COMMUNITY NOTICE

<u>For Immediate Release</u>:
Kentenhkó:wa/November 2, 2023

WHAT TO DO IF YOU CONTRACT COVID-19

The Mohawk Council of Akwesasne's Department of Health is providing the community with information on what to do if they contract COVID-19. With respiratory illness and flu season looming, it is highly recommended that Akwesasronon follow public health guidelines and avoid the spread of flus, viruses, and illnesses to other community members.

Symptoms of COVID-19 include, but are not limited to:
- Fever/chills
- Cough
- Shortness of breath
- Decrease or loss of taste or smell
- Muscle aches or joint pain
- Extreme tiredness
- Sore throat
- Runny or stuffy/congested nose
- Headache
- Nausea/vomiting and/or diarrhea
- Abdominal pain
- Pink eye
- Decreased or no appetite (young children only)

If you have any COVID-19 symptoms (even if mild), it is recommended that you stay home (self-isolate) while you are sick.

This means:
- Staying home until you have no fever, and your symptoms are improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms such as vomiting and/or diarrhea).
- After isolating, wear a well-fitted, high-quality mask when out in public for 10 days from when your symptoms started.
- Avoid non-essential visits to vulnerable individuals (e.g., seniors) and highest risk settings (e.g., hospitals, long-term care) for 10 days from when your symptoms started.
- Follow this advice whether you have tested for COVID-19 or not.
- Make sure you know if you are eligible for COVID-19 treatments and how to get tested and access treatment if you are eligible.

AKWESASNE-LAND WHERE THE PARTRIDGE DRUMS

PHONE: 613-575-2250
FAX: 613-575-2181

PO BOX 90
AKWESASNE, QUEBEC H0M1A0

101 TEWESATENI ROAD
AKWESASNE, ONTARIO K6H 0G5

WWW.AKWESASNE.CA
INFO@AKWESASNE.CA

MOHAWK COUNCIL OF AKWESASNE
Sustaining our inherent rights, facing challenges together to build a strong and healthy future.

MOHAWK COUNCIL OF AKWESASNE

To find out how long you need to self-isolate, complete the COVID-19 Self-Assessment (www.ontario.ca/self-assessment). Follow Public Health Ontario's instructions on how to self-isolate (www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate).

If you tested positive for COVID-19, but do not have any symptoms, you are not required to self-isolate. You should self-monitor for symptoms and self-isolate if symptoms develop. Wear a well-fitted, high-quality mask when in public settings, especially if they are crowded or have poor ventilation, and avoid non-essential visits to vulnerable individuals (e.g., seniors) and high-risk settings for 10 days from your positive test date.

To stop the spread of COVID-19, it is important that you notify your close contacts, so that they can self-monitor for symptoms and self-isolate (stay home) if symptoms develop. A close contact is anyone who you spent time with when you were infectious.

If you have COVID-19 symptoms, your infectious period began 48 hours before your symptoms started.
If you do not have COVID-19 symptoms, your infectious period began 48 hours before your positive COVID-19 test date.

Close contacts include:
- Anyone you live with.
- Anyone who was within 2 meters (6 feet) of you for 15 minutes or more, without a well-fitted, high-quality mask.
- Anyone you had multiple close encounters with over a 24-hour period (even if each was less than 15 minutes) without a well-fitted, high-quality mask.
- Anyone you had close, physical contact with (e.g., hugging) without a well-fitted, high-quality mask.

Close contacts do not include:
- People you had brief, close contact with while wearing a well-fitted, high-quality mask and/or with a barrier (e.g., Plexiglas) in place.
- People who you passed by you quickly
- People you greeted while staying 2 meters (6 feet) apart.
- Someone who made a delivery to you while you were self-isolating, but who did not have close contact with you.

Individuals with a weak immune system should isolate for at least 10 days (from symptom onset or positive test date) regardless if you have symptoms of COVID-19.

Should you have any questions or require more information regarding COVID-19 or seasonal respiratory illness season, please contact the Community Health Program at 613-575-2341 ext. 3220.

AKWESASNE-LAND WHERE THE PARTRIDGE DRUMS

PHONE: 613-575-2250
FAX: 613-575-2181

PO BOX 90
AKWESASNE, QUEBEC H0M1A0

101 TEWESATENI ROAD
AKWESASNE, ONTARIO K6H 0G5

WWW.AKWESASNE.CA
INFO@AKWESASNE.CA