



Little Salmon Carmacks First Nation

Together today for our children tomorrow.

January 18, 2021

COVID Cases numbers in Carmacks are going up and we want our people to stay safe.

The most important thing you can do right now is to **STAY HOME** if you're feeling sick. COVID symptoms can vary widely. Some people will have no symptoms, while others become so sick they need hospitalization and may have long term complications.

Please think about our most at risk people, including:

- Elders
- People with:
 - lung conditions such as asthma or cystic fibrosis
 - heart disease, brain or nervous system conditions
 - diabetes or obesity
 - cancer or blood disorders
 - weakened immune system due to recent medical treatments/procedures
 - kidney or liver disease
 - Down syndrome
 - Mental health conditions

Don't visit, but do check in regularly with your family and friends via telephone. Your actions will help reduce the spread of covid and enable us to see each other again sooner.

Think of the important people in your life and stay home to help keep them safe.

Be kind and patient; we will get through this together

Caring, Sharing, Respect and Teaching

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