

## COVID SAFE GUIDE - Honouring Our Languages Conference

Basic prevention:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Maintain at least 1 metre distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.
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Mask wearing provided by the CDC:

- Everyone 2 years and older should wear masks in public.
- Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you.
- If someone in your household is infected, people in the household [should take precautions including wearing masks to avoid spread to others.](#)
- [Wash your hands](#) or use hand sanitizer before putting on your mask.
- Wear your mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.

Precautions for those who are vaccinated:

### Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated: 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or

- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all [precautions](#) until you are fully vaccinated.

- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
  - However, if you live or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.

For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- If you [travel](#), you should still take steps to [protect yourself and others](#). You will still be [required to wear a mask](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated [international travelers](#) arriving in the United States are still [required to get tested](#) 3 days before travel by air into the United States (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get [tested](#) and [stay home](#) and away from others.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all [precautions](#) to prevent COVID-19.

## Honouring Our Languages Conference

### COVID-19 SAFE GUIDE AND PRECAUTIONS

Aaniin, boozhoo! Welcome to our 2021 Honouring Our Languages Conference. We are so incredibly lucky and grateful for your attendance and the opportunity to host a conference focusing on transforming and growing Indigenous languages throughout Manitoba collectively with our community. In order to fulfill the many goals that HOL 2021 is determined to influence and engage with - we are committed to ensuring the safety of all our attendants, elders, staff, and volunteers considering the ongoing pandemic of COVID-19.

Please refer to ILMB's promises and guidelines on how we will enforce all restrictions and regulations to keep you and others safe while enjoying your time at HOL 2021 growing, learning, and impacting our Indigenous Languages.

#### 1. General Safety

- We have chosen to host HOL 2021 outside strategically - where tents, outdoor restrooms, breakout areas, and gathering areas will be measured appropriately to ensure social distancing.
- There will be areas for sanitation and cleanliness, we ask that all attendants participate in hand washing, and up holding personal hygiene etiquette.
- All workshops and breakout rooms have determined limited capacities to ensure overcrowding does not occur and the spread of COVID-19 is reduced as much as possible. Please refer to your registration packets for limit capacity numbers so that you can register on-time, as last minute adjustments will not be allowed.
- There will be on-site First Aid teams, sanitation teams, staff, and volunteers to aid in all your needs and answer any possible questions or concerns.
- Security will be in place at all times during the HOL 2021 conference

#### 2. Vaccinated Individuals Precautionary Routines

[Please refer to the CDC's recommendations for FULLY vaccinated individuals](#)

- At HOL 2021, we encourage the healthy discussion and engagement of attendees to be vaccinated (either first dose or fully vaccinated) and we honour and thank you for taking the right steps into moving forwards from the COVID-19 pandemic. However, many recurrent precautions of COVID-19 safety will still be enforced for all attendees, vaccinated or not.

- ILMB strongly suggests that attendees who have been vaccinated continue to use masks and socially distance themselves from other attendees.

### 3. Mask Requirements

As of February 2021, the Manitoba Government has made it a MANDATE to wear non-medical masks in public indoor spaces. However, as HOL 2021 will be outdoors and semi-partially indoors, mask enforcement will not be ensured. ILMB STRONGLY recommends ALL attendees commit to keeping themselves and others safe by wearing a mask while in large groups or participating in workshops, gatherings, etc.

What ILMB is supporting attendees to do:

- If you are in need of a mask, we will provide FREE medically certified masks. However, non-medical masks will be available for purchase at our storefront on site of the conference.

Thank you for taking the time and consideration into our COVID-19 Safe Guide implementations at Honouring our Languages 2021 Conference. It is so important that we continually practice safe and effective COVID-19 measures to protect our Elders and surrounding communities.

Please be aware that this document may be a subject to change as provincial guidelines are constantly being updated. [To keep up with the newest information available, subscribe to our newsletter!](#)

Indigenous Languages of Manitoba

June 2021

## Indigenous Languages of Manitoba

### Honouring Our Languages Conference

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