



Whitesand First Nation
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Health Department
Whitesand First Nation

April 15, 2020

Attention Whitesand First Nation Members: 2nd case of COVID-19

A Whitesand First Nation resident has tested positive for COVID-19. They are currently in Thunder Bay self-isolating and will remain there until the case is resolved. The public health team is in the process of identifying and notifying anyone who was in close contact with this individual. According to the Thunder Bay District Health Unit:

There are different types of close contacts:

- *household contacts* (people who live in the same house) are generally the highest risk group with most exposure;
- *community contacts* are sorted out based on whether the case had symptoms at the time of their exposure and what the length of time together was. The community contacts could be people in close contact during flights, close contact in personal care, or other people the person had interacted with closely for a significant amount of time.
- Other individuals who had similar close physical contact including face-to-face contact within 2 metres and for more than 15 minutes.

(<https://www.tbdhu.com/FAQs>)

Typical COVID symptoms are fever, shortness of breath and dry cough, however, people have also been diagnosed with COVID-19 when displaying other cold and flu like symptoms. We are in the process of finalizing a testing site for Whitesand First Nation. If you develop any symptoms, please contact the health office at 583-2671 for further direction.

Remember the best defense is to stay home, practice frequent hand washing and avoid touching your eyes, mouth and nose.