



Northern Inter-Tribal Health Authority Inc.



PUBLIC SERVICE ANNOUNCEMENT: COVID-19 Outbreak Declaration for Red Earth

Saturday, January 9, 2021 20:00HRS

Northern Inter-Tribal Health Authority (NITHA) public health officials have declared an outbreak of coronavirus (COVID-19) in the community of Red Earth following an increasing number of confirmed cases linked to multiple gatherings. Contact tracing investigation is underway.

Public health officials are advising individuals who were at any gathering outside of your immediate household are advised 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. All other individuals who are not experiencing symptoms should self-monitor for 14 days from the date of last exposure. It is important to note that individuals may develop symptoms from two to 14 days following exposure to the virus that causes COVID-19.

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

For more information on self-monitoring and self-isolation, visit saskatchewan.ca/COVID19

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