



JOINT PRESS RELEASE

For Immediate Release

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MCA & SRMT Share Holiday Precautions

AKWESASNE -- The Mohawk Council of Akwesasne and the Saint Regis Mohawk Tribe share the importance of the holiday season for families, children, and others. In response to large number of active COVID-19 cases however, they are asking community members to please stay healthy by keeping the following safety tips in mind:

GENERAL ADVISORY:

- **STAY IN YOUR BUBBLE:** Limit gatherings to individuals in your immediate bubble.
- **WEAR A MASK:** Wear a properly fitted mask that covers your nose and mouth in all public indoor spaces to help protect yourself and others.
- **SOCIAL DISTANCE:** Stay 6 feet from others who don't live with you.
- **GATHERING SPACES:** Avoid crowds and poorly ventilated indoor spaces.
- **WASH HANDS:** Wash your hands often with soap and warm water and/or use hand sanitizer if soap and water not available.
- **STAY HOME WHEN SICK:** Avoid visiting others and traveling if you are not feeling well.
- **GET TESTED:** Get tested if you are symptomatic (showing symptoms)
- **IF YOU ARE EXPOSED:** Quarantine and get tested at least 7 days following a suspected exposure.

During the past month, Saint Regis Mohawk Health Services has distributed COVID-19 Home Test Kits to community members at no cost. Individuals received either the BinaxNow COVID-19 Antigen Self Kit or the QuickVue At-Home OTC COVID-19 Test. Health Services is kindly reminding individuals however, that the COVID-19 Home Test Kit should **only be used if you are symptomatic (displaying symptoms)**. They should NOT be used for the purpose of attending a gathering or celebration.

Please read the full instructions prior to use and DO NOT leave them in vehicles, as cold temperatures will affect the accuracy of test results. Also, please retain the test kit, as positive results will require the lot number listed on the package. Public health will also need to know the date test was taken.

If you test positive during the holiday closures, please isolate at home away from others and notify Franklin County Public Health at (518) 521-4877 or St. Lawrence County Public Health at (315) 386-2325. It is important that you please self-report your positive results to track

transmissions and prevent any further community spread of the virus. Your cooperation is greatly appreciated! MCA's Dept. of Health recommends that those in their jurisdiction who test positive call the Cornwall COVID-19 Assessment Centre for a PCR test. They can be reached at 343-475-0160. There is no age requirement. MCA's testing site will reopen on January 3, 2022.

If negative and still symptomatic, please stay home and isolate, wear a mask, and administer a second test 24 to 36 hours after the initial test.

At your earliest opportunity, both entities encourage you to protect yourself, your family, and those you love by getting vaccinated with either the Pfizer or Moderna COVID-19 vaccine. For those 18 years old and more, please get your booster dose if you are six months from your first two doses. The vaccines have been proven safe and effective at preventing severe symptoms, which could result in hospitalization or death.

Saint Regis Mohawk Health Services is holding an Open Walk-in Vaccine Clinic on Wednesday, December 29th from 12:00 p.m. to 4:00 p.m. at the former-IGA Building, located at 850 State Route 37. Individuals 12-years old or more can attend to receive either the Pfizer or Moderna vaccines. To schedule an appointment for MCA's next vaccination clinics, please contact 613-575-2341 Ext. 3220.

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