



COMMUNITY NOTICE

For Immediate Release:

Kenténha/October 8, 2021

DEPARTMENT OF HEALTH RECOMMENDS LIMITING THANKSGIVING GATHERINGS TO HOUSEHOLD ONLY

The Mohawk Council of Akwesasne's Department of Health (DOH) is continuing to see a rise in COVID-19 cases. As a result, the DOH is advising households to practice an increase in safety measures by physically socializing only with those who reside in your household for the upcoming Thanksgiving holiday weekend.

The Department of Health has the following recommendations:

- *If you're celebrating Canadian Thanksgiving, please gather only with those you reside with. Consider a potluck in which families share food through drop-offs while staying in their own homes for the meal. You will still enjoy each other's cooking and treats, without putting each other at risk. You can be creative and truly enjoy a "family" event while being socially distant.*
- *If you must socialize with others outside your household, it is highly advised to do so outdoors, as well as to wear masks and remain 6-feet/2-metres apart.*
- *If an essential encounter is necessary, ask if the individual has been sick recently.*
- *Your social bubble should only be with those you reside with until further notice. This is a temporary measure, but important advisement for the protection of all our family, friends, and ourselves.*
- *Please do not assume that those close to you are not at risk of having COVID-19. We understand the natural tendency to let our guards down around those we are close to; this has unfortunately led to further spread of COVID-19.*
- *Keep elders safe by implementing a plan with your family for care and support to be provided without risking their health. Use phone calls, window visits, drive-by checkups, and technology to stay connected.*
- *Loneliness and depression are expected side effects of the current pandemic and limitations we are experiencing. Be sure to take care of yourself, check on those who might need extra support or even conversation, and utilize technology and safe communication methods to maintain connections.*

Resources are available for emotional support through the Wholistic Health & Wellness Program, which can be reached at 613-575-2250 ext. 3115.

For questions related to the COVID-19 virus and testing, please contact Community Health at 613-575-2250 ext. 3220.

The MCA's Emergency Operations Centre remains activated and can assist with pandemic-related questions. Contact the EOC at 613-575-5005, 613-575-2331, or email eoc@akwesasne.ca. For emergencies, please contact Central Dispatch at 613-575-2000.

The Dept. of Health is working hard to manage and combat the increasing number of COVID-19 cases in Akwesasne. We thank you for your willingness and cooperation to help keep Akwesasne safe.