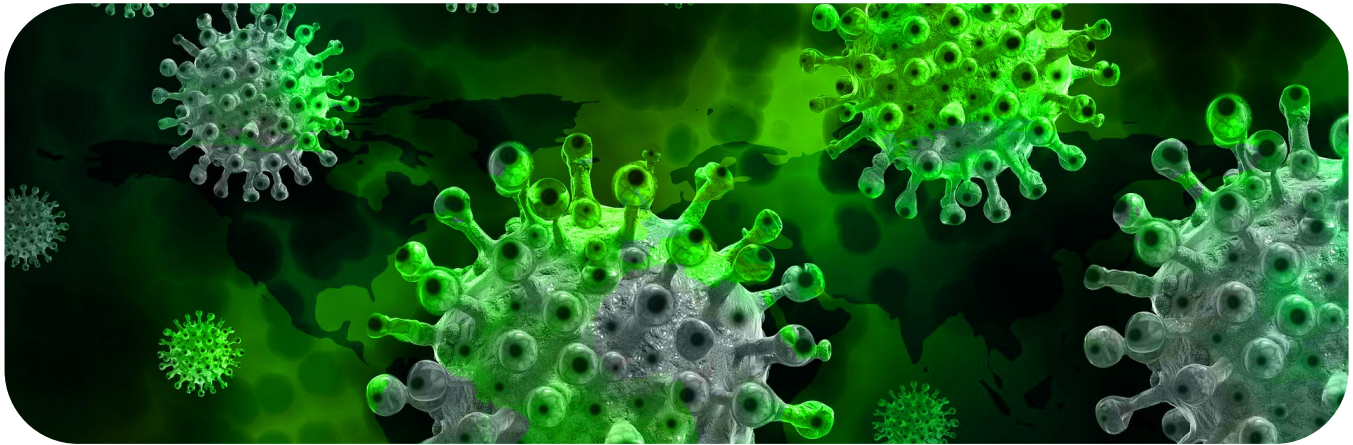




Lac La Ronge Indian Band



COVID-19 Information for LLRIB Communities

What is Covid-19 (Coronavirus)

COVID 19 (Coronavirus) is a virus that is spread by contact and/or from a sneeze or cough of an infected person. Usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing. May also spread through airborne transmission, when tiny droplets remain in the air even after the person with the virus leaves the area.

Can only be diagnosed with a laboratory test.

IN THIS ISSUE:

How to protect yourself and your family

Differences between Covid-19, Flu, Colds and Allergies

Mandatory Isolation Means Stay Home

Wash Hands

How to safely use a non-medical mask or face covering

Tips for staying home

Social Distancing

Fact vs. Myth

Information for Close Contacts

LLRIB Health Services Mental Health

Non-compliance for Isolation

Moderna Covid-19 Vaccination Information

Online Sources for COVID-19 Information

Facts about COVID-19 Vaccines



January 25, 2021

Tanisi kakiyaw,

We are in our 10th month of living with the COVID 19 virus affecting our everyday lives. This virus has taken a huge toll on individuals, families, communities, the province, our country and the world.

In this newsletter, you will find answers to many frequently asked questions.

As a community, we were able to keep the virus away from us until October 2020. Since then we have experienced many positive cases and some outbreaks, many recoveries and a number of deaths.

Our heartfelt condolences to those who have lost family members to COVID 19. It is a very difficult time to be grieving as we are unable to share our grief and console each other as we normally would.

The LLRIB Emergency Control Group would like to take this opportunity to acknowledge and thank the individuals and families who have committed to keeping their families safe during this pandemic by following the Public Health orders and recommendations.

