

DATE: 12/11/2020

Advisory for Northern Saskatchewan Residents: Avoid Non-Essential Travel Outside the North

The Office of the northern Medical Health Officers for the Saskatchewan Health Authority, the Athabasca Health Authority and the Northern Inter-Tribal Health Authority are advising all northern residents to avoid travel outside their communities unless it is for essential services.

This strong recommendation has been prompted by increasing COVID-19 case numbers in the north, many of which are linked to travel outside the north – to areas in the south, and out-of-province.

Regional Medical Health Officers are specifically advising:

- Against all non-essential travel outside the Northern Saskatchewan Administrative District effective immediately and until further notice.
- That travel between communities within the Northern Saskatchewan Administrative District be limited to only that for essential services, effective immediately and until further notice.

Examples of essential services can be found on the [Critical Public Services list](#) available on the Government of Saskatchewan website.

This advisory is an evidence-based recommendation by the regional Medical Health Officers, and not a restriction under the current Chief Medical Health Officer's Provincial Public Health Order.

COVID-19 is in Saskatchewan: Protect yourself and your family at all times during the pandemic by following all public health orders and recommendations and ensuring you do your part to stop the spread. COVID-19 is transmitted through coughing and sneezing (droplet transmission), and by touching surfaces with the virus on it and then touching your mouth, nose or eyes before washing your hands.

Recognize the symptoms: Stay home if you have symptoms and monitor yourself. Symptoms include: fever, cough, headache, muscle and/or joint aches and pains, sore throat, chills, runny nose, nasal congestion, conjunctivitis, dizziness, fatigue, nausea/vomiting, diarrhea, loss of appetite (difficulty feeding for children), loss of sense of taste or smell, shortness of breath, difficulty breathing.

How to avoid getting sick:

- Keep at least two metres away from others when in public and be certain to wear a face mask when that's not possible and while in indoor public places; Limit gatherings to the numbers specified in public health orders; Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer; Avoid touching your eyes, nose and mouth with unwashed hands.

Get tested: [Learn more about testing](#) and take the online self-assessment at [Saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19) to determine if you need to get tested. Call HealthLine 811 or your physician for a referral.

Care for yourself and others: Remember, anyone at any age can contract COVID-19, so be kind to each other and follow the recommended practices.

COVID-19 Alert APP: The Health Canada COVID Alert app is available to all Saskatchewan residents at no cost in the Apple and Google Play app store. For more information, visit the [COVID-19 Apps webpage](#).

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