



LITTLE RED RIVER CREE NATION

November 30th, 2020.

Re: COVID-19 Testing

To all Nation Residents and Members,

In Alberta we are only testing people for COVID-19 if they have symptoms. These are the symptoms of COVID-19:

Primary Symptoms (Respiratory)	Secondary Symptoms
If you have any of these symptoms, you must stay home for 10 days from the start of your symptoms or until your symptoms go away, whichever is longer. OR, until your test comes back negative.	If you have only secondary symptoms, stay home and away from others until your symptoms are gone, or until your test comes back negative.
Cough	Stuffy Nose
Fever	Painful Swallowing
Sore Throat	Chills
Runny Nose	Headache, Muscle or Joint Aches
Shortness of Breath	Nausea, Vomiting, Diarrhea, Loss of Appetite
	Loss of sense of smell or taste
	Pink Eye
	Fatigue or feeling unwell

If you have been tested for COVID-19 because you have primary symptoms, you **MUST** stay home until you get your negative results, or 10 days from the start of symptoms. Don't go to work, don't go to the store, don't visit people. Stay home.

In LRRCN we can run our own tests, and you should get your results within 1-2 days. Please make an appointment at your local Health Center/Nursing Station.

Thank you,

LRRCN Emergency Management Team

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