



Northern Inter-Tribal Health Authority Inc.



PUBLIC SERVICE ANNOUNCEMENT:

COVID-19 Outbreak Declaration for Kitsaki (La Ronge Reserve)

Tuesday, January 5, 2021 16:00HRS

Northern Inter-Tribal Health Authority (NITHA) public health officials have declared an outbreak of coronavirus (COVID-19) in Kitsaki (La Ronge reserve) following an increasing number of confirmed cases with evidence of community transmission. Contact tracing investigation is underway.

Lac La Ronge Indian Band Health team is working with NITHA 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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