

COVID-19



Northern Population Health Unit

Weekly Update

LA RONGE

AS OF APRIL 14, 2021

COVID-19 Cases

≤5 New cases in last 7 days	≤5 Recoveries in last 7 days	≤5 Current active cases	180 Total cumulative cases
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Note: To preserve confidentiality, case numbers less than or equal to 5 in any category are reported as ≤5.

Bubble Size Reduced

Due to increased spread of COVID-19 variants of concern, [the provincial Public Health Order has been updated](#). **Indoor gatherings are now limited to household members only.** People who live alone may choose one household to connect with until these restrictions are changed. The household single people connect with must have no more than four members.

Outdoor gatherings of up to 10 people are allowed with no limitation on households. However, even outside, people must physically distance from everyone that is not in their household.

Vaccination Eligibility Criteria Expanded in NAD

People in the north can now book vaccination appointments if they fall into one of the following categories:

- Age 40+
- Prenatal women
- First responders
- All health care workers

Eligible people need to make two calls to book:

- First, if you are NOT age 40+, call your clinic and [request a Letter of Eligibility](#). You will need to present this letter when you get your shot.
- Then, phone to book your appointment—**1-833-SASKVAX (1-833-727-5829)**

People age 50 and over can also book online using the [SHA Online Booking System](#).

Travel Between Communities NOT Advised

There have now been variants of concern detected in northern communities. Medical Health Officers do not have the ability to impose travel restrictions—only the provincial government can do that. However, to prevent spread of these more transmissible variants the MHOs of Saskatchewan **strongly advise that people limit travel outside their communities as much as possible.** Limiting interaction within your community is also vital.

If you must leave your community to shop for essential supplies, designate one person per household to make that trip. Look at whether that person can also do the shopping for other households, so that the number of people travelling is minimized as much as possible.

Work travel and travel for pleasure should be postponed if at all possible.

If you have to travel for medical reasons, please have only one person accompany you, and don't run other errands in the city that could be done at home.

Please do everything you can to reduce contact with others, to prevent spread of COVID-19.

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



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