



Northern Inter-Tribal Health Authority Inc.



October 27, 2021

To: Chief and Councils, Health Directors, Nurse Managers, and Nurse-In-Charge

Re: The 28-Day Challenge - A Call for “Circuit Breaker” in NITHA Partner Communities

Although the number of new COVID-19 cases are trending downwards in NITHA communities, Northern Saskatchewan continues to report higher hospitalization and death rates compared to other parts of the province. Majority of these severe outcomes are among the unvaccinated population.

On October 21, 2021, Saskatchewan Medical Health Officers issued a position statement calling on the provincial government to implement a more aggressive set of temporary measures province-wide to quickly reduce community transmission as current data suggests that our health system has been overwhelmed. Please [click here](#) for more information on the SK MHO position statement.

As a signatory to the position statement, I would like to call upon all NITHA partner communities and residents to take on ***The 28-day Circuit Breaker Challenge***.

What does “28-day Circuit Breaker” mean?

Circuit breaker or wave breaker are short term, time-limited measures that are meant to break the chain of transmission. Over the next 28-days, it is important for everyone to:

1. Reduce the number of people they meet and/or the trips they are making by **at least 50 per cent**.
2. Limit or avoid non-essential travel outside of your home community.
3. Reduce or cancel activities that require contact with others for the next month.
4. Work from home if you have the option
5. Get vaccinated if unvaccinated or partially vaccinated.

Time is of the essence. Everything we can do to decrease the amount of interaction and mixing that we do will help interrupt the chain of transmission. This will also speed up the process of health system recovery while we wait for increased immunization coverage to increase our community-level immunity.

Thank you for your hard work and ongoing support in northern First Nation communities.

Sincerely,

A handwritten signature in black ink, appearing to read "Dr. Nnamdi Ndubuka".

Dr. Nnamdi Ndubuka
Medical Health Officer
Northern Inter-Tribal Health Authority

CC: Tara Campbell, Executive Director, NITHA