We would also like to use this opportunity to send a huge thank you to those on the front lines. Those who have continued to provide services who have worked an incredible amount of hours and have sacrificed so much for the health of our communities

The Health Care Teams who have worked endless hours to contact individuals who have tested positive as well as all of the close contacts and complete the daily check ins for hundreds of clients

The receptionists and Administrative Assistants who have found answers to so many of our questions and fielded the calls from far and wide

The Program Directors who have been faced with the task of so many difficult decisions

The security who have done their best to keep our communities safe

The Keethanow Group of Businesses who have supplied the demand for assisting members

The RCMP and the assistance they have provided in our communities

Through all of this we have had many individuals and families who have not complied with the recommendations and have added more work and caused stress and anxiety for those whose lives they have affected.

As a community, we need to follow the course and continue to limit exposure, help those in need while still protecting ourselves and to be ever vigilant in the fight against COVID 19.

With appreciation and gratitude,

LLRIB Emergency Control Group

HOW TO PROTECT YOURSELF AND YOUR FAMILY

- Good hand washing practices
- Cough/sneeze into elbow bend
- Avoiding gatherings
- Stay home when feeling sick
- Social Distancing—Reducing close contact between people to slow the spread of infections

Things to avoid:

- Handshakes/hugs
- Sharing of personal hygiene products
- Sleepovers
- Group gatherings
- Athletic events
- Non-essential workers in your house

Effective Thursday, November 19th, **wearing a non-medical mask** will now be required in all indoor public spaces in Saskatchewan.

The use of non-medical masks is **MANDATORY** in most indoor public places. Indoor places could include:

All healthcare facilities (Addiction treatment centres, complex care centres, health centres, hospitals, mental health centres, residential treatment centres or special-care homes)

Saskatchewan.ca for the full list



It is important to remember that our Elders are most vulnerable and to be aware and do Elder checks to make sure they have the essentials they need in their home and assist with sanitizing where needed.

DIFFERENCES BETWEEN COVID-19, FLU, COLDS AND ALLERGIES

COVID-19 (novel coronavirus)

- Fever
- Shortness of breath
- Cough

Learn more: choa.org/COVID19

FLU

- Fever
- Sore throat
- Cough
- Nausea and vomiting
- Muscle aches and fatigue
- Diarrhea (sometimes in children)

Learn more: choa.org/flu

COMMON COLD (non-novel coronavirus)

- Cough
- Runny or stuffy nose
- Sore throat
- Watery eyes
- Aches and pains
- Sneezing

ALLERGIES

- Runny nose
- Itchy, watery eyes
- Sniffing
- Sneezing

How to safely use a non-medical mask or face covering

Do's

	Do wear a non-medical mask or face covering to protect yourself and others .		Do ensure your nose, mouth, and chin are fully covered.
	Do ensure the mask is made of at least 3 layers, including 2 layers of tightly woven fabric , with a filter or filter fabric between layers.		Do replace and launder your mask after each use, or whenever it becomes damp or dirty.
	Do inspect the mask for tears or holes.		Do wash your mask with hot, soapy water and let it dry completely before wearing it again.
	Do ensure the mask or face covering is clean and dry.		Do store re-usable masks in a clean paper bag until you wear it again.
	Do wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.		Do discard masks that cannot be washed in a garbage bin after use.
	Do use the ear loops or ties to put on and remove the mask.		

Don'ts

	Don't wear masks with exhalation valves or vents.		Don't hang mask from your neck or ears.
	Don't wear a loose mask.		Don't share your mask.
	Don't touch the mask while wearing it.		Don't leave your used mask within the reach of others.
	Don't remove the mask to talk to someone.		Don't reuse masks that are damp, dirty or damaged.

Remember, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. Stay at home if you're sick, wash your hands often and practise physical distancing.



Do your part to protect yourself and others

Wear a non-medical mask or face covering:

- › when you're in shared indoor spaces
- › when you can't maintain a 2-metre physical distance from others
- › as advised by your local public health authority

Be kind

Some people may not be able to wear a mask or face covering.

