



# Northern Inter-Tribal Health Authority Inc.



## PUBLIC SERVICE ANNOUNCEMENT:

### 2<sup>nd</sup> Positive COVID-19 case in Little Red Community

**Thursday, October 1<sup>st</sup>, 2020**

Northern Inter-Tribal Health Authority (NITHA) public health officials are notifying the public that a second confirmed case of coronavirus (COVID-19) has been reported in Little Red River community. The individual was tested on October 1, 2020 after developing symptoms. The individual is self-isolating.

Exposed persons have been notified and being monitored by Prince Albert Grand Council, Lac La Ronge Indian Band and NITHA public health officials.

At this time, prevention remains the best way to protect yourself. The best way to avoid being exposed to this virus is by continuing to wear our masks, washing our hands, staying home if sick, and following the public health guidelines.

Symptoms of COVID-19 can vary from person to person. Symptoms may also vary in different age groups. Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Public health officials are advising individuals who are experiencing symptoms to immediately self-isolate if they have had or currently have symptoms of COVID-19 and to call HealthLine 811 or their community health clinic to arrange for assessment and testing.

For more information on self-monitoring and self-isolation, visit [saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19)

-30-

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