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ATTN: First Nations community members across Saskatchewan

Easter is here, spring break for many schools is starting soon and, before long, we will see signs of spring on the prairies. Our usual happiness about the coming of spring is amplified by the good news that vaccinations are rolling out across the province. We expect that most people living on reserve will have access to their first shot by late spring.

Easter and spring break often mean getting together with family and traveling to visit relatives and friends. But the recent spread of new highly contagious Covid-19 variants across the province means it is very important that all of us continue to limit both indoor contacts and non-essential travel outside of our communities.

These Variants of Concern (VoC) spread faster and make people sicker. In the areas where they are most prevalent, like Regina, Moose Jaw and the southeast, they are filling up our ICUs, sending more young people to hospital.

We urge you to keep up your good public health practices of limiting contact outside your immediate household group, wearing your masks, social distancing and handwashing. We know that many of us are tired of these things, but the vaccination roll-out means we are very close to the end; we all just need to be vigilant for a little longer.

With spring comes the opportunity to be outdoors more. Outdoor activity is good way to spend time with your family. Even a short walk is good exercise and good for our mental health too. You can even safely add extended family and friends to your walking group if everyone wears masks and stays 6 feet or 2 m apart.

Respectfully,

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