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Lac La Ronge Indian Band

March 16, 2020

The Lac La Ronge Indian Band would like to take this opportunity to reassure community members that the Coronavirus Pandemic – COVID 19 is a top priority for Program Directors and the LLRIB Emergency Response Team and has been for several weeks. We do acknowledge that the situation is changing daily and we will do our best to inform members of any changes in precautionary measures.

LLRIB is taking all **Precautionary Measures** to curb and restrict the potential spread of the Coronavirus – COVID 19 in our communities:

- Washing hands with warm soapy water is the recommended best practice
- Events with groups of 250 people or more will be cancelled
- Any unnecessary travel is not recommended
- All essential services will continue to be provided within LLRIB and preventative measures are being implemented to increase sanitation practices within our public buildings.

As the COVID 19 situation evolves, please be mindful that this virus has directly impacted one of the most vulnerable sectors of each affected area; the Elderly. It is important to do family and neighbor check in's and monitor their health status and supply situation.

If you are experiencing symptoms such as: Fever (above 37.8° degrees Celsius), dry cough or shortness of breath/difficulty breathing this is what you should do:

Self-monitor at home, contact LRIBHS Public Health Nurse between the hours of 8:00-4:30 pm at (306)425-1720 with any questions or concerns regarding COVID 19.

If the symptoms appear to be getting worse it is advised that you dial the Saskatchewan HealthLine 811 to seek medical advice they will make arrangements for you.

Or go to the Saskatchewan E-health link for Self-Assessment at

<http://public.ehealthsask.ca/sites/COVID-19/> where you will be asked a series of questions and be given advice on what your next steps should be.

It is not advised that you go into a clinic or a hospital as isolation would then be compromised. If you are in severe medical distress please call 911.

The information that is being shared is from reliable sources such as: NITHA (Northern Inter-Tribal Health Authority), Saskatchewan Health, Health Canada and the World Health Organization. We ask that the information you as an individual be mindful to share accurate and useful information.

On behalf of the Lac La Ronge Indian Band – Emergency Response Team, please continue to be diligent in personal care of yourself, your family and your environment.

Josephine Greyeyes
Emergency Response Coordinator