



COVID-19 INFORMATION

Rainy River First Nations (RRFN) has 29 confirmed positive COVID cases and 29 isolating contacts, as of February 22, 2022. The NWHU reports 131 cases in the Rainy River District (Atikokan to Rainy River).

Assume COVID-19 is everywhere and self-monitor for the development of any symptoms (even mild), such as headache, fever, runny nose, sore throat, cough, etc. If you would like a home testing kit (rapid antigen test), please reach out to Juanita Hunter-Connon.

Chief and Council **STRONGLY ENCOURAGE** the community to practice the following vigilantly:

- Please isolate immediately AND remain isolated if you have tested positive, develop symptoms or have been told you must isolate;**
- Stay home when sick;
- Maintain physical distancing, 6 ft;
- Wear your mask if you cannot maintain physical distancing;
- Wash your hands frequently. If no water is available, use hand sanitizer;
- Clean/disinfect frequently touched surfaces;
- Sneeze or cough into your sleeve or a tissue;
- Limit contact with those outside your household.

If you have **ANY** symptoms (headache, fever, runny nose, cough, sore throat, nausea/vomiting, diarrhea, etc) of COVID-19, **isolate immediately** and contact Juanita Hunter-Connon at 482-2479 ext. 232 or after hours/weekends at 271-6481.