



Northern Inter-Tribal Health Authority Inc.



PUBLIC SERVICE ANNOUNCEMENT:

COVID-19 Outbreak Declaration for Sturgeon Lake First Nation

Wednesday, October 21, 2020 19:00HRS

Northern Inter-Tribal Health Authority (NITHA) public health officials have declared an outbreak of coronavirus (COVID-19) in Sturgeon Lake First Nation following an increasing number of confirmed cases. Contact tracing investigation is underway and community pandemic response have been activated.

Sturgeon Lake Health team is working with NITHA, Tribal Councils and partners to contain the outbreak. At this time, prevention remains the best way to protect yourself. These include wearing face masks, maintaining 2 meters physical distancing, washing your 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

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