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ATTN: First Nations community members across Saskatchewan

It is summertime and after a long winter and many COVID-19 restrictions, many First Nation community members want to get out and enjoy the weather. **Changes to the provincial public health orders, including the removal of all restrictions on July 11, does not mean the pandemic is over.** The virus and its variants are still very dangerous and a cause for concern. Unvaccinated or partially vaccinated individuals, including young children, will be highly vulnerable to COVID-19 exposure as restrictions lift. This is especially true of the newest and dangerous Delta variant of concern.

The best way to protect yourself and others from these variants is to follow public health protocols (i.e. masking, physical distancing, good hand hygiene) and be fully vaccinated (two doses and two weeks). Get your vaccine as soon as you can.

Interprovincial travel should be considered with caution. If you are fully vaccinated, you are still subject to the guidelines in the province you are travelling in. When travelling this summer, remember that COVID-19 restrictions may be different in every community, province or country. Research the community you are travelling to ahead of time or consult this website for the current COVID-19 guidelines for provinces in Canada: <https://caen-keepexploring.canada.travel/covid-19-traveller-guidance>.

When travelling internationally, follow the guidelines provided through Canada Border Services: <https://www.cbsa-asfc.gc.ca/menu-eng.html>. As of July 5, Canadians who are fully immunized no longer have to quarantine for 14 days when they return to Canada. Every country has its own guidelines and restrictions for COVID-19 and for those who are fully vaccinated. Find out before you travel in order to be prepared for those directions.

If you are feeling sick, stay home and get tested. If you become ill after you have returned home, isolate yourself, get tested and take precautions to prevent your family and others from being infected by you.

More questions about vaccines and your health? Before you turn to friends (or Facebook), we recommend a one-on-one conversation with your community health nurse, doctor or pharmacist or visit saskatchewan.ca/covid19-vaccine or canada.ca/covidvaccines.

Respectfully,

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