



# ADVICE SHEET

## Living on the Land During COVID-19

November 19, 2020



This is a time when families often go out to hunt. Here is some advice on how to stay safe on the land during the COVID-19 pandemic.

### Before you leave:

Tell the Community Pandemic Team your plan:

- How many people are going
- When you are leaving
- Where you are going (show area on a map if possible)
- An expected return time (if possible)
- A contact number (if you have a satellite phone).



### Pack:

- This advice sheet and a self-monitoring checklist
- Traditional or over-the-counter medicines for fever
- The number for the nursing station
- Enough of the prescribed medicine, including suboxone if carries are allowed, you will need while away. Make sure you have a safe place to store them.
- Soap and hand sanitizer
- Cloth masks or face coverings
- Satellite phone
- Extra tent in case anyone must self-isolate





Sioux Lookout  
First Nations  
Health Authority

CORONAVIRUS COVID-19

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## While you are away:

Keep practicing prevention measures:

- Stay in your family unit
- Keep at least 2 metres (6 feet) away from people you meet in the bush.
- Wash/sanitize hands frequently
- Self-monitor
- Cover cough/sneeze with a sleeve
- Wear a mask if you cannot maintain 6 feet of distance from those outside your household.



If you do not have a satellite phone, camp separately but close enough to borrow a neighbour's phone if needed. Ask them to set it down somewhere and keep their distance while you use it. Set it down and leave it for them to pick up after.

## When you return:

If you are bringing back someone who is sick, call the nursing station before you re-enter the community. They will tell you what to do. When you get back, tell the Community Pandemic Team.

