

COVID-19



Northern Population Health Unit

Weekly Update

LA RONGE

AS OF FEBRUARY 16, 2021

COVID-19 Cases

6 New cases in last 7 days	13 Recoveries in last 7 days	7 Current active cases	167 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.

Changes to the 48 hour testing rule

Previously, the Saskatchewan Health Authority advised anyone experiencing COVID-19 symptoms to wait 48 hours before getting tested to minimize the chance of a false negative test result, however with new guidance from the European Centre for Disease Control (ECDC) this rule has changed.

Effective Wednesday, February 17, 2021, we are no longer asking anyone who is symptomatic to wait 48 hours before getting tested and instead advise that they get tested immediately.

The Saskatchewan Health Authority advises anyone experiencing COVID-19 symptoms, even if they are mild, to get tested as soon as possible. This allows contact tracing to begin as soon as possible to help stop the spread of positive COVID-19 cases.

Anyone who tests negative is asked to be retested 48 hours after their first test if their symptoms persist. Getting tested and knowing your status is an important step to protecting yourself and others against COVID-19.

Symptoms of COVID-19

Most Frequent:

- Fever (44-91%)
- Cough (57-74%)
- Shortness of breath (31-63%)
- Fatigue (31-70%)
- Loss of smell and/or taste (54-88%)

Less frequent (<50%):

- Sputum production (28-33%)
- Myalgia (muscle pain) (11-44%)
- Chest pain (16-36%)
- Diarrhea (5-24%)
- Nausea/vomiting (5-19%)
- Headache (6-70%)
- Dizziness (9-17%)
- Sore throat (11-13%)

Rare <10%:

- Confusion
- Rhinorrhea (runny nose)
- Fainting
- Skin manifestations

Symptoms among older adults (65 years of age and older) and those with underlying medical conditions may be atypical or subtle (may present without fever or respiratory symptoms).

If you are experiencing ANY symptoms, you may be infectious, and should not be going to work! There have been a number of cases across the north where people went to work with mild symptoms (headache, fatigue), and later tested positive. Everyone that had worked with them during their contagious period then had to isolate for 14 days.

Please call 811 if you have any symptoms. A nurse will help you in evaluating what you should do.

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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