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**ATTN: First Nations community members across Saskatchewan – Holiday Message**

This May long weekend, let's all stay safe!

Current public health restrictions will remain in place for the long weekend:

- Visiting and mixing households is still not permitted indoors.
- Please do not travel for visiting or vacation.

Crowded settings such as homes, garages, vehicles, tents, etc. where there is loud talking, singing or exercising are high risk for COVID-19 spread, even if you distance and wear a mask.

How to plan a fun and safe May long weekend? Keep your circle very small (10 or less) and plan outdoor activities. Keep 6 feet from people you do not live with, and wear a mask if distancing will be difficult. Good options might include:

- Land or water-based activities such as fishing or boating in small groups with everyone wearing appropriate lifejackets.
- Help an Elder or young parent(s) with yard work or their groceries.
- Community activities where people stay in household groups (e.g. community clean-up).

With warmer weather upon us, we have the opportunity spend time outside where it is easier to distance. But the risk of Variants of Concern (VOC) is still high and we are not out of the woods yet. Community event planners are strongly encouraged to connect with their local public health teams to ensure events are hosted in a safe manner.

If we take chances now, people in our communities will be isolating when they should be enjoying summer. We could see lighter restrictions on May 30 in Saskatchewan if enough people have their first dose of vaccine and COVID-19 activity is low.

**The sooner we are fully vaccinated, the sooner youth (and young at heart) can get back to the fun things in life like school, sports, gatherings, and long weekends.** Great news for young people – vaccines are now approved for anyone 12 years and up. Watch for clinics in the coming days and weeks.

Respectfully,

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