



Memorandum COVID-19 UPDATE

To date, **November 13, 2020**, there have been **ZERO (0) confirmed cases** of the COVID-19 Virus in our community. There are surrounding communities that are close to our area dealing with confirmed cases.

The Leadership encourage our Community Members to continue following the Public Health Measures:

- If you are feeling unwell, please stay home, away from others and monitor your symptoms.
 - Wear a mask when required to go out in public. Should you require a reusable mask, please contact the health centre at 780-524-3717.
 - Practice good hand hygiene (washing hands often and using hand sanitizer)
 - Self isolate as much as possible.

We request these measures be followed in our community:

1. Please *discontinue private gatherings in households. Gatherings of any type are **strongly** discouraged.*
2. Attendees to your household should be strictly essential service providers only.
Example: Housing Maintenance, plumbing, heating etc.
3. Please limit your cohorts to **three (3)**.

In addition to the above, we also are updating our Community Members of the New targeted public health measures implemented by the Government of Alberta in our area effective November 13, 2020:

- No social gatherings inside your home or outside of the community
 - 15-person limit on family & social gatherings
 - Limit of 3 cohorts, plus child care
 - Mask use encouraged in all indoor workplaces
 - Employers in office settings to reduce employees in the workplace at one time
 - Restaurants/pubs stop liquor sales by 10pm, close by 11pm (Nov 13-27)
 - Ban on indoor group fitness classes & team sports (Nov 13-27)
 - Ban on group singing, dancing & performing activities (Nov 13-27)
 - 50-person limit on wedding and funeral services (indoor & outdoor)
 - Faith-based gatherings limited to 1/3 capacity

We encourage our community members to continue following the Public Health guidelines:

We are continuing to ensure that steps are being put into place to protect the Sturgeon Lake Cree Nation from this pandemic. We continue to identify how we can collectively work together as a Nation to support each other as members and offering mental health services to those affected by the isolation.

In the meantime, we urge the members and community to stay diligent, self isolate as much as possible and continue to follow the Public Health Guidelines.

Thank you,

Chief and Council
Sturgeon Lake Cree Nation

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