Non-medical masks are **not recommended** for:

- › people who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- › those who have difficulty breathing
- › children under the age of 2 years

Be environmentally responsible

- › Wear reusable masks whenever possible.
- › Washable and reusable masks are more environmentally friendly than disposable masks.
- › If you must use a disposable mask, dispose of it properly.
- › Don't litter.

COVID-19 Mental Health and Wellness Tips for Staying home



Have a Routine



Get Outside



Reach Out to Others



Stay Hydrated and Eat Well



Get Moving



saskatchewan.ca/COVID19

What is Social Distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19. Keep a minimum distance of 2 metres from others when shopping or walking in the community.



Avoid non-essential trips in community



Limit or postpone gatherings



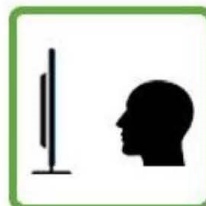
Keep kids at home away from group settings



Work from home wherever possible



Visits to long-term care homes are restricted to immediate family for compassionate reasons



Conduct meetings virtually



MYTHS VS FACTS

of

THE CORONAVIRUS (COVID-19)

Know the difference between what is true about the Coronavirus (COVID-19) and what is false.



MYTH

It is unsafe to receive packages from China.



FACT



- It is safe to receive packages from China.
- Coronavirus does not survive long on objects, such as, letters or packages.
- People of all ages can get the Coronavirus.
- Older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.



Old people are more likely to get Coronavirus.



- At present, there is no evidence that companion pets such as cats and dogs can be infected with the Coronavirus.
- However, it is always a good idea to wash your hands with soap and water after contact with pets to protect you from bacteria that can be passed from pets to humans.

Pets at home, such as, dogs and cats can be infected with the new Coronavirus.



- Since it is a virus, antibiotics will not work on Coronavirus and should not be used as a means of prevention or treatment.
- Antibiotics are good for bacterial infections not viral infections.

Antibiotics will help kill Coronavirus.



TIPS FOR PROTECTING YOURSELF FROM GETTING SICK OR FROM SPREADING ILLNESSES LIKE CORONAVIRUS, INFLUENZA OR RESPIRATORY INFECTIONS



Wash your hands frequently with soap and water



If you are sick, stay away from public places



Wrong Wrong Right

Practice proper cough and sneezing etiquette (into the bend of your elbow)



Clean and disinfect objects and surfaces



Ensure immunizations are up to date for protection against vaccine preventable diseases

INFORMATION FOR CLOSE CONTACTS OF A COVID-19 CASE



STAY HOME IF YOU ARE:

- feeling unwell or are immunocompromised.
- have been in close contact with someone confirmed with COVID-19 in the last 14 days whether you have symptoms or not.



WHAT IS CONSIDERED A CLOSE CONTACT?

- Someone with whom you have had contact at a close distance, within 2 metres for a total of 15 minutes or more, and without protective equipment, such as a non-medical mask.
- Someone with whom you have shared eating utensils or drinking cups. Anyone living in the same home is considered a close contact.
- Someone who has had direct contact with bodily fluids of a person who has COVID-19 (e.g., was coughed or sneezed on).
- Someone who provided direct care for a person who has COVID-19, without consistent and appropriate use of PPE.
- Kissing or hugging someone would also make you a close contact, regardless of the duration. Other activities, including singing, can also make someone more likely to be considered a close contact.
- At school - When a student or staff member tests positive for COVID-19, public health will assess and notify anyone who is a close contact who must isolate at home for 14 days.
- For sports that involve close, sustained or intermittent and repeated contact, all members of the teams playing each other are considered close contacts when there is a case on a team. As of **November 27, 2020** – no team sports are allowed only groups of 8 under 18 year olds for skills enhancement.

ANYONE WHO FALLS INTO ANY OF THE ABOVE CATEGORIES IS CONSIDERED A CLOSE CONTACT OF A CONFIRMED CASE OF COVID-19.

WHAT IS CONSIDERED A NON-CLOSE CONTACT?

