



Community Notice: Potential COVID-19 Exposure

September 10, 2020

Members of Saddle Lake Cree Nation

We are writing to inform your membership that an individual who tested positive for COVID-19 attended a funeral at the Saddle Lake Community Hall on September 1, 2020, from 11:00am – 1:00pm, which was attended by a number of community members. While close contacts of the individual have already been informed, we are writing to ensure everyone who attended this funeral is aware of potential exposure to COVID-19.

While the risk of widespread exposure is low, we encourage anyone who attended this funeral to get tested and follow public health procedures if feeling symptomatic. A reminder that if you have any of the symptoms listed below, you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

You can monitor your health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness. Our investigation is ongoing and any close contacts have been informed, are being monitored and are in isolation.

We also want to take this opportunity to reiterate the public health guidelines that all of your members should follow. It is important that everyone remain aware of a potentially increased local risk that we are still investigating. In particular:

- Community cooperation with health centre staff conducting case management and contact tracing efforts is of the utmost importance to ensure timely and effective communicable disease control measures;
- Please advise community members to stay at home if they feel unwell and advise them to seek testing through the Saddle Lake health centre;
- Social gatherings outside of your immediate household and large gatherings within homes should be limited;

- Maintain the 2 meter physical distancing rule in public areas and encourage all members to wear a mask in indoor public spaces;
- Hand hygiene and cough etiquette continues to be an effective intervention.

Testing can be arranged through the Saddle Lake health centre at 780-726-3920. The health centre is open from 8:30am – 4:30pm Monday to Friday with drive through testing open until 6:00pm. On the weekend of September 12/13, the Health Centre will be open for drive through testing from 10:00am – 3:00pm on both days.



Dr. Chris Sarin
Deputy Medical Officer of Health, FNIHB-AB