



WEENEEBAYKO AREA HEALTH AUTHORITY

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www.weeneebaykohealth.ca

September 12, 2020

Re: **Statement from the Weeneebayko Area Health Authority and Porcupine Health Unit**

To our community members:

In response to the release from Porcupine Health Unit regarding a confirmed case of Covid-19 in the James and Hudson Bay region, the Weeneebayko Area Health Authority (WAHA) is working with Porcupine Health Unit and the community public health department to ensure that the individual is isolated and that the contact tracing investigation is ongoing.

Public health is currently following up with anyone identified as close contacts. In general, for COVID-19, a close contact is anyone who was within 2 metres or 6 feet of an infected person for at least 15 minutes during the time of infectivity. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person had any symptoms or tested positive for COVID-19. Passing a person in the hallway or in a store is generally not considered close contact and has an extremely low risk of spreading the virus. Public Health will contact you if you are considered a close contact.

At this time, we recommend that everyone continue to monitor for symptoms. If ANY symptoms develop, isolate immediately and call your local assessment centre or your health care provider to arrange testing.

Symptoms can include:

- Fever
- New or worsening cough
- Shortness of breath
- Runny nose/nasal congestion
- Sore throat/hoarse voice
- Loss of sense of taste or smell
- Nausea, vomiting
- Diarrhea

In some cases, **atypical symptoms** could develop, such as, unexplained fatigue or malaise, muscle aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of current chronic conditions, chills, headaches, croup, conjunctivitis.

If you have any questions, please don't hesitate to contact WAHA or the Porcupine Health Unit for more information.

To reduce the risk of exposure, please continue to follow public health measures:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- stay home and [isolate](#) for 14 days if you have any symptoms
- practice 2 m physical distancing
- wear a mask in indoor public spaces and outdoors when physical distancing of 2 metres/6 feet cannot be maintained.

Should you have questions, please contact WAHA at 705-658-4544 or check our website www.waha.ca for continued updates.

Thank you,

Dr Elaine Innes, Chief of Staff, WAHA
Lynne Innes, President & Chief Executive Officer, WAHA