



File Hills Qu'Appelle Tribal Council

April 20, 2021

Help Prevent Covid 19

The variants of Covid 19 are more easily spread than the regular virus. With the increasing numbers of Covid 19 variant cases in Saskatchewan it is more important than ever to take steps to protect yourself and others. The following are things you can do to stop the spread.

Keep Hands Clean and Away From Your Face

- Wash your hands often with warm water and liquid soap or use an approved hand sanitizer
 - Before eating or smoking
 - Before touching your face
 - Before and after touching your mask (more mask info is below)
 - When you enter your house, school, day care or place of work
 - After coughing or sneezing (Remember to cough or sneeze into your elbow)
 - After coming into contact with high touch surfaces outside your home, such as door handles, light switches, play structures, shared equipment, etc.
- Try not to touch your face when outside of your house

Reduce Your Contacts

- Do not visit other houses or have visitors to your house
- Stay home unless you have to buy groceries, require medical services, go to school or go to work
- When shopping, only person should go into the store

Outside Your Home: Wear A Mask When...

- Shopping indoors
- At medical and dental appointments
- Outdoors and you cannot stay 2 metres (6 feet) from non-household members

The Mask Must...

- Completely cover your nose, mouth and chin—face shields and visors are not a replacement for a mask
- Be worn by all people over the age of 12 when in public indoor spaces or in non-public indoor spaces that is used by people from different households
- Be worn by children aged 3 to 12 when reasonable to do so

Not Feeling Well?

Stay Home...

Call 811...

Get Assessed and, if needed...

Get Tested!

Testing is available and recommended if you have unexplained new or worsening symptoms (even mild symptoms) that may include one or more of the following:

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite (difficulty feeding for children)
- Loss of sense of taste or smell
- Shortness of breath
- Difficulty breathing

Not Well? Stay Home and Get Assessed. (See sidebar)

(For more information call FHQ-Health Services at 306-332-8241)