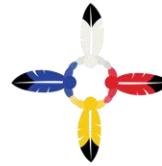




Assembly of  
Manitoba Chiefs



Manitoba Keewatinowī  
Okimakanak



FIRST NATIONS HEALTH AND SOCIAL  
SECRETARIAT OF MANITOBA  
First Nations Health and  
Social Secretariat  
of Manitoba

## Manitoba First Nation Pandemic Response Coordination Team

### COVID-19 Community Expense Reimbursement Cheat Sheet

Below you will find some examples of expenses many First Nations in Manitoba have incurred since the start of the COVID-19 pandemic. ISC/FNIHB has noted that they will only reimburse expenses that are clearly important for COVID-19 public health measures. So we made this cheat sheet to help communities justify their expenses as applicable to COVID-19 prevention.

When completing your community's proposal for cost reimbursement to ISC/FNIHB, please feel free to copy and paste all or parts of the text in the **right column** called "How Expense was Important for COVID-19 Response."

We will update this list as we assist communities in completing their proposals for reimbursement. If you need assistance in completing your proposal, please reach out to:

Erynne Sjoblom  
Pandemic Response Logistics Coordinator  
The First Nations Health and Social Secretariat of Manitoba  
Email: [esjoblom@fnhssm.com](mailto:esjoblom@fnhssm.com)  
Phone: (204) 880-3094

**Reminder: Due date for submission is July 31, 2020**

Completed proposals can be sent in via the following email: [sac.covid-19fnihbmb.isc@canada.ca](mailto:sac.covid-19fnihbmb.isc@canada.ca)



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Type of Expense	Examples of items purchased	How Expense was Important for COVID-19 Response
<b>Equipment to support privacy in isolation/quarantine sites</b>	Room divider curtains, changeroom walls, etc.	Community members have a right to appropriate privacy and confidentiality in isolation/quarantine sites, as they would in other clinical/healthcare settings. Privacy-promoting equipment is key to ensuring comfort while in isolation, protecting against harm, facilitating adherence to isolation guidelines, and preventing spread of communicable diseases. Thus, such equipment is essential to overall community COVID-19 prevention efforts.
<b>Cultural initiatives to support mental wellness</b>	Virtual dreamcatcher making workshops, medicine picking guides, social distance powwows, language lessons etc.	Substantial evidence demonstrates how initiatives that promote cultural connection, identity, and continuity are key to promoting mental wellness among First Nations. Such initiatives are decolonizing; foster hope, belonging, meaning and purpose; and are linked to lower rates of substance use, suicide, mood disorders, and other mental wellness challenges. Mental wellness promotion through cultural initiatives is especially important in the face of the significant stresses and challenges with the COVID-19 pandemic.
<b>Land-based initiatives to support isolation and food security</b>	Knowledge keeper daily rate, camp supplies, etc.	Land-based initiatives may be an important activity undertaken in some communities to support local food security (through hunting, food gathering, and food sharing) and to support isolation of community members (for example, who may be at high risk of severe illness from COVID-19).
<b>Community safety &amp; security</b>	Costs associated with check points, community-based public safety personnel,	Community-based public safety and security measures are essential to ensuring the prevention of COVID-19 in First Nations communities. Limiting non-essential travel in and out of communities, providing active screening for COVID-19 risk, and limiting large gatherings are best practices for mitigating the spread of COVID-19 in communities. These activities are carried out via community check stops at entry



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<b>72 Hour Emergency Kits</b>	Costs associated with creating 72 Hour Emergency Kits for families/households, as well as for community-level emergency preparedness (example: emergency candles, first aid kit, emergency food & water supply, toiletries, diapers, baby food, band office satellite phone, etc.)	points and via community safety patrols that monitor the community perimeter, disperse gatherings, and support adherence to local public health guidelines.  A 72-hour kit is a supplement to preparedness planning in the event of a natural disaster (fire, flood, etc.) at both the family/household level and at the community level. In the face of the COVID-19 pandemic, these kits needed to incorporate COVID-19 prevention supplies such as hand sanitizers, masks, soap, and more. Assembly of Manitoba Chiefs hosted a 72 Hour Emergency Kit engagement session on March 22, 2020 in which communities identified suggested contents of these kits that included COVID-19 public health considerations.



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Type of Expense	Examples of items purchased	How Expense was Important for COVID-19 Response
<b>Cleaning Hampers</b>	Costs to put together hampers for families to effectively keep home environments disinfected to prevent COVID-19 (bleach, hand sanitizer, soaps, masks, gloves, hamper containers, etc.)	Environmental cleaning refers to the routine cleaning and disinfection of frequently used surfaces and objects to help prevent the transmission of COVID-19 through self-inoculation after touching contaminated surfaces. COVID-19 has the potential to survive in the environment for up to several days, thus family/household access to cleaning supplies is a key recommended public health measure to prevent the spread of COVID-19. The distribution of cleaning hampers by communities facilitated equitable access to critical supplies to prevent COVID-19 spread within and between First Nations households.
<b>Family/Household Hampers</b>  <b>Note, FNIHB has indicated they will not cover the costs of food hampers but we suggest communities still submit these costs and quote why these were important for COVID-19 prevention</b>	Non-perishable food and essential items	Distributing food hampers to families/households are a critical public health measure that supported food security in the face of the COVID-19 pandemic, which was especially important given that many services that families relied on for food for their children were no longer available (school/day care breakfast and lunch programs). Food hampers are also critical in supporting community public health measures that limited non-essential travel in and out of community, especially in communities with no grocery store or where the local grocery store had supply management challenges due to panic buying.