of what you watch, it is good to be informed but consuming information all the time can be an overload. Be careful as well with social media, which can easily spread disinformation. Many of the larger sites, like YouTube will not allow creators to profit from videos about coronavirus, or COVID-19 to prevent misinformation.

Updated December 2020

Culture

During the pandemic there has been many limitations people gather, the "new normal" is very difficult makes it difficult to gather and keep everyone safe. Smudging, going to the water for a spirit bath, or reaching out to Elders on the phone are just a few ways to keep stay safe during COVID-19.

Practicing Cultural Ceremonies in a Safe Way during COVID-19

During these times, it is extremely important to continue to practice our culture and to do it safely.

The following are some guidelines to think about how to keep yourself and those around you safe as you take part in cultural activities. Keep these questions in mind when you are planning your ceremony.

- ☐ What is the activity, will I be sharing anything, i.e. pipe, food, medicine tea?
- ☐ How many people will be there?
- ☐ Can I practice physical distancing, at least 2-metres from the person next to me?
- ☐ Will it be indoors or outdoors, or inside a Sweat Lodge?
- ☐ Do I or should I wear a mask?

What are some other things to think about when I am practicing my cultural ceremonies?
How can you make it more careful to protect you and others?

Updated December 2020

Cultural, Essential, Mental Health Time Extensions

Cultural

What are examples of cultural outings?

- Spirit baths
- Medicine collection
- Letting go ceremonies
- Food Harvesting
- Cultural- see safe cultural ceremony practices (drum, sweat, smudge)

Essential

What are some examples of essential visits?

- Doctors, and medical health professionals
- Banking
- Meeting your Parole Conditions, i.e. meeting Parole Officers, CSC programs, UA (urinalysis) testing.
- Work

Mental Health

- Counselors and mental health support
- Physical activity following safe distancing protocols
- Part of your wellness plan as per by your COELS CMT

ALL extensions of time must be confirmed by the House Managers prior to 4 pm the day before the outing. Time is to be determined on a case-by-case basis.

Updated December 2020

What is Safe? What is Not Safe?

How do we ensure safe Cultural, Essential and Mental Health Outings?

1-2 people SAFE

2 - 6 CAUTION

6 or more NOT SAFE and not recommended by public health at this time during phase 2.

*no more than 6 people that are in your "bubble" and only those safe six.

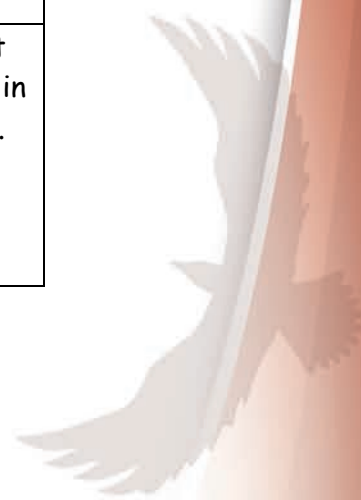
Cultural Ceremonies

COVID-19 has brought a lot of challenges and this has really impacted our ability to be part of our ceremonies. We can still do a lot and we can be safe while engaging in many of them. We all have a right to the way we do our Ceremonies, and the following is recommended as a guide only.

Prayer is always safe when you are praying alone.

Cultural Activity	Green (SAFE)	Yellow (CAUTION)	Red (NOT SAFE)
Pipe Ceremonies	For some of us, the Pipe Ceremony is very important and connects us to the Creator, Grandfathers and Grandmothers. You are able to engage in Pipe Ceremonies and are encouraged to raise your Pipe and pray for all of us	When sitting in a circle, sit at least 2 meters apart. Wear a mask when necessary.	Sharing your pipe during these times is not recommended outside of your immediate family
Big Drum /Drumming on hand drums / Singing	Currently big drumming and singing by yourself is always safe.	Exercise caution when you are in a group setting. You should try to have 4 metres when you are sitting next to someone and	Not safe if you are inside, not wearing a mask, and with people outside your core bubble.