- is someone you have been around, and possibly had prolonged contact with, but you were not within two metres of each other. So you were not close enough to get any respiratory drops directly on you.
- have had brief interactions, such as walking by someone, or briefly being in the same room while maintaining physical distancing, are not considered a contact.

Should I get tested if I am a close contact?

YES, since you have been told that you're a close contact, Public Health recommends that you are tested for COVID-19. Complete the COVID-19 Self-Assessment at <https://public.ehealthsask.ca/sites/COVID-19/>. While you are waiting for your test results you are required to self-isolate.

Do I still have to isolate for 14 days if my test comes back negative?

YES. On the day you were tested, there may not have been enough virus in your body, for the test to pick up. Isolating for a full 14 days ensures that there is no virus in your system and therefore you won't continue to spread it.

If an individual has COVID-19, whether they have symptoms or not, it will likely spread to the other person due to fluid shared by coughs or sneezes. This is why wearing a non-medical mask and maintaining a two-metre distance is so important, especially when one person has symptoms. Those measures, along with frequently washing your hands and not touching your face with possibly contaminated hands, can protect you from getting COVID-19.



Please visit **Awareness Resources** at

<http://www.nitha.com/awareness-resources/> for more downloads



ATTENTION

Lac La Ronge Indian Band Members

If you have symptoms of COVID 19

Please call 306-420-1720 (JBC COVID 19 line).

A nurse will be available to answer your call and screen you for referral to the test center in Cree or English.

Monday to Friday 08:00am-4:30pm (Wednesday till 4:00pm)

If you live in a LLRIB Outlying community a Registered Nurse can come and test you in your home.

If you are Status and have your own transportation to the test site in La Ronge you can be reimbursed.

Tri-community Residents

Rides are available for if you have an appointment.

Please call Medical Transportation at 306-425-4939.

You must have an appointment to be seen at the test site.



LLRIB- HEALTH SERVICES MENTAL HEALTH

ON CALL WEEKENDS: 306-425-9518

OBJECTIVE

To provide on-going support and confidential counselling to LLRIB Members during the COVID-19 protective measures.

OFFICE HOURS

Phone Interviews
Call: 306-425-9109

Monday to Friday
(exception public holidays)
Hours: 8:00 am – 4:30 pm
Fax: 306-425-9108

On Call – Weekends:
Cell: 306-425-9518
(phone or text)

OFFICE LOCATION

Morin's Hill
(Behind the Silver Building)

SERVICES PROVIDED

PHONE INTERVIEWS
One-to-one counseling
Youth, Adults and Elders
Stress management
Support for Depression & Anxiety

COMMUNITIES SERVED

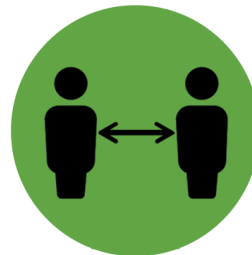
LAC LA RONGE INDIAN BAND MEMBERS:
LA RONGE
GRAND MOTHER'S BAY
SUCKER RIVER
HALL LAKE
LITTLE RED RIVER

