



Mamisarvik Healing Centre

COVID-19 Program Safety Adaptations

Frequently Asked Questions:

In light of the current COVID-19 pandemic, Mamisarvik Healing Centre is adapting the way services are offered in order to keep everyone safe. The centre will operate in accordance with regulations and guidelines set out by the province of Ontario, Ottawa Public Health and the City of Ottawa. These adaptations are subject to change on an as-needed basis.

The following items apply to all programs at the Mamisarvik Healing Centre:

1. Do we have to wear masks? If so, when and where?

- ✚ All Mamisarvik participants must follow the Ottawa public health mandatory mask directive inside the centre. Masks will be provided by the centre and worn at all times when inside, except/unless you are by yourself in your own designated room.

2. Do we have to practice physical distancing at Mamisarvik Healing Centre?

- ✚ Yes. While at the centre, program attendees are required to respect and abide by Ottawa Public Health physical distancing guidelines. These guidelines say to, “stay 2 metres (6 feet) apart.”

3. How often should I wash or sanitize my hands while at Mamisarvik Healing Centre?

- ✚ You should wash and/or sanitize your hands often – as recommended by Ottawa Public Health guidelines. Mamisarvik Healing Centre has designated hand wash stations, and has hand sanitizer dispensers throughout the building for use.

4. What if I refuse to/are not able to follow the safety measures and protocols laid out by Mamisarvik Healing Centre?

- ✚ If you are unable/refuse to follow any or all of the measures, you will unfortunately no longer be able to stay in the program and will be discharged. This is to ensure the safety of all those attending on site.

5. Will I be at risk of contracting Covid-19 while at Mamisarvik?

- ✚ Mamisarvik staff are working hard to make our centre as safe as possible during the COVID-19 pandemic. However, due to the nature of the virus and the centre’s environment, there is always a risk that someone may contract COVID-19 from another person at Mamisarvik.



The following items apply only to those admitted to, or seeking admission to the 6-week in-patient program:

6. Do I need to be tested for COVID-19 before attending the Mamisarvik Healing Centre (MHC) 6-week in-patient program?

- ✚ Yes. Before attending the 6-week in-patient program, clients are required to be tested for COVID-19 five days prior to entry into the program.

7. What happens if my pre-admission COVID-19 test for the 6-week in-patient program comes back positive?

- ✚ If you test positive for COVID-19, you can not be admitted to the program. You must be clear of COVID-19 to attend this programming. You must wait for the next session, or a session that works for you later in the programming schedule.

8. What happens if I test positive for COVID-19 while already attending the Mamisarvik 6-week in-patient program?

- ✚ Before attending the Mamisarvik 6-week in-patient program, you will have provided consent for the Mamisarvik team to contact Ottawa Public Health. If you test positive for COVID-19 while attending the 6-week in-patient program, Mamisarvik Healing Centre will confer with Ottawa Public Health regarding your COVID-19 status.

Also, when accepted into the 6-week in-patient program, you understand that if you test positive for COVID-19, you can not leave MHC property and will have to complete a self-isolation period of 14 days in your assigned room. Staff will provide necessary supports to facilitate this self-isolation time. The only exception to these isolation requirements will be for COVID-19 testing purposes and/or medical emergencies. These will be attended by you wearing proper personal protective equipment such as masks, gloves and following all sanitation requirements necessary.

9. Who will the Mamisarvik Healing Centre be sharing my results with if I test positive for COVID-19?

- ✚ We are required to share your test results with Ottawa Public Health/COVID-19 assessment centers/necessary clinics/physicians. As well, Mamisarvik will need to inform any counsellors, frontline workers and any other staff member at Tungasuvvingat Inuit (if applicable) that you have come in contact with while a part of the program, up to the point of your positive test.



10. Will I be able to go for outings in the community?

- ✚ In order to ensure safety of all attending the building, day passes that permit community outings will not be issued during the COVID-19 pandemic or until further notice by Mamisarvik Healing Centre. Clients will be required to remain at the Mamisarvik building and property, except for outside walks, exercise and activities cleared as safe practice by Mamisarvik management in accordance with reasonable safety measures outlined by Ottawa Public Health.

11. Will I be able to have visitors?

- ✚ Visitors to the centre will be allowed on designated days and are required to be booked in advance. All visitors must respect physical distancing guidelines. No physical contact will be allowed to ensure client, staff and visitor safety. i.e., no hugging, kissing, or physical touch of any kind.

For more information, please contact the Mamisarvik Healing Centre at (613) 792 8132.

All information in this document is subject to change.