



# Saddle Lake Health Care Centre

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## **SLHCC COVID-19 DAILY BRIEFING NOTE**

**November 14, 2020 - UPDATE**

To date, Saddle Lake Cree Nation has 85 active COVID-19 cases. Saddle Lake Cree Nation is continuing to monitor the COVID-19 situation on the Nation.

Throughout the past few weeks Saddle Lake has experienced a significant increase of COVID-19 cases. Our goal is to limit and reduce the spread of COVID-19 on our Nation. We all have a responsibility to prevent the increase of this very contagious virus, by taking all Public Health Measures seriously. We can all eliminate community transmission of infection by making the right choices.

It is extremely important to wash & sanitize your hands, home & work surfaces continuously, social distance by keeping 6 feet apart, stay home when you're feeling sick, as well families should not visit other homes.

COVID-19 spreads from person to person when they cough, talk or sneeze (symptomatic). Some people can also spread COVID-19 without having symptoms (asymptomatic); these people shed the virus without even knowing it. It is very important to wear a face mask while in public and especially when you attend work. The face mask prevents germs from the mouth and nose from spreading to other people when you cough, talk, or sneeze. The face mask provides protection for the individual wearing it and others around them. Employers are strongly encouraged to implement options such as rotating schedules or enabling staff to work remotely from home to reduce the number of employees in the workplace at a time.

SLHCC strongly encourages the community members to continue to get tested and continue to self-isolate if you have been identified as COVID-19 positive (10 days) or a close contact (14-days). The SLHCC will actively continue with testing and contact tracing.

It should be noted, that there is a period of time between when a person gets infected and when new cases are identified. This means the cases we see today, were infected up to two weeks ago. Everything we do these next two weeks could have an adverse or positive effect on us as a Nation.

**Submitted by: Fran. C. Ward, SLHCC Office Manager**