EDITED OCT. 2, 2020

SLOW THE SPREAD OF COVID-19



Wear a cloth face covering in public spaces



Stay two metres apart from other people



Frequently wash your hands



saskatchewan.ca/COVID19

Mandatory Isolation Means Stay Home

Scenario	Mandatory Isolation	Stay at Home Means....	Don't
International travel (including from the United States)	Yes – 14 days* If you develop any COVID-19 symptoms (fever, cough, shortness of breath) call 811 and follow medical advice	It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people. Solitary walks are OK <u>if</u> no symptoms develop, and you can maintain a two-metre distance from other people at all times. DO NOT touch shared surfaces. For example, public access doors, handrails or elevators.	DO NOT go shopping or go to areas where you can touch shared surfaces. For example, public access doors, handrails or elevators. <u>If you develop symptoms</u> – DO NOT leave your private property. DO NOT have contact with others in your home.
Diagnosed with COVID-19	Yes Follow advice of healthcare provider Seek medical care if you are deteriorating or you have difficulty breathing	It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people.	DO NOT leave your private property. DO NOT go for walks. DO NOT have contact with others in your home.
Close contact with a confirmed COVID19 case (includes household members)	Yes – 14 days from last contact If you develop any COVID-19 symptoms (fever, cough, shortness of breath) call 811 and follow medical advice	It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people. Solitary walks are OK <u>if</u> no symptoms develop, and you can maintain a two-metre distance from other people. DO NOT touch shared surfaces. For example, public access doors, handrails or elevators.	DO NOT go shopping or go to areas where you can touch shared surfaces. For example, public access doors, handrails or elevators. <u>If you develop symptoms</u> – DO NOT leave your private property. DO NOT go for walks. DO NOT have contact with others in your home.

*Specific healthcare workers, workers who maintain the supply chain, rail, airline or other working crews **are exempt** if they are required to work to maintain essential services and are supervised by Infection Prevention and Control Officers or Occupational Health and Safety in the workplace.

Note: Mandatory isolation is not required if you have travelled within Canada. However, if you travelled on an airplane in the same row as a confirmed case, three (3) rows in front or three (3) rows behind, you should be self-isolating for 14 days. If you develop symptoms, call 811 and follow medical advice.

Visit saskatchewan.ca/COVID19 under the heading Self-Isolation for more information.

saskatchewan.ca/COVID19



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser




Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste






PROTOCOL FOR ADDRESSING NON-COMPLIANCE TO COVID-19 SELF-ISOLATION REQUIREMENT

Step 1: Verbal Warning

A verbal warning will be provided by a member of the Community/Public Health team to the individual not complying with requirements for self-isolation. This individual will be educated on the need for self-isolation.

