



LITTLE RED RIVER CREE NATION

November 23rd, 2020.

Re: Testing for COVID-19 in LRRCN

To Residents and Members of LRRCN,

Now that our outbreak of COVID-19 is over in John D'Or Prairie, staff at the Health Centers and Nursing Station have noticed testing rates have come way down. This is to be expected. People aren't as anxious anymore as COVID isn't as close to home as it used to be.

In Fox Lake and John D'Or we have our own COVID-19 testing machines run by RNs and Paramedics. They are as accurate as the Local and Provincial lab machines. We can run our own COVID-19 tests and get the results back much quicker, usually same day. Garden River Health Center is able to send their tests to JDP.

Being able to use these machines was one of the reasons we were able to get our outbreak under control as quickly as we did. The sooner cases are identified, the sooner they can be isolated, the sooner we can notify their contacts and get them isolated and tested, and so on. Until we reach no new infections.

We are able to run COVID-19 tests in community for 3 reasons:

- 1. if the patient is "symptomatic". This means the patient has cold or flu like symptoms such as new onset cough, fever, sore throat, runny/stuffy nose, fatigue.**
- 2. The patient is a contact of a positive COVID-19 case**
- 3. The Medical Officer of Health gives us permission for special cases.**

Just a reminder the only way we can identify a new case of COVID-19 in our communities is if we are testing. If you are having new onset cold or flu like symptoms or are feeling generally unwell, please make an appointment at your Health Center/Nursing Station for testing. It is all our responsibility to get tested if we have symptoms.

Then make sure you isolate yourself from other family members in your home, wear a mask if you need to, disinfect your home, etc. Do not go to work, do not leave the house. If your test comes back negative you legally no longer need to self-isolate but should stay home until feeling well enough and you are not going to make anyone else sick.

Thank you,

LRRCN Emergency Management Team

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