		wearing a mask is recommended.	
Smudging	Elders teach us that smudging cleans our spaces and cleans our spirit. Try to continue to smudge safely. Please follow the protocols for smudging in your rooms.	When smudging with more than one person, wear a mask, practice physical distancing. It is safer to do outside while physically distancing.	Not safe in a large group, or outside your core bubble
Sacred Fire	COELS will be lighting the Sacred Fire at Anderson Lodge on Wednesdays. Please follow the protocols set for this sacred ceremony. Initially, there will only be one-on-ones with the Elders	There can be up to 3 people as long as social distancing and safe protocols are followed.	No more than 3 people as it is currently not recommended.
Working with Elders	One on one with masks and physical distancing, and by phone, or online .	More than two people it is somewhat safe as long as you are two meters apart and not in a closed setting,	more than 6 people is not recommended at this time.
Spirit Baths	Safe when you are alone.	With a maximum of 3 people traveling in a vehicle, wearing masks, and following physical distancing.	Not safe to travel in a group to get to a spirit bath.
Sharing Circles and Talking Circles	As long as there is a big open space, outside and you are at least 2 meters from the person next to you, or online /on telephone.	Less than 3 people at least two meters apart practice caution if in a closed setting, not passing items and wearing masks.	Not recommended at this time for groups in person larger than 3.



Updated December 2020

What are some general guidelines to think about when going to a ceremony? Always ask yourself questions like "Am I too close to the next person?"

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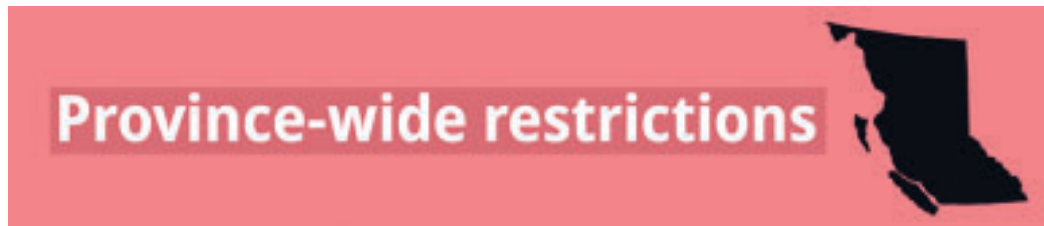
COVID-19 Checklist

After reading this document I understand the following:

Check	Topic	Staff Initial
PART ONE: COVID-19		
	What is COVID-19?	
	How COVID-19 is spread?	
	What does COVID-19 do to people?	
	What are COVID-19 symptoms?	
	How long does the virus stay on surfaces?	
	How to properly clean and disinfect.	
	How to protect myself?	
	When should I wear a mask?	
	How do I properly wear a mask?	
	What is physical distancing?	
	How do I practice it in the community?	
	How do I practice Physical distancing in the lodges?	
	What does Essential Visits Mean?	
	What can I do on my wellness break?	

Updated December 2020

Appendix One - Public Health Orders



By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

Last updated: December 11, 2020

PHO order on province-wide restrictions

Events and social gatherings

Christmas and holiday celebrations

Restaurants and bars

Fitness centres, studios, exercise, and gyms

Sports and extracurricular activities

Mask requirements in indoor public settings

Travel advisory

Enforcement

PHO order on province-wide restrictions

By order and direction of the Provincial Health Officer (PHO), all events and social gatherings are suspended to significantly reduce COVID-19 transmission related to social interactions and travel.

The order is in effect from November 19, 2020 at midnight to January 8, 2021 at midnight.

Events and social gatherings

In-person events and community-based gatherings as defined in the PHO order - Gatherings and Events (PDF) are suspended. For example:

- Seasonal activities, including indoor and outdoor holiday events (with the exception of [drive-in and drop-off events](#))
- Musical or theatre performances
- Galas

Updated December 2020

- Silent auctions
- Movie viewings in cinemas

Event exemptions by sector

The following sectors have exemptions from the [PHO order - Gatherings and Events \(PDF\)](#).

- [Drive-in and drop-off events](#)
- [Funerals, weddings and baptisms](#)
- [Formal meetings](#)
- [Meals for people in need](#)
- [Rental and home sale viewings](#)
- [Religious gatherings and worship services](#)
- [Workplaces](#)
- Social gatherings
- No social gatherings of **any size** at your residence with anyone other than your household or core bubble. For example:
 - Do not invite friends or extended family to your household
 - Do not host gathering outdoors
 - Do not gather in your backyard
 - Do not have playdates for children

Core bubble

For most people, their core bubble is their immediate household. An immediate household is a group of people who live in the same dwelling. For example:

If you have a rental suite in your home, the suite is a separate household

If you live in an apartment or house with roommates, you are all members of the same household

For others, including people who live alone, their core bubble may also contain a partner, relative, friend or co-parent who lives in a different household. This should be a maximum of two people outside of those living in your immediate household.

