



# Kakisiwew School

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**Dear Parents and Guardians:**

## **Self-Isolation Reminder Covid -19**

All Ochapowace community members returning from out of province destinations – including the United States – are subject to a mandatory self-isolation order.

Anyone who has been identified as a close contact of someone with COVID-19 shall go into mandatory self-isolation for 14 days from the date of having been exposed.

Learn more about [mandatory self-isolation](#).

Additionally, the Government of Saskatchewan recommends self-monitoring for symptoms if you have travelled outside of Saskatchewan, but within Canada.

Whether you're self-isolating or self-monitoring, make sure you maintain proper [social distancing](#).

### **1. What is self-isolation?**

Self-isolation is an important way of preventing COVID-19 from spreading in Saskatchewan. It means staying at home and avoiding situations where there is a potential to spread the infection to others: work; school; sporting events; social, cultural; and public places such as restaurants. You should also avoid public transportation. If you have an emergency and need to leave home, please wear a surgical mask while you are out.

**2. What if someone isn't self-isolating?** We are unable to speak to rumours posted to social media. We can only speak to the advice we are providing all community members now to prevent the transmission of COVID-19. All residents are being asked to self-isolate when they return from out of province travels.

As Ochapowace community members, we are responsible for ensuring our actions do not put others at risk. We encourage everyone to remember that there are individuals in our community who may be immune compromised and would be at significant risk if they are exposed to serious illness. Everyone should take preventative measures.

We respectfully encourage community members to remember that there are people in the reserve who may be immune compromised and would be at significant risk if they are exposed to serious illness.

Thank you,

Principal,  
Riel Thomson

# Self-Assessment Tool

*Wondering if you should be tested? Use this self-assessment tool.*

Testing is available and recommended if you have unexplained new or worsening symptoms (even mild symptoms) that may include one or more of the following:

- Fever
- Cough
- Headache
- Muscle and/or joint aches and pains
- Sore throat
- Chills
- Runny nose
- Nasal congestion
- Conjunctivitis
- Dizziness
- Fatigue
- Nausea/vomiting
- Diarrhea
- Loss of appetite (difficulty feeding for children)
- Loss of sense of taste or smell
- Shortness of breath
- Difficulty breathing

You can obtain a referral to a community testing centre by phoning:

- HealthLine 811
- Ochapowace Health 3066963557
- Your family physician
- Your nurse practitioner

Please call HealthLine by dialing 811. If you have questions regarding COVID-19 and your health. HealthLine 811 can help you with screening for COVID-19 to determine if a test is recommended for you and refer you for testing.

All community members should be familiar with [self-monitoring](#) and [self-isolation](#) precautions, in order to keep you and those around you safe.

To protect yourself while out in public, wash your hands frequently and maintain a safe distance from others.