



# LITTLE RED RIVER CREE NATION

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December 13th, 2020.

Re: COVID-19 Contact Tracing

To all LRRCN Residents and Members,

Thank you to the family and community members in Garden River who have helped the Nursing Staff to contact trace people who may have been in contact with COVID-19. This is all very helpful information and will hopefully help us stop the spread of COVID-19 in Garden River.

Who is considered a direct contact? Anyone who:

- was within two meters of a person who has COVID-19 for 15 minutes or more during a 24-hour period. For example, multiple interactions for a total of 15 minutes or more, even if a mask was worn during that contact.
- has had direct contact with bodily fluids of a person who has COVID-19 (e.g., was coughed or sneezed on)
- provided direct care for a person who has COVID-19
- has physical contact with a person who has COVID-19, such as handshake, hugging, kissing, or sexual activity, or
- shares items with a person who has COVID-19 such as drinks, personal hygiene items, cigarettes, vapes, lipstick, eating utensils, etc.
- For schools, generally, all students who share a classroom with a student who was infectious with COVID-19 are considered close contacts.

If you know you have been in contact with a person who has COVID-19 in one of these ways, please do the following:

- Isolate yourself in your home away from other family members
- Phone the Health Center Monday, tell the Nurse your story and if considered a true contact they will arrange for testing.
- If you are comfortable, you can let a member of the EMT know as well.

Thank you,

LRRCN Emergency Management Team

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