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Lac La Ronge Indian Band

Public Service Announcement

June 4, 2020

Extending your family circle, when is it safe?

We know that this time apart has been difficult and we want to encourage family members to see each other, while still being safe. Physical Distancing means avoiding close contact with others to prevent the spread of COVID-19. However, with caution and under certain conditions, families may form an extended household group.

How to Form an Extended Household Group:

- Family groups must remain consistent. Do not visit different family members every day.
- Gatherings must follow the public health order and be no more than 10 people
- (June 8, 2020 the number will increase to 15 people)
- People in the same extended household group without high-risk people can be closer than two metres. We recommend if you are visiting Elders or someone with chronic health conditions that you protect them by wearing a mask.
- Stay home if you are sick, do not visit with anyone else if you are sick!

Continue to practise every-day preventive actions in the new normal, including:

Practising proper cough and sneezing etiquette (into a tissue or the bend of your elbow); Washing your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer; Always maintain a two-metre distance with people who are not in your extended household group for example if you are grocery shopping or outdoors anywhere.

You should always be aware of who you have been in contact with over the past two weeks. These are the people who would need to be contacted by public health if you were to test positive for COVID-19.

If you are considering extending your existing circle, be sure to also limit the businesses you go to and be sure that those who you are visiting are kept safe!

Respectfully,

Josephine Greyeyes
Emergency Coordinator
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