



To: All Residents – Saugeen First Nation

From: Katrina Phillips - Community Health Nurse
Gerry Glover - Health Director

Date: July 17th, 2022

Re: COVID Reporting and Testing Protocol

The following is for general circulation, and for community awareness specific to the COVID Reporting and Testing protocol for Saugeen First Nation.

Should you, a member of your household and/or a member of your workplace department at Saugeen First Nation, have: concerns related to exposure, and/or is experiencing symptoms associated to COVID, and/or has tested positive for COVID, and/or you have been in contact with someone who has tested positive, we encourage you to:

Call the Community Health Nurse at: 519-372-6816

Report Symptoms and/or Exposure Risk
Get a Test
Follow Advice

Have YOU been a close contact of someone who has tested positive?

Self-isolate immediately for at least 5-days (*if fully vaccinated or under 12*) **OR** for 10-days (*if not fully vaccinated or immunocompromised*) after symptom onset – **AND**, until you have no fever with any other symptoms, and are improving for 24-hours (or 48-hours for gastrointestinal symptoms) following the self-isolation period.

Questions? Call 519-372-6816

If the positive and/or symptomatic person does not have COVID symptoms

Self-monitor for symptoms for 10-days after exposure.

If you, or a person you know does develop symptoms, get tested and self-isolate immediately.

Questions? Call 519-372-6816

Wear a Mask. Wash Hands Regularly. Social Distance.

If you, or others start to experience symptoms that are concerning (for example: shortness of breath), please present at the local emergency room for assessment.

*This protocol will remain in effect until further notice.
As protocol is revised, updated guidance document(s) will be broadly distributed.
Should there be questions or concerns, please contact the Health Director.
We appreciate your consideration to the health, safety, and wellness of our community.*