

# COVID-19



Northern Population Health Unit

# Weekly Update

## LA RONGE

### AS OF MARCH 10, 2021

## COVID-19 Cases

<b>≤5</b> New cases in last 7 days	<b>≤5</b> Recoveries in last 7 days	<b>≤5</b> Current active cases	<b>172</b> 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.

## Preventing Resurgence

Even if you have received 1 or 2 doses of the Moderna vaccine, these measures are still important to keeping the pandemic under control.

- Stay 6 feet apart—even if outdoors.
- Wash your hands with soap and water regularly. Take at least 20 seconds to wash.
- Limit gatherings in private dwellings, and wear masks and physically distance if you are visiting people outside your home.
- Indoor and outdoor gatherings are limited to maximum 10 people.
- Wear a mask:
  - If you are self-isolating.
  - Whenever you are outside of your home.
  - Whenever you are in a public space, such as a grocery store, or any other store.
  - Limit travel out of your community to essential travel only.

## Changes to the Public Health Order

As of March 9, two changes have been made to the Public Health Order in Saskatchewan.

- Places of worship are allowed to have up to 30% of their building capacity, to a maximum of 150 people, attend each service. All other requirements regarding physical distancing, masking, sanitation, etc. remain in place.
- The limit on indoor gatherings remains at 10 people. It is now recommended that the 10 individuals be from two to three consistent households, rather than one to two. You must be consistent in your household bubble; the bubble of ten should always be the same individuals. You should not join multiple bubbles.

These changes were made in response to the decline in numbers in the south, and anticipated vaccinations. However, vaccinations in April do not prevent transmission in March. To date, less than 10% of people in northern Saskatchewan have received both doses of the Moderna vaccine due to limited supply. That means that most people are still vulnerable to COVID infection.

Our northern communities are unique. **Although the restrictions have been loosened slightly, we strongly recommend that people not make changes to their behaviour at this time.** The variants of concern can infect people more easily than the original strain of the virus, and these variants have been moving north.

References: [Saskatchewan.ca Vaccine Delivery Update](#); [Saskatchewan Public Health Orders](#); [March 9 COVID-19 Update](#)

### 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.



saskhealthauthority.ca