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ATTN: First Nation community members across Saskatchewan – Safe Holidays

This year will end soon and we are all looking forward to a new year that will hopefully be a return to our pre-pandemic lives. But as we gather over the holidays, it is important that we take a few precautions to protect our vulnerable family members and friends.

Influenza, respiratory infections and COVID-19 are all circulating in Saskatchewan. **Hospitals, emergency rooms and clinics are filling up with sick people, including many very young children with respiratory infections.** Many of these illnesses are easily preventable through very effective vaccines. So if you are planning to attend holiday gatherings or to host family members, please get your flu vaccination and the latest booster shot for COVID-19 which is most effective against the Omicron variants. When you go for your vaccination, please take along any of your household members who need these vaccinations. This will help keep illness from ruining your holiday celebrations.

In addition to getting your vaccinations, you can make this holidays season safer for yourself and your loved one by following a few key protective measures.

First, if you are sick, stay home. And please do not visit elderly relatives or host guests when you are not feeling well.

Second, wear a well fitting mask when you are in crowded spaces either indoors or outdoors.

Third, keep your hands clean. Wash your hands frequently or use hand sanitizer often each day.

Fourth, continue to practice physical distancing when meeting with people outside of your home, waiting in line, watching a hockey game or school concert or attending a church service.

Wishing you and your family a safe and healthy holiday season.

Respectfully,

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