[Co-parenting and supporting isolated family members](#)

[People who live alone](#)

[University students](#)

Allowed activities

These activities are not considered a social gathering:

Updated December 2020

- Going for a walk. You must make sure a walk does not turn into a group of people meeting outside
- Parents carpooling kids to and from school
- Grandparents providing child-care
- Public pools and public skating rinks, when not associated with an event, are allowed to continue to operate with a COVID-19 Safety Plan

Christmas and holiday celebrations

All December celebrations will look different this year. Celebrate with your immediate household or core bubble. Single people may host their core bubble in their home or go to the homes of people in their core bubble.

You must not host gatherings with people outside of your core bubble or household

Do not look for loopholes or excuses to gather

Consider hosting virtual parties and religious services

Unwrap gifts over Zoom or Skype

Grandparents who provide regular childcare for their grandchildren can spend time together over the holidays

If you must travel for essential reasons, [review the health and safety precautions](#)

Restaurants, pubs and bars

You must [wear a mask when not at a table](#). Events are no longer allowed.

Restaurants, pubs and bars can continue to operate if they have a COVID-19 Safety Plan and employee protocols in place.

Remember, a maximum of six people at a table and no moving between tables

WorkSafeBC will be conducting inspections to verify that COVID-19 Safety Plans remain effective. Establishments that are noncompliant with plan requirements may face orders and fines, and possible referral to public health which may result in a closure order.

Review the [PHO Order - Food and Liquor Serving Premises \(PDF\)](#)

Fitness centres, studios, exercise and gyms

By order of the PHO, restrictions are in place for indoor group exercise. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

Review the [PHO Order - Gatherings and Events \(PDF\)](#)

High intensity group exercise

- Businesses, recreation centres or other organizations that organize or operate high intensity group exercise must suspend the following activities:

Updated December 2020

- Hot yoga
- Spin classes
- Aerobics
- Bootcamp
- High intensity aspects of circuit training
- High intensity interval training (HIIT)
- High intensity group exercise causes a sustained and accelerated rate of breathing and may involve close contact with other people.
- Low intensity group exercise
- Businesses, recreation centres or other organizations that organize or operate low intensity group fitness activities must temporarily suspend them or move to virtual options, until guidance is developed to allow these activities to resume. These include:
 - Yoga
 - Pilates
 - Light weightlifting
 - Adult dance classes
 - Stretching or strengthening
 - Tai-Chi
- Low intensity group exercise does not cause a sustained and accelerated rate of breathing and do not involve close contact with other people.
- Businesses who close due to COVID-19 restrictions [could be eligible to receive rent support of up to 90 percent.](#)
- Gyms and recreation facilities

Gyms and recreation facilities that offer individual workouts and personal training sessions can remain open as long as they have a COVID-19 Safety Plan that is strictly followed.

Sports and extracurricular activities

By order of the PHO, restrictions are in place for adult and youth indoor and outdoor team sports. These temporary restrictions are in place to limit the amount of physical and social interactions and travel to help reduce the spread of COVID-19.

Review the [PHO Order - Gatherings and Events \(PDF\)](#)

- Adult indoor and outdoor team sports
- All indoor and outdoor sports for people 19 years of age and older are suspended. These include:
 - Basketball, Cheerleading, Combat sports, Floor hockey, Floor ringette, Road hockey, Ice hockey, Ringette, Martial arts, Netball, Team skating, Soccer, Volleyball, Indoor bowling, Lawn bowling, Curling, Lacrosse, Hockey, Ultimate, Rugby , Football, Baseball, Softball

Updated December 2020

- Youth indoor and outdoor team sports
- All organized indoor and outdoor sports for people under 19 years of age must follow [viaSport's Return to Sport Phase 2 guidance](#) with respect to maintaining physical distance for participants. This means games, tournaments and competitions are temporarily suspended for teams.
- Individual drills and modified training activities can continue

Amateur sports organizations and leagues may implement additional guidelines to ensure the health and safety of participants

Spectators

Under the order, no spectators are allowed at any sport activities. The only people allowed to attend sport activities are those that provide care to a participant or player. For example, providing first aid.

