



# SWAN RIVER HEALTH CENTRE

P.O. Box 150  
Kinuso, Alberta T0G 1K0  
Telephone (780) 775-3544  
Fax (780) 775-2002

January 22, 2021

## SRFN COVID-19 UPDATE

As of today, (22) positive cases have been diagnosed within the Swan River First Nation, (7) remain active, (15) have recovered and (37) remain in isolation.

Although the majority of our cases have been mild, we cannot predict how an individual will be affected, as few have also experienced moderate symptoms such as shortness of breath. Most of the cases have been reporting a “feeling of a head cold” as the onset of symptoms, symptoms such as a runny nose, sinus congestion or stuffy nose, headache, sore throat, loss of taste and smell, fatigue, body aches, chills and a fever. Very few of our cases have been asymptomatic.

*COVID-19 has a wide range of symptoms that develop slowly and act similar to the common cold or flu.*

Due to COVID and the increase in cases, the **Health Centre** and **Band buildings** will continue to be partially open from **9:00a.m. – 3:00p.m.**, with this, there may be limited staff. It is greatly appreciated for your understanding during this time as our staff is working hard and diligently with testing and contact tracing to contain the spread of the virus.

Please, **DO NOT** leave your residence if you have **any** symptoms! **All cold and flu like symptoms are COVID-19 unless proven otherwise.** Please arrange for testing if you have any symptoms. You can contact the Swan River Health Centre @ 780.775.3544 to make an appointment. If you cannot get through, please contact:

- Heather Hunt @ 780.805.0680 or
- Nicole Davis @ 780.288.1711

## IMPORTANCE OF ISOLATION AFTER EXPOSURE:

The complete incubation period of COVID-19 is 2-14 days. Early testing into the incubation period may result in a false negative and testing within this timeframe may not detect the virus, which is why it is vital to remain in isolation for the full 14 days and monitor yourself for symptoms.

Our SRFN Nurse has been active with testing in our community. There have been approximately 400 COVID-19 tests completed since the beginning of this pandemic. No further information can be disclosed for the purpose of **confidentiality**.

**Again, we cannot stress this enough, please practice all COVID -19 safety precautions necessary and follow all Public Health Guidelines** as there is potential for our cases to grow. We need to protect our **ELDERS, those who are HIGH RISK, OURSELVES, OUR FAMILIES, OUR COMMUNITY!**