If individual fail to comply

Step 2: Warning Letter

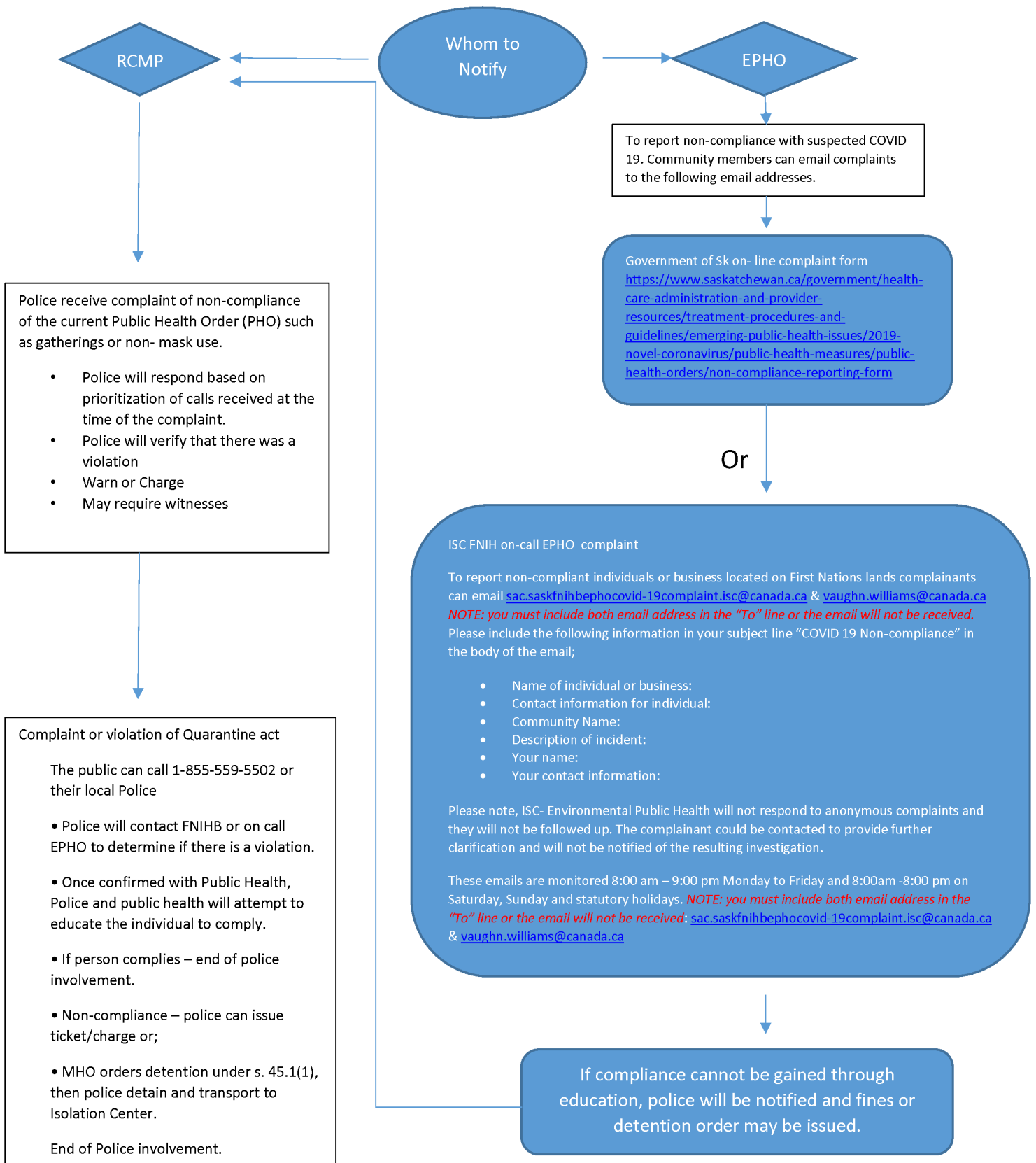
A warning letter will be issued by the Medical Health Officer advising the individual to comply with self-isolation requirements. A community health staff will deliver this letter to the individual using appropriate precaution.

If individual fail to comply

Step 3: Public Health Order

A Public Health Order will be issued by the Medical Health Officer under the Public Health Order Act, 1994 (Section 38) for detention of the individual in a secure location. Local RCMP and Community Leadership will be involved in enforcement.

RCMP and ISC-FNIH Response Process for Non Compliance of current COVID Public Health Orders



COVID-19 Vaccine Science

January 2021

Vaccines save lives

- Vaccines are one of the best ways to stop the spread of infectious diseases like COVID-19.
- Vaccines help us protect ourselves, our families, and others around us.
- COVID-19 vaccine can help us make our communities safer, start to resume our normal lives and end the pandemic.

The Science

- Scientists all over the world have worked on developing and testing COVID-19 vaccines.
- The technology was recently applied to this situation, but the work has been going on for years.
- Approved COVID-19 vaccines use “messenger RNA” to make the body produce antibodies to fight the virus. It is not DNA, and has no effect on a person’s genes. It only triggers the body’s immune response, to help it get ready to fight the virus.
- Pfizer and Moderna vaccines are **95% effective** in preventing people from getting COVID-19. **Two doses are required** for highest effectiveness.
- There have been no shortcuts taken in developing COVID-19 vaccines. They have gone through all the necessary steps. Clinical trials began March 1, 2020 and have involved many thousands of people. Scientific validation and thorough, independent reviews followed.
- Development of COVID-19 vaccines was done more quickly because of unprecedented worldwide funding and collaboration due to the pandemic.
- Canada has real-time access to manufacturer clinical data for promising COVID-19 vaccines being developed. Health Canada fast-tracks approvals by reviewing data as it comes in – instead of waiting until all the data is in to start to review it.
- There is a lot of misinformation circulating about the vaccine – including that COVID-19 vaccines contain human or animal cells. They do not. Make sure to seek information from credible, science-based sources.

