



LITTLE RED RIVER CREE NATION

September 1st, 2020

MEMO: COVID-19 Update in John D'Or Prairie

To Residents of Little Red River Cree Nation,

The Nurses and Paramedics in John D'Or Prairie have been managing the COVID-19 situation in 3 households for the past 1.5 weeks. In this short time we have come to understand how easily this virus spreads between people in the same home. Most of the people in a household have tested positive even when the original person with this sickness did their best to self-isolate away from others in the home. This includes short visits to the home by others.

To Repeat, THIS SICKNESS SPREADS VERY EASILY BETWEEN PEOPLE WHO LIVE TOGETHER, RIDE IN THE SAME CAR TOGETHER, CHILDREN WHO PLAY TOGETHER, ADULTS WHO VISIT TOGETHER, ETC.

The numbers are going to continue to rise as we try to manage these cases. The Emergency Management Team is asking everyone in Little Red River River Cree Nation (not just JDP) to please:

- stay home as much as possible
- **don't go visiting**
- **don't let your kids go visiting**
- **don't allow visitors into your home**
- **stay 2 meters away from others who are sick or you don't live with**
- have 1 person from the household leave to go and get supplies
- be cautious while at work and follow all guidelines
- don't ignore cold or flu like symptoms, always stay home if you feel like you have a cold or flu and stay away from others in your family (in a separate room and bathroom is best).
- **WEAR A MASK WHEN OUTSIDE OF YOUR HOME, OR IF SOMEONE IN YOUR HOME IS SICK**
- wash/sanitize your hands often
- disinfect high touch surfaces often
- **Make sure you have enough food and supplies for your family (including cigarettes) for 2 weeks. Over 200 people in LRRCN needed food packages during our 4 days lockdown last weekend. Please be prepared because this CAN happen to any family.**
- Please do not travel between communities either. That means if you don't live in JDP, don't visit JDP. Same goes for Garden River and Fox Lake. Everyone in LRRCN needs to do their part to stop the spread.

Thank you,

LRRCN Emergency Management Team

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