



Northern Inter-Tribal Health Authority Inc.



PUBLIC SERVICE ANNOUNCEMENT:

COVID-19 Outbreak Declaration for English River First Nation

Saturday, September 4, 2021 12:30HRS

Northern Inter-Tribal Health Authority (NITHA) public health officials have declared an outbreak of coronavirus (COVID-19) in the community of English River First Nation following an increasing number of confirmed cases linked to multiple community gatherings. Contact tracing investigation is underway.

NITHA and Meadow Lake Tribal Council are working with English River Health team to contain the outbreak. At this time, prevention remains the best way to protect yourself. These include getting your COVID-19 vaccination, wearing face masks in in-door public spaces, 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.

Please get your COVID-19 vaccination if you have not done so. For more information on self-monitoring and self-isolation, visit saskatchewan.ca/COVID19

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