More Information

- Saskatchewan’s COVID-19 pandemic response: [Saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19)
- Canada’s vaccination process: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/know-vaccine.html>
- Information in English, French, Cree, Dene, Michif and other languages can be found at Canada.ca.

COVID-19 Vaccine Safety

January 2021

Vaccines save lives

- Vaccines are one of the best ways to stop the spread of infectious diseases like COVID-19.
- Vaccines help us protect ourselves, our families, and others around us.
- COVID-19 vaccine can help us make our communities safer, start to resume our normal lives and end the pandemic.

Vaccine Safety

- COVID-19 vaccines are **safe and effective**. They have been fully tested, evaluated and reviewed. A vaccine is only approved by Health Canada if it is safe, it works, it meets manufacturing standards, and the benefits outweigh any risks.
- Vaccine is given by a needle in the upper arm, similar to a flu shot. **You cannot get COVID-19 from the vaccine.** It does not contain the actual virus.
- **People who are vaccinated may experience mild side effects.** They are minimal for most people (localized pain, redness or swelling at the injection site, mild fever or headache) and should go away in a few days.
- Worldwide, **tens of millions of people have already received COVID-19 vaccine.** Adverse reactions are uncommon and are always tracked, monitored and reported by public health. In Canada, only a handful of unexpected reactions have been reported. [potential hyperlink: <https://health-infobase.canada.ca/covid-19/vaccine-safety/>]
- People who previously had COVID-19 should still be vaccinated, as long as they have recovered. This is because they are often vulnerable to illness, and there is not yet clear evidence on how long they may have immunity. They do not have to wait 90 days to be vaccinated.
- If a person gets COVID-19, they should delay vaccination until they have recovered.
- If someone receives vaccine and then tests positive, they were likely exposed in the previous 14 days and were in the incubation period. COVID vaccines are not live vaccines and cannot cause the disease. The person's second dose would be delayed until they recover.
- **Vaccination is voluntary**, but is important to help keep individuals, loved ones and communities safer from COVID-19. Our most vulnerable people can be protected by "**herd immunity**", which is when widespread immunity to an infectious disease develops in a population.
- Even after COVID-19 vaccination, we all need to continue masking, hand-washing and physical distancing. **Public Health Orders and safety measures must still be followed.** Building up immunity takes time.

More Information

- Saskatchewan's COVID-19 pandemic response: [Saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19)
- Canada's vaccination process: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources/know-vaccine.html>
- Information in English, French, Cree, Dene, Michif and other languages can be found at Canada.ca.

Updated January 2021



GUIDANCE FOR WAKES/ FUNERALS

IN FIRST NATIONS COMMUNITIES DURING COVID-19

The goals of this guidance are to protect people attending gatherings from COVID-19 infection; and to reduce community transmission and introductions of COVID-19 into new communities.

FUNERALS HAVE SHOWN TO LEAD TO OUTBREAKS IN FIRST NATION COMMUNITIES. IF AT ALL POSSIBLE THE FUNERAL SHOULD BE DELAYED AND TOTAL NUMBER OF ATTENDEES AT AN ABSOLUTE MINIMUM!

Effective December 17, 2020:

- Indoor gatherings in private homes is limited to immediate household members only - those that live in the home regularly. This means you cannot visit with those outside of your own household, so the wake should not occur in your home. This also means that out of town guests should be discouraged unless they can stay at a hotel in their own family group. They cannot stay with family in the community.
- Outdoor gatherings are limited to 10 people (2m physically distanced).
- Indoor and outdoor limit in for public facilities for worship services is 30 people and only if 2m distancing can be maintained.
 - Guests should not visit elders for 14 days after the event.
 - Guests should self-monitor for 14 days after a wake service.

