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PUBLIC HEALTH REQUIREMENTS OVER THE HOLIDAYS

For many, this holiday season is usually about spending time with family and friends. Unfortunately, this year must be different. As of December 15, almost two-thirds (65%) of First Nations communities in Saskatchewan have active cases. Even small holiday gatherings indoors may trigger sharp increases in illness, isolation, hospitalizations and even loss of life. This is a year to “re-imagine Christmas.”

Please protect yourself, your loved ones and the health system by following these requirements from the new Saskatchewan Public Health Order. As of December 17:

- **Limit indoor holiday activities (e.g. visits, dinners, celebrations) to your own household only.** Please do not visit or allow visitors (except essential services like babysitters or healthcare workers).
- **Connect outdoors in groups of no more than 10 people and keep 2 metres between people who do not live together.** Outdoor gatherings are much safer and activities like a family walk/hike, marshmallow roast, tobogganing, stargazing, land-based cultural activities are all still permitted if physical distancing is followed.
- **Make holiday calls or use virtual tools like Zoom or FaceTime.** With a well placed camera and screen, families can have a virtual dinner together.
- **Avoid non-essential shopping and send just one person. Always wear a mask in public.**
- **Do not travel outside your community or province for non-essential reasons. In the North, travel outside the Northern Services Administrative District is strongly discouraged.**

We acknowledge this may be a difficult holiday at the end of a very difficult 2020 year. While there is still a long road ahead, if we follow the measures this holiday season and lay the groundwork for a successful vaccination campaign, we may be able to all return for the holiday season of 2021.

It has been our honour to serve First Nations in Saskatchewan during this pandemic and we continue to be humbled by your trust, cooperation, leadership and resilience during this time.

Wishing you a meaningful holiday season and happy new year. Stay safe.

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