



COMMUNITY NOTICE

We would like to remind Wiikwemkoong community members that if you are feeling any COVID-19 symptoms or feel that you may have been exposed to the virus, please call and speak to a community nurse:

**Naandwechige-Gamig Wikwemikong Health Centre 705-859-3164;
Or Afterhours/Weekends 705-690-8941 (toll free 1-833-770-0436).**

You will be asked the COVID-19 screening questions to determine whether you may need to access COVID-19 testing through one of the following options:

1. A-symptomatic testing at the BluMed Facility (*those with no symptoms*)
2. Manitoulin Health Centre testing (*Little Current or Mindemoya*)
3. Para Medicine testing (*paramedics will come test you at your home*)

Wiikwemkoong has, since April 2020, created and built a community-wide support system to help all community members during the COVID-19 pandemic.

Among the support system are community nurses, care packages, food packages, and isolation units should someone need to self-isolate due to COVID-19 illness or confirmed exposure.

We are reminding everyone to be kind, supportive and loving during this unprecedented time.

Remember to check in on your loved ones. The virus does not discriminate, and it continues to travel through people. It is essential that we continue to practice and maintain all health guidelines to best protect and prevent the exposure of COVID-19 into our homes and into our community.

- Always wash your hands and/or use hand sanitizer
- Wear a mask
- Maintain physical distancing (6 feet/ 2 metres apart whenever possible)
- Keep your social circle under 10
- Continue to practice contact tracing (journaling of who you were with, and where you were)

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