LET YOUR GUESTS KNOW AHEAD OF TIME WHAT TO EXPECT:

- 1) Requesting ill guests not to come if they have been in contact with someone with COVID-19.
- 2) Masks are mandatory and attendees should bring their own.
- 3) Anyone who is a close contact, supposed to be isolating, is symptomatic, or has been in close contact with a suspect or presumptive COVID-19 case should not attend.
- 4) Have a sign in sheet to track the names of individual coming to the service (see second page).
- 5) Posting signage to encourage social distancing.
- 6) Limit the amount of time for the funeral.
- 7) Household family members can sit together as a group.
- 8) People should be at least 2m or more from each other at the event.
- 9) Guests should not visit elders for 14 days after the event.
- 10) Guests should self-monitor for 14 days after a wake service.

- **Have an usher/greeter to monitor people and someone in charge of organizing the event to ensure COVID precautions are in place.**
 - For hand sanitizing- Have hand sanitizers readily available, encourage guest to bring their own. Hand sanitizer needs to be at least 70% alcohol minimum with a DIN or NPN on the label to be effective.
 - For pre-screening guests, ask if they are sick or should be isolating, or have been in contact with someone with COVID-19.
 - Monitoring the sign in book and keeping track of names and phone numbers of guests who come.
 - To ensure masks are worn and to ensure physical distancing is maintained.
- **No food or drink service is currently allowed when in public spaces.**
- **As difficult as it is, no hugging, kissing or handshakes should occur during the procession.**
- **Have a separate enter/exit door at event venue, with one way flow through venue.**
- **Microphones should not be shared by multiple people and should be disinfected between uses.**
- **Congregational singing is not recommended** (If someone wishes to sing a song they should be greater than 2 metres from the congregation).
- **Ensure bathrooms are monitored for crowd gathering and is well stocked with hand soap and paper towels and disinfected regularly.**
- **Increased disinfection of high touch surfaces should occur (door knobs/handles, faucet handles, seats etc...)**
- **During the procession for paying last respects to the departed and family, hand sanitizer should be available at three points:**
 - When approaching the body to pay respects;
 - Immediately after the viewing of the body and before paying respects to the family; and
 - As people leave the procession after paying respects to the family.

We know that you are facing an incredibly difficult time with the loss of a loved one but following this guidance will protect loved ones from getting sick after attending the funeral.



Northern Inter-Tribal Health Authority Inc.



Participant Attendance List

Name of Event: _____

Date of Event _____

	Last Name	First Name	Phone Contact	Community of Resident
1				
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Please fax completed list to NITHA Public Health at (306) 953-5020

Mailing Address: Box #787, 2300 – 10th Avenue West, PBCN Office Complex- Main Floor
 Chief Joseph Custer Reserve #201 – Prince Albert, SK S6V 6Z1, Canada
 Telephone: (306) 953-5000 Fax: (306) 953-5010

For more information and updates on the 2019 Novel Coronavirus (COVID-19), please visit the following websites:

Northern Inter-Tribal Health Authority (NITHA) - <http://www.nitha.com/>

Saskatchewan Health Authority (SHA)—<https://www.saskhealthauthority.ca/>

Canada Government—<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Saskatchewan Government—<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus>



Mailing Address:
Box 1770
La Ronge, SK SoJ 1Lo
Physical Address:
334 Wilson Charles St. (Fairchild Reserve)

Telephone: 1 – 306 – 425 – 3600 or
1 – 306 – 425 – 4076
Toll Free: 1 – 877 – 425 – 3443
Facsimile: (306) 425 – 5520
Email: frontreception@llribhs.ca

Mailing Address:
Box 480. La Ronge, SK Canada SoJ-1Lo,
Physical Address:
1110 La Ronge Ave. La Ronge, SK Canada
SoJ-1Lo

Telephone: 1306 425-2183
Facsimile: 306-425-5559