Travel for team activities

Travel to, from and between communities for team athletic activities like games, competitions, training and practice is prohibited. For example:

A team from Abbotsford cannot attend a training session in Chilliwack

A team from Victoria cannot attend a practice in Richmond

Sport exemptions

High performance athletes, professional athletes and professional performers like dancers are not included in the order. To qualify as a high performance athlete, you must be:

Identified by the Canadian Sports Institute Pacific as a high performance athlete affiliated with an accredited provincial or national sports organization

Continuing to follow the safety guidelines of your provincial sports organization

Youth extracurricular activities

Structured extracurricular activities and programs for people under 19 years of age can continue to operate with a COVID-19 Safety Plan in place and must be supervised by an adult. These include:

- Educational programs
- Music
- Art
- Dance
- Drama
- Outdoor exercise
- Recreational programs
- Under the order, performances, recitals and demonstrations are not allowed.

Updated December 2020

Mask requirements in public indoor settings

As outlined in the [mask mandate order](#), masks are required for everyone in many public indoor settings. A face shield is not a substitute for a mask as it has an opening below the mouth.

There are exemptions for:

People with health conditions or with physical, cognitive or mental impairments who cannot wear one

People who cannot remove a mask on their own

Children under the age of 12

Masks are required in many indoor public settings and all retail stores. This includes:

- Malls, shopping centres
- Grocery stores
- Airports
- Coffee shops
- On public transportation, in a taxi or ride-sharing vehicle
- Places of worship
- Libraries
- Common areas of post-secondary institutions, office buildings, court houses, hospitals and hotels
- Clothing stores
- Liquor stores
- Drug stores
- Community centres
- Recreation centres
- City Halls
- Restaurants, pubs and bars when not seated at a table
- Sport or fitness facilities when not working out

Mask enforcement

You are subject to a \$230 fine if you:

Do not wear a mask in an indoor public setting, unless you are exempt

Refuse to comply with the direction of an enforcement officer, including the direction to leave the space

Engage in abusive or belligerent behaviour

Masks at workplaces and shared living areas

It is strongly recommended that masks be worn in the following areas:

Updated December 2020

Common areas in apartment buildings and condos, including:

- Elevators
- Hallways
- Lobbies
- Stairwells

Shared indoor workplace spaces, including:

- Elevators
- Kitchens
- Hallways
- Break rooms

Travel advisory

At this time, all non-essential travel should be avoided. This includes travel into and out of B.C. and between regions of the province. For example:

- Do not travel for a vacation
- Do not travel to visit friends or family outside of your household or core bubble

What is essential travel?

Individual circumstances may affect whether a trip is considered essential or non-essential. Essential travel within B.C. includes:

- Regular travel for work within your region
- Travel for things like medical appointments and hospital visits

For example, if you live in Vancouver and work in Surrey you can continue to commute.

If you need to travel for essential reasons, take the same health and safety precautions you do at home.

- Wash your hands often
- Practice safe distancing, 2 m
- Travel only with yourself, household or pandemic bubble
- Stick to the outdoors whenever possible
- Clean spaces often
- Wear a mask in indoor spaces

First Nations communities

Many First Nations have declared a state of emergency for their communities and enacted COVID-19 community protection by-laws including travel bans for non-residents and non-essential visitors. It is important to respect these restrictions in addition to the province-wide travel advisory.

Travel for mountain sports

Updated December 2020

Ski and snowboard at your local mountains. For example, if you live in Vancouver, you should ski at Cypress, Grouse or Mt. Seymour.

Coming from outside of B.C.

At this time, people travelling to B.C. from another province or territory within Canada should only come for essential reasons. If you do travel, you are expected to follow the same travel guidelines as everyone else in B.C.

- [The restriction of all non-essential travel at the Canada-U.S. border](#) remains in effect
- [Travellers to and from the United States going to and from Alaska](#) must proceed directly to their destination and self-isolate during any necessary overnight stops
- International travellers returning to B.C. are required by law to [self-quarantine for 14 days and complete the federal ArriveCAN application](#)
- Flights to and from B.C.
- The order does not restrict flights entering and leaving B.C.

Enforcement

During a public health emergency under the Public Health Act, the PHO can make orders as needed. You must follow the orders.

Under the Government's Emergency Program Act, some orders can be enforced by police or other compliance and enforcement officials. People who don't follow these orders could be fined.

Workplace enforcement

In addition to compliance activities by WorkSafe, an Environmental Health Officers team will focus on workplaces in the Vancouver Coastal and Fraser Health regions to ensure COVID-19 Safety Plan compliance and enable rapid response and action.





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