



COMMUNITY NOTICE

For Immediate Release:
Seskeha/August 2, 2024

DEPT OF HEALTH COVID-19 UPDATE

The Mohawk Council of Akwesasne's Dept. of Health is notifying the community of an increase in COVID-19 cases in the Eastern Ontario Health Unit (EOHU) region, according to wastewater data. The following advisory information is provided:

If you have any COVID-19 [symptoms](#) (even if mild).

- Fever (37.8° C or higher) and/or chills
- Cough
- Shortness of breath or trouble breathing
- Decreased or loss of taste or smell
- Runny nose or nasal congestion
- Headache
- Extreme fatigue or tiredness
- Sore throat
- Muscle aches or joint pain
- Gastrointestinal symptoms (such as vomiting or diarrhea)

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 with a Rapid Antigen Test for COVID-19 or not.

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.

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.

Vaccinations:

COVID-19 XBB.1.5 vaccines are the currently recommended products for both the primary series (whether starting or completing the series) and for those previously vaccinated.

The XBB.1.5 COVID-19 vaccine is particularly important for those at increased risk of SARS-CoV-2 infection or severe COVID-19 disease as follows:

- Adults 65 years of age or older
- Residents of long-term care homes and other congregate living settings
- Individuals with underlying medical conditions that place them at higher risk of severe COVID-19
- Individuals who are pregnant
- Individuals in or from First Nations, Métis and Inuit communities
- Members of racialized and other equity-deserving communities
- People who provide essential community services.

The recommended interval is 6 months from the last COVID-19 vaccine dose or COVID infection. However, a shorter interval of at least 3 months may be used.

For more information please contact MCA's Community Health Services at 613-575-2341 x 3220.