



PUBLIC SERVICE ANNOUNCEMENT



DATE: 13-Jan-22: 16h30

Precautionary Travel Advisory to Protect Northern Saskatchewan Residents

Northern Medical Health Officers for the Athabasca Health Authority and the Northern Inter-Tribal Health Authority are advising all northern residents to avoid travel outside their communities unless it is essential.

This strong recommendation has been prompted by increasing COVID-19 case numbers in the north which are driven by the highly contagious Omicron variant. Many of these cases are linked to travel outside northern communities – to areas in the south, and out-of-province, where there are currently higher rates of COVID-19 community transmission. It is a precautionary measure that aims to protect northern residents by slowing down the spread of COVID-19 in the region, in order to avoid severe impacts on our workplaces, schools, businesses, health and other critical services.

Regional Medical Health Officers are specifically advising:

- Against all non-essential travel outside the Northern Saskatchewan Administrative District effective immediately and until the end of February 2022 at which time the advisory will be reviewed.
- That travel between communities within the Northern Saskatchewan Administrative District be limited to only that related to essential services, effective immediately and until further notice. Examples of essential services can be found in [Appendix A of the Province's Public Health Order](#) available on the Government of Saskatchewan website.

This advisory is an evidence-based recommendation by the regional Medical Health Officers, and not a restriction under the current Chief Medical Health Officer's Provincial Public Health Order.

The 5th wave of COVID-19 is in Saskatchewan: Protect yourself and your family at all times by following all public health order requirements, recommended public health measures, and ensuring you do your part to stop the spread of infection.

Recognize the symptoms: Stay home if you have symptoms and monitor yourself. Symptoms can include: fever, cough, headache, muscle and/or joint aches and pains, sore throat, chills, runny nose, nasal congestion, conjunctivitis, dizziness, fatigue, nausea/vomiting, diarrhea, loss of appetite (difficulty feeding for children), loss of sense of taste or smell, shortness of breath, or difficulty breathing.

How to avoid getting sick: Being fully vaccinated against COVID-19 and getting a booster dose protects against severe outcomes including hospitalizations and deaths; avoid gatherings and keep your bubble small; wear a well-fitting mask especially in public places; physically distance from others when in public; wash your hands often with soap and water; if soap and water are not available, use an alcohol based hand sanitizer; avoid touching your eyes, nose and mouth with unwashed hands; and test yourself regularly using rapid antigen tests which are freely available across northern communities.

-30-

Media Relations
media@nitha.com